

Attacking Runs 1



Main Coaching Points

- Both Forwards must push up against back four when team brings the ball up the field.
- 1st Forward makes run towards ball, receives the pass and set's up supporting player with a "one touch" pass whenever possible.
- As ball is being passed back the 2nd striker makes his run across defender and looks for ball in behind the back four.
- Supporting player delivers a quality pass for 2nd Forward behind the back four. Does it need to be ground or aerial? Straight or in swinger (bending in)?
- 2nd Forward must look for "cue" when ball is laid back start run. Timing is crucial. If he makes the run too early he runs the danger of being caught in an offside position, attracting the attention of the defender or killing the space before the ball is delivered.
- Players must develop a forward THINKING, forward RUNNING and forward PASSING attitude.
- Remember - Space created, ball delivered, then the run.