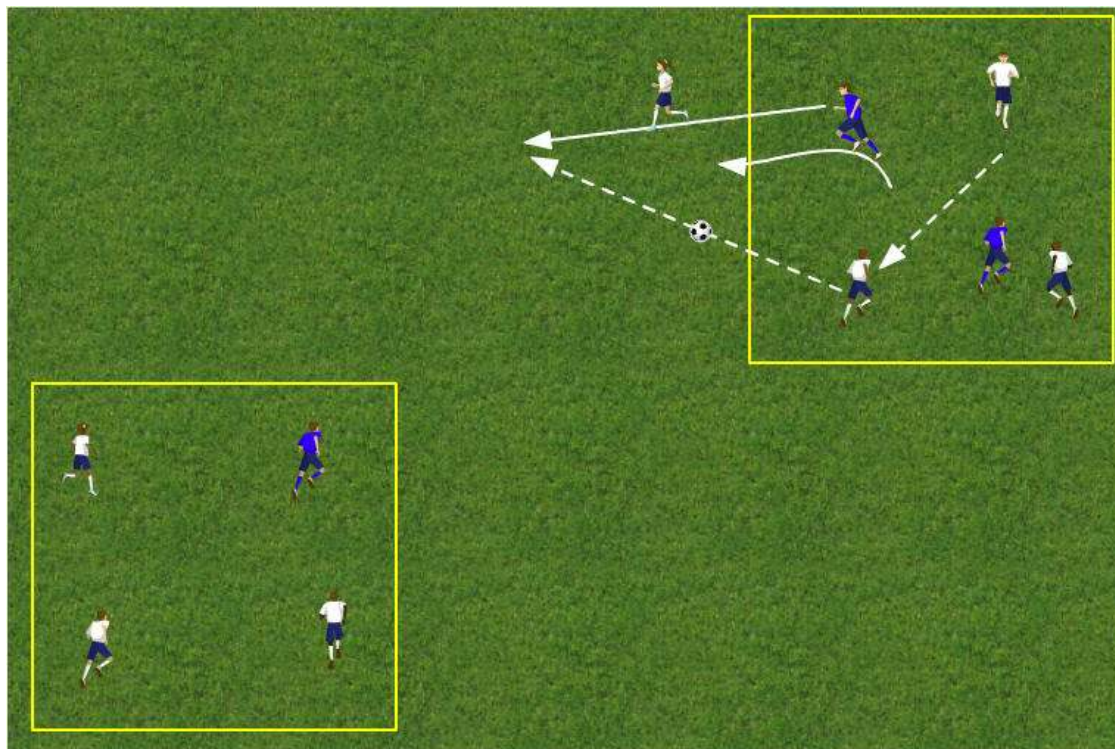


A PRACTISE TO IMPROVE THE SKILL OF FORWARD RUNS

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

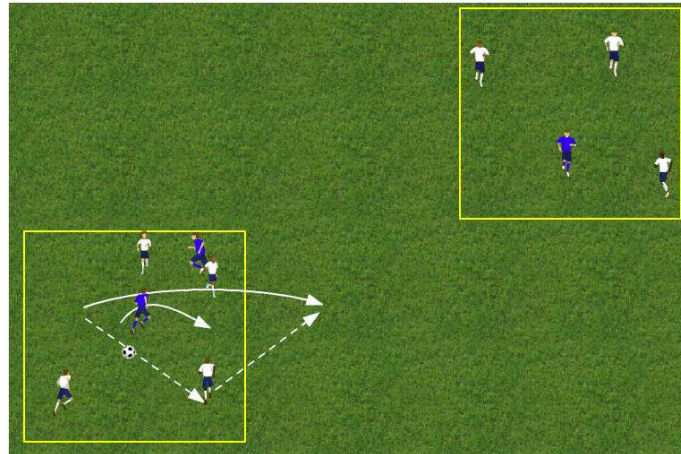
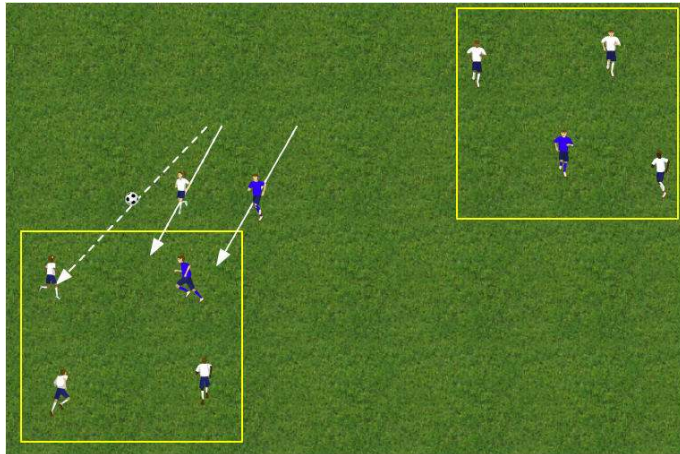
There is a total area of 40 x 30, with two 15 x 15 grids in opposite corners of the area. The area can be adjusted to suit the age and ability of the players. In one grid play 4 attackers V 2 defenders, who start with the ball, in the other play 3 v 1. The objective of the practice is for the 4 attackers to combine within the grid and to pass to a forward runner who breaks out of the grid. As soon as the ball is passed to the runner, one of the defenders must give chase. When the forward running player approaches the opposite grid, they must pass into the grid and join in. The chasing defender also joins in to make another 4 v 2 situation. The practice is repeated.

KEY TECHNICAL ASPECTS

Players play with their head up *Movement to create space and support the ball *Be aware of defenders and change the point of attack if necessary *Technique, accuracy, timing and weight of pass *Timing and angle of forward run *Communication between players *Use imagination to create varied forward run opportunities

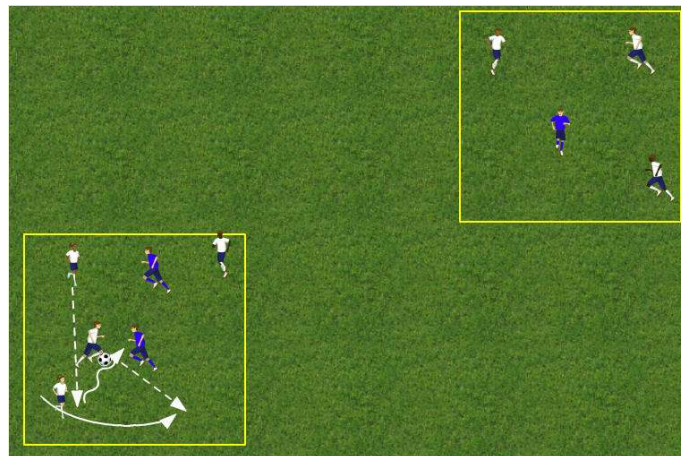
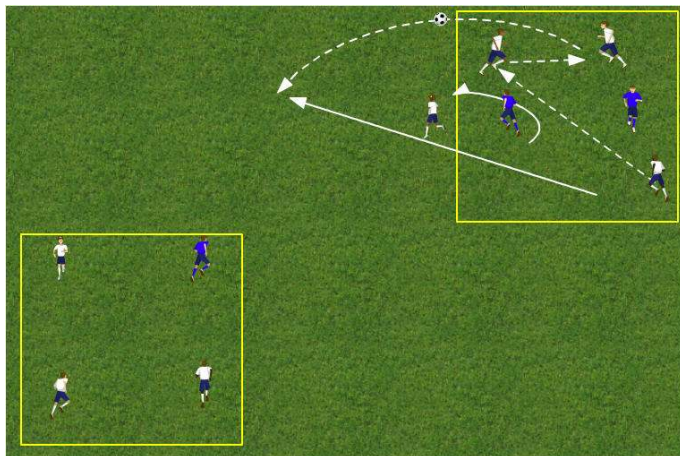
Progression # 1 – The ball is now passed into the opposite grid and the attacker and defender join in to make a 3 v 2 situation. The players in the area will need to move to receive and support the passer

Progression # 2 – The attackers can combine in a variety of ways to create opportunities for forward runs, for example by playing a give and go



Progression # 3 – Another way is create a third man running opportunity. The players will need to communicate, to provide good support, time their runs and make accurate passes

Progression # 4 - Encourage the players to use their imagination and to create lots of ways in which to make forward runs, varying the distance and angle of the runs and passes. For example, create overlapping opportunities for a forward runner



PROGRESSIONS

Progress the practice to a game

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.