

Diagram 2A:
Player 6 has the ball

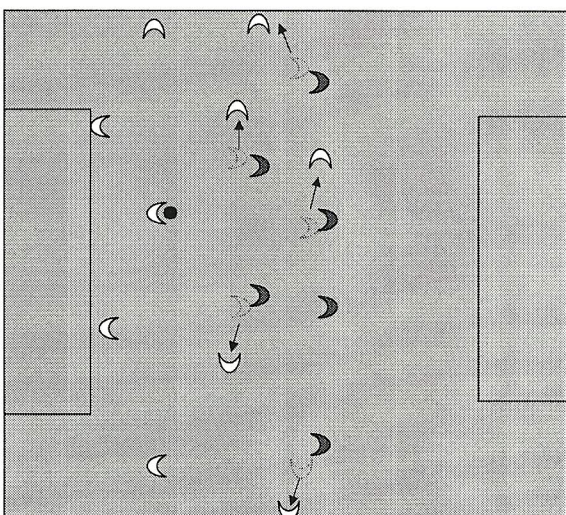
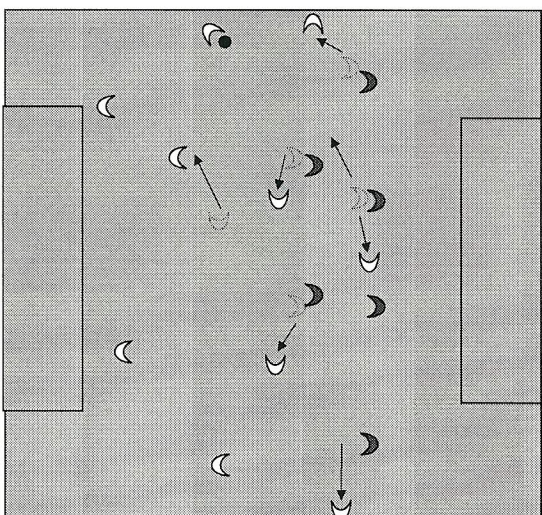


Diagram 2B:
Player 3 has the ball.
Player 9 can either peel off
or check towards ball.



PRINCIPLE 3: BENDING RUNS

Whenever you make a forward run on the flanks, bend your run towards the outside to create width and separate yourself from your opponent. Whenever you make a forward run in the middle of the field, bend your run to give the passer enough time to judge the pass, to open up a passing lane for a through ball, and to avoid running into off-side.

Diagram 3 below shows how the player on the left flank bends his/her run to get even wider. This spreads out the opponents and creates a passing lane into the flank. Also, notice how the player in the middle who is standing with his/her back to goal starts with a flat run and opens his/her body and then bends his/her run to get onto a through ball. This flat run gives the passer time to see how the opponents react to the run, allows him/her to judge his pass, gives the passer more options and avoids the off-side.

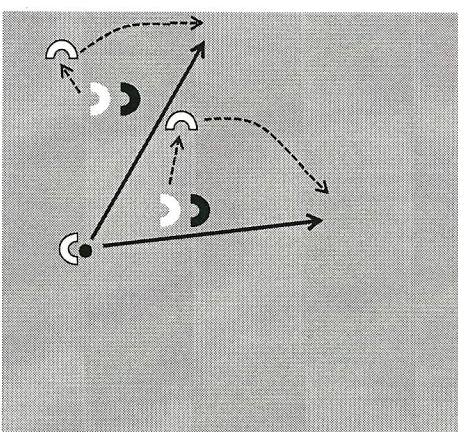


Diagram 3

PRINCIPLE 4: RUNS TRIGGER RUNS – AWARENESS OF SURROUNDING

Players need to look around them all the time to see where their teammates and opponents are. This will help players make the correct runs and will avoid players duplicating runs or running into the same area. For example, if you are an attacking midfielder and you see that your center forward is making a checking run towards the ball, you might decide to run into the space created by him/her and run onto a through ball behind the other team's defense. Another example is when a winger runs inside to make room for the fullback to overlap. Runs trigger other runs but for that to happen you must be constantly looking around you to assess your position in relation to your teammates' positions.