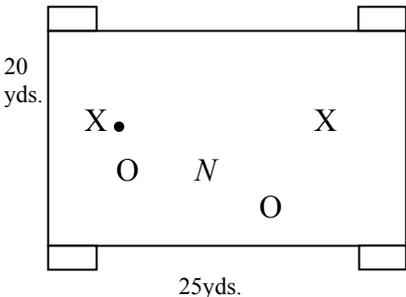
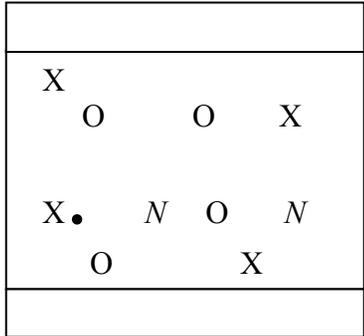


Topic: **Penetrating Runs**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>Technical passing work in pairs, one ball between two. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, demanding and realistic.</li> <li>▪ Diagonal runs to receive pass.</li> <li>▪ Bent runs to receive pass.</li> <li>▪ Double pass to receive pass.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Timing and deception of runs</li> <li>✓ Acceleration into space to receive pass</li> <li>✓ Visual and verbal cues between players</li> <li>✓ Accuracy and weight of pass</li> </ul>
<b>Restricted</b>			
<p>2 v 2 + 1 to four small goals (25 x 20 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Play begins with ball being served by one designated team. Flying changes for both teams after a goal or ball is played out of bounds. Rotate neutral player as necessary.</li> <li>▪ Goals are awarded to the attacking team by playing a ball through or behind the defense and maintaining possession while dribbling through one of the small goals.</li> <li>▪ Defending team is awarded a goal if they win the ball and strike an immediate penetrating pass through one of the small goals.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Timing and angles of support</li> <li>✓ 2<sup>nd</sup> and 3<sup>rd</sup> man runs to unbalance and stretch the defense</li> <li>✓ Visual and verbal clues to split defenders</li> <li>✓ Quality of passing and receiving</li> </ul>

Topic: **Penetrating Runs**

<b>Counter Goals or Zones</b>			
<p>4 v 4 + 2 end zone game (40 x 30 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ End zone soccer. Team in possession scores by penetrating across the opponent's end zone while maintaining possession.</li> <li>▪ Goals must be scored by playing a ball behind a defender to a player running into the zone.</li> <li>▪ Add transition to the exercise. Once one team scores into one end zone, they immediately transition and look to penetrate the opposite end zone.</li> </ul>	 <p>30 yds.</p> <p>40 yds.</p>	<ul style="list-style-type: none"> <li>✓ Angles, distance and timing of supporting runs in penetrating positions</li> <li>✓ Visual and verbal clues to play balls behind defenders</li> <li>✓ Disguise and deception of runs</li> <li>✓ Attacking shape and balance of team</li> </ul>
<b>Two Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 2:3:2.</li> <li>▪ No restrictions.</li> </ul>	 <p>70 yds.</p> <p>50 yds.</p>	<ul style="list-style-type: none"> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>