

## 2nd and 3rd Man Runs

### Activity #1:

#### Setup:

A 4 v 2 + 2 to two goals (40 x 30 area or as needed) is created as shown below in Diagram (a). Setup is repeated to accommodate the entire team.

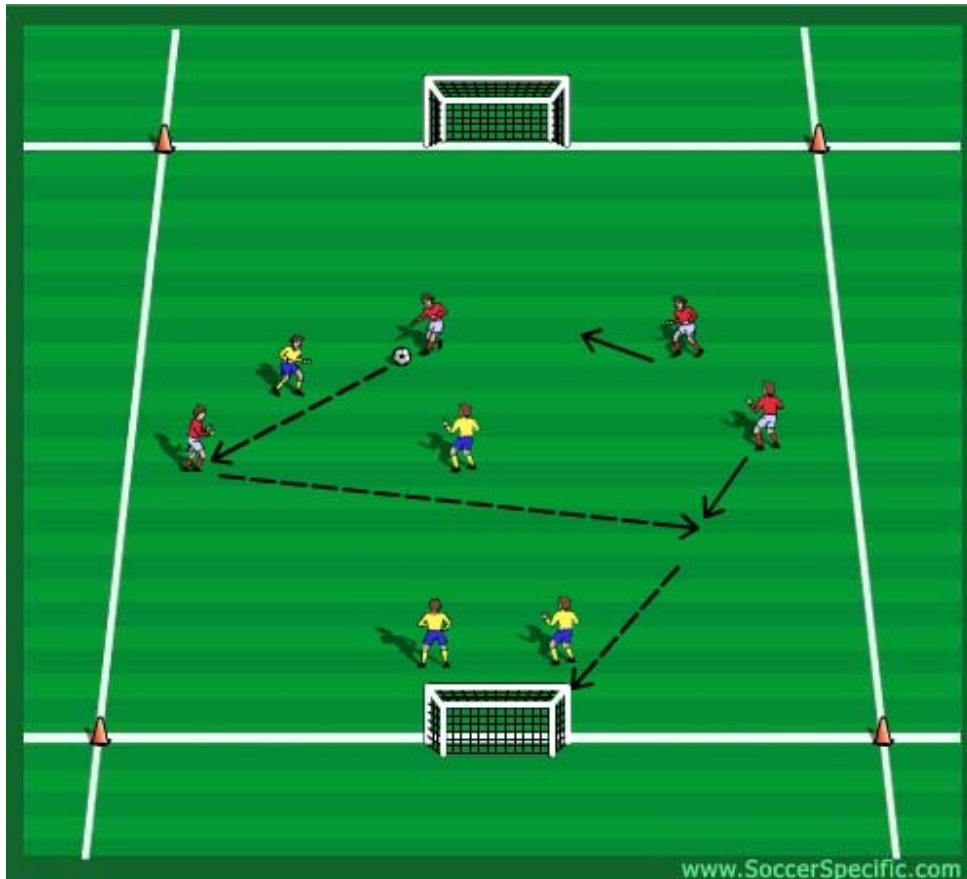


Diagram (a)

#### Objective:

Game is 4 v 4 into two goals. **Two** players from the defending team drop to defend their goal thus creating a 4v2 for the attacking team. Reverse roles in transition. Play for the designated period of time or for predetermined number of goals.

#### Progressions/Variations:

1. Line soccer to end-lines. Two defenders defend behind the end-line and can't enter the field of play.
2. To score, teammates must combine prior to shooting or dribbling across the end-line.

**Note:** when using goals, balls must be shot below the waist to score. Play to points or time.

### Coaching Points:

- 2<sup>nd</sup> and 3<sup>rd</sup> man runs to unbalance and stretch the defense
- Timing and deception of runs
- Acceleration into space to receive pass
- Visual and verbal cues between players
- Accuracy and weight of pass

### Activity #2:

#### Setup:

A 4v4 (40 x 40 area or as needed) is created as shown below in Diagram (b). **One** player on each team is the [target] passer and is confined to a neutral area in the corner of the grid as shown.

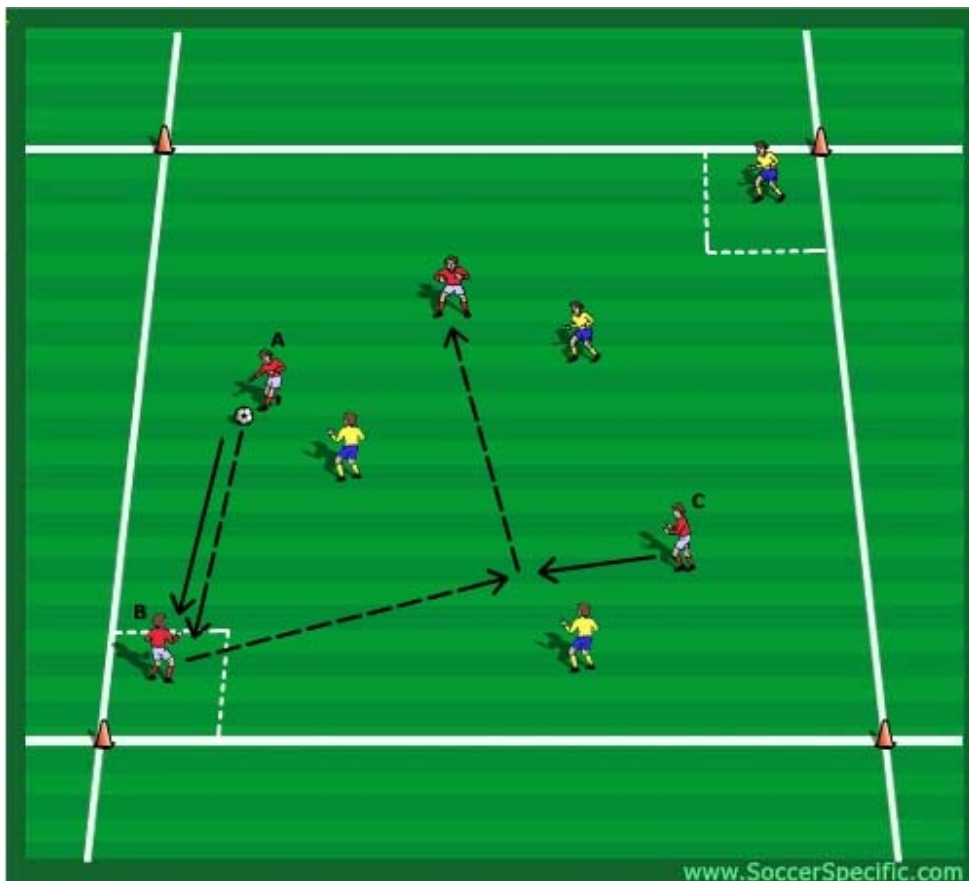


Diagram (b)

#### Objective:

Exercise creates 4 v 3 environment for the team in possession. Players must attempt to pass to the target players - players must make runs to quickly support the target players. Player passing to the target immediately trades places and becomes the next target. To score a point, link 6-8 consecutive passes together. In Diagram (b) above, Player (A) has passed to target player (B).

Player (C) has moved into a supporting position for a quick pass from (B). (A) and (B) exchange positions. Play to an established number of points or time.

**Progressions/Variations:**

- Limit the touches of the target player (1-2).
- Targets become neutral for each team. This will encourage better speed of play and movement off of the ball.

**Coaching Points:**

- Passes to feet versus passes to space
- Timing and angles of support
- Visual and verbal cues to split defenders
- Quality of passing and receiving

Activity #3:

SetUp:

A 4 v 4 to four small goals game (50 x 40 area or as needed) is created as shown below in Diagram (c).

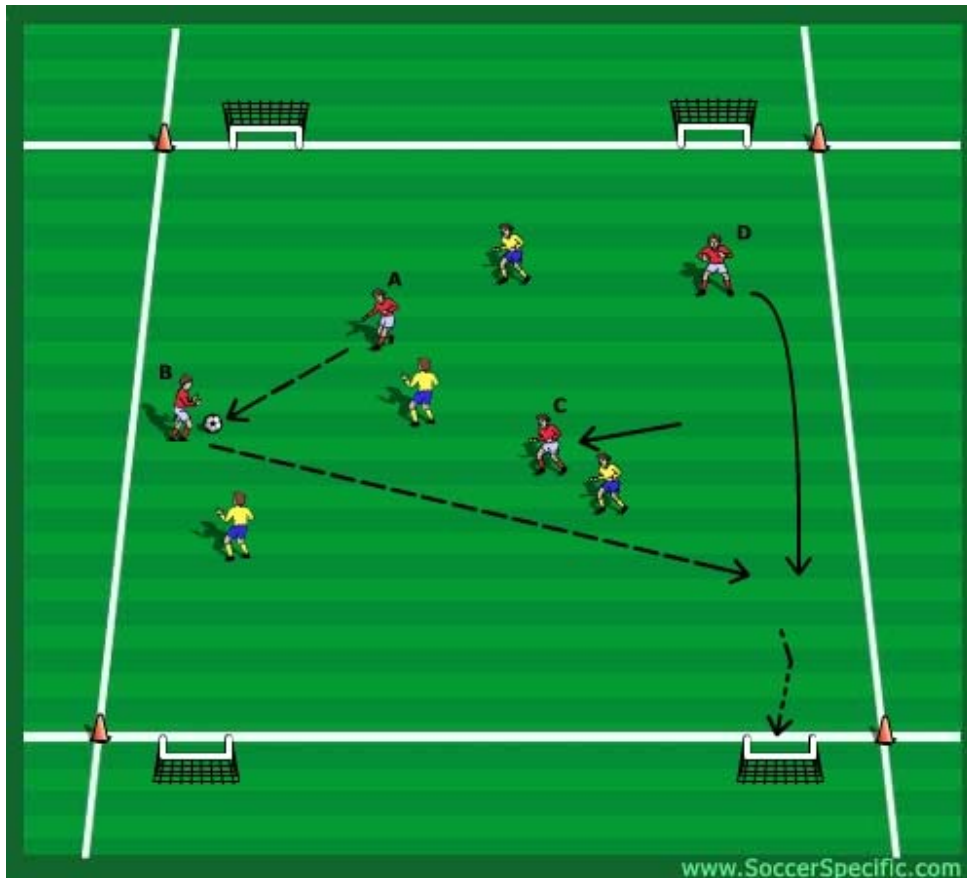


Diagram (c)

**Objective:**

Both teams compete for possession of the ball and attempt to score in ANY of the four goals. To score, players must pass through any of the four small goals. **Combining** and **dribbling** through is worth (2) points.

Once a goal has been scored, the scoring team keeps the ball, but the next goal must be scored in one of the other three goals.

**Progression/Variation:**

1. Define direction. Each team has two goals to score through and two to defend. Play to points or time.

**Coaching Points:**

- Angles, distance and timing of supporting runs in penetrating positions
- Visual and verbal clues to play balls behind defenders
- Disguise and deception of runs
- Attacking shape and balance of team

**Activity #4:****Set Up:**

A 7 v 7 with goalkeepers to two large goals is created as shown below. (50 x 70 area or as needed). Possible formations 2:3:2 vs 3:2:2



**Diagram (d)**

**Objective:**

Both teams compete for possession of the ball and attempt to score in their opponents goal. No restrictions. 2nd and 3rd man runs are encouraged. In diagram (d) above, Player (B) has moved inside to open up a channel for teammate (C). The ball has been passed to forward (A) who has played the ball out wide to the runner (C) who is now in a positive attacking position.

**Coaching Points:**

- Tactical application of technique
- Angles, distance and timing of supporting runs in penetrating positions
- Visual and verbal clues to play balls behind defenders
- Disguise and deception of runs
- Attacking shape and balance of team

**Cool Down:**

Players jog (dynamic movements). Perform static stretching activities.

**Key Points:**

- Focus on major muscle groups.
- Reduce Heart Rate
- Static Stretching
- Review Session