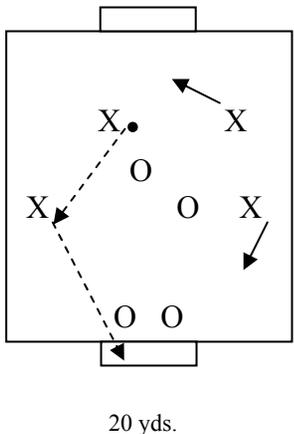
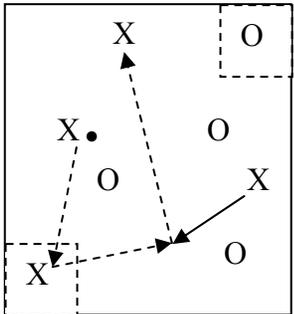
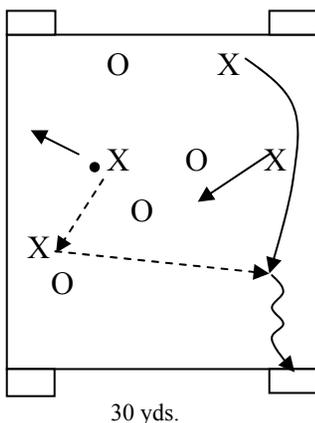
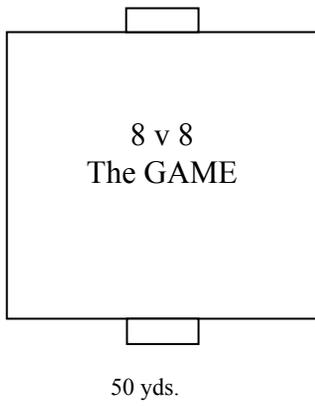


## Topic: 2<sup>nd</sup> and 3<sup>rd</sup> Man Runs

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>4 v 2 + 2 to two goals (20 x 30 area or as needed). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ 4 v 4 into two goals. (2) players from the defending team drop to defend their goal (with their feet). Reverse roles in transition.</li> <li>▪ Line soccer to end-lines. (2) defenders defend behind the end-line and can't enter the field of play.</li> <li>▪ 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.</li> </ul>	 <p style="text-align: center;">20 yds.</p>	<ul style="list-style-type: none"> <li>✓ 2<sup>nd</sup> and 3<sup>rd</sup> man runs to unbalance and stretch the defense</li> <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>3 v 3 + 2 (20 x 30 area or as needed). Begin with two teams of four. (1) player on each team is the [designated] passer and is confined to a target area.</p>	<ul style="list-style-type: none"> <li>▪ Exercise creates 4 v 3 environment in possession. To score a point, link 6-8 consecutive passes together. Play to an established number or time.</li> <li>▪ Player passing to the [passer] trades places immediately.</li> <li>▪ Limit the touches of the passer (1-2).</li> <li>▪ Passers become neutral for each team. This will encourage better speed of play and movement off of the ball.</li> </ul>	 <p style="text-align: center;">20yds.</p>	<ul style="list-style-type: none"> <li>✓ Passes to feet versus passes to space</li> <li>✓ Timing and angles of support</li> <li>✓ Visual and verbal cues to split defenders</li> <li>✓ Quality of passing and receiving</li> </ul>

### Topic: 2<sup>nd</sup> and 3<sup>rd</sup> Man Runs

<b>Counter Goals or Zones</b>			
<p>4 v 4 to four small goals game (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> <li>To score, players must pass through any of the four small goals. Combining and dribbling through is worth (2) points.</li> <li>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.</li> <li>Define direction. Each team has two goals to score through and two to defend. Play to points or time.</li> </ul>		<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>		<ul style="list-style-type: none"> <li>✓ Tactical application of technique</li> <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>