

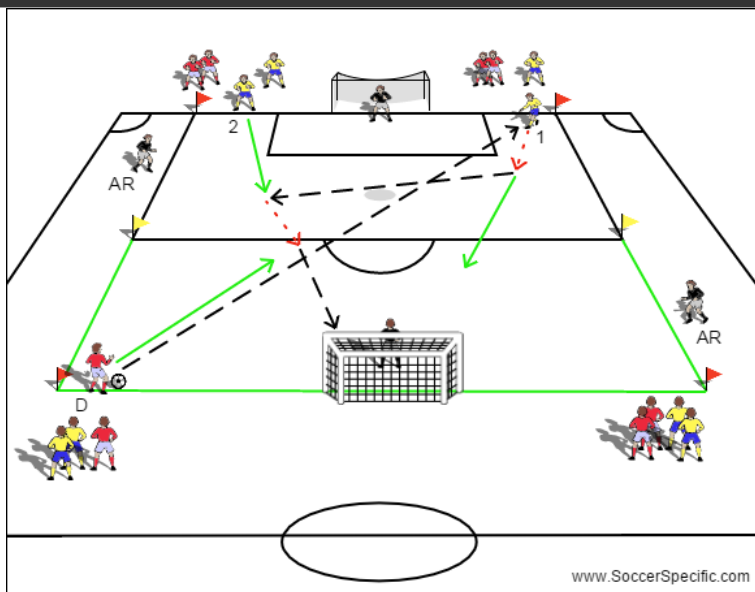


Recovery Runner

Date: **Aug 11, 2016**

Team: **SoccerSpecific Team**

Duration: **15 Min**



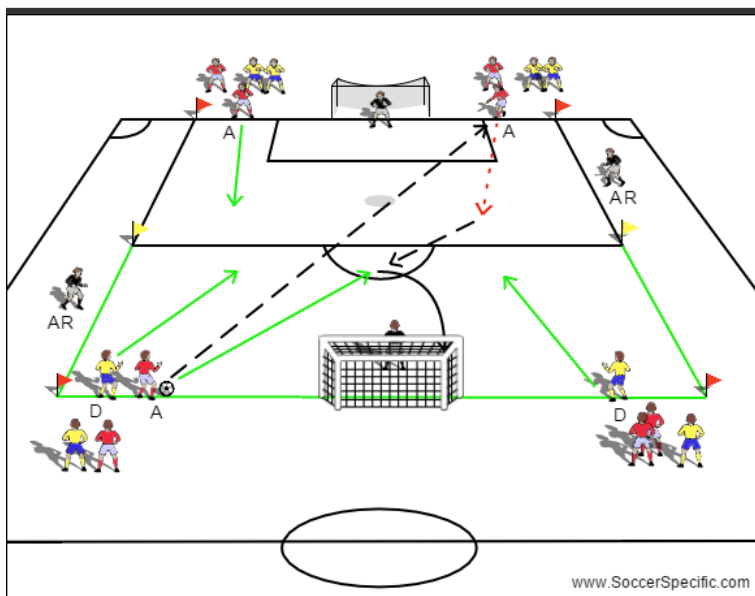
Setup: 16 field players and 2 GKs. Penalty box on penalty box, make sure two players from each team are in each corner of the field.

Instructions: As shown the defender in red "D" drives a diagonal ball with pace across the playing area to attacker 1. Attacker 1 penetrates on the dribble and plays a ball into player 2's path for a shot, dribbles at pace and shoots himself, or dribbles centrally encouraging an overlap from player 2 and then either shoots or slips him through to goal. If a goal is scored or the ball goes out of play the next ball is started. This time the service comes from the other side.

Coaching Points: Engaging the defender, penetrate aggressively to goal, timing of runs, weight of the pass, placement of the finish on goal. Closing the shooter down, closing the passing lane, angle of approach, speed of approach, not diving in, and proper mechanics of 1V1 defending. Offside rule applies.

1

⌚ 6 Min ↗ 36X44



Setup: 16 field players and 2 GKs. Penalty box on penalty box, make sure two players from each team are in each corner of the field.

Instructions: This time the attacking player drives a ball diagonally to his teammate as shown and then joins the play from an "offside" position. Simultaneously, as soon as the ball is struck two defenders enter the field of play making it a 3V2 to goal. The two red attackers and the recovering red attacker try to find the best way to create a chance on goal. If a goal is scored or the ball goes out of bounds then a new ball is started from a yellow attacking player from the other side of the playing area.

Coaching Points: The attacking player must recover quickly to get in an inside position if in fact he is going to be utilized in the attacking sequence. The other two attacking players must recognize if he is an offside position and adjust their decision making accordingly. Defenders must enter the playing field under control but must also recognize the recovering players location. Deny shots on goal whilst cutting off the passing lanes to the recovering forward. Offside rule applies.

2

⌚ 6 Min ↗ 36X44

