

UEFA 'A' Licence
Information Handbook
11 v 11 Runs Off the Ball



Pre Session Focus

X5

X4

10

- ✓ Organisation
- ✓ Layout
- ✓ Right players in right positions
- ✓ Free Play
- ✓ Realistic Start Position
- ✓ Good Coaching Position

Player Running with the Ball



Pathway of the Ball



Player Running without the Ball



Intelligent Runs
off the Ball
Overlapping & Diagonal

Designed to work the
whole team on Creative
Movement and
Intelligent Runs off the
ball

Also team Shape
Movement, Support,
Cover and Balance

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Organisation

Os 4-4-2 (Coaches Team)

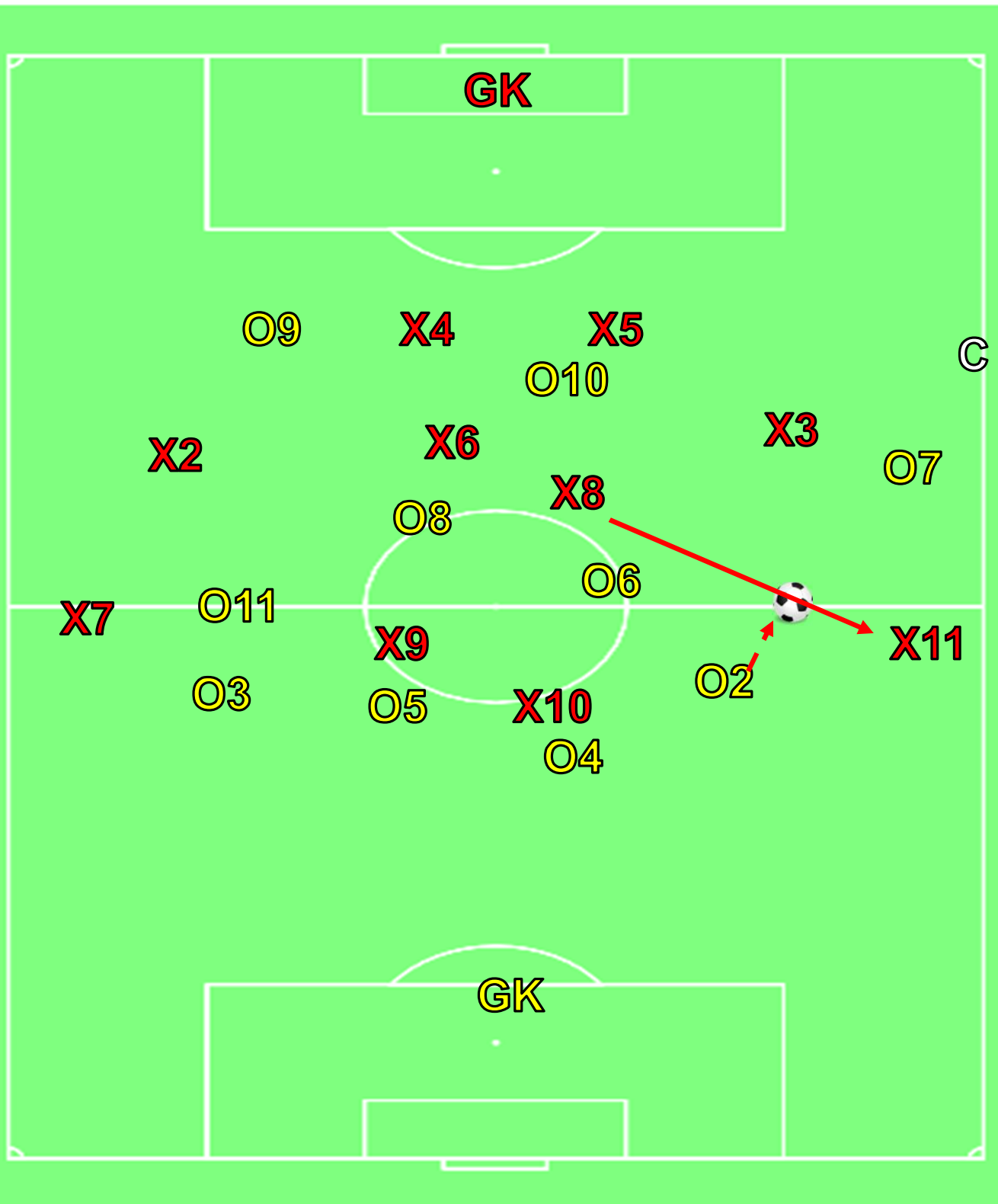
Xs 4-4-2 Defending

Start Point No1

- Xs (reds) on the attack
 - Os (yellows) Narrow & Compact
 - X8 Pressed by O6 forcing wide
 - Ball passed to X11
 - Intercepted by O2
- O2 now on the ball

Transition

- ✓ Os now have the ball
- ✓ Dispersal



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Session Development No 1
2v1 Overlap Vs X3

Primary Players

O2 and O7 combine to overload X3 (2v1) with an overlapping run

Secondary Players

➤ O10 offers support and pins X5

Options

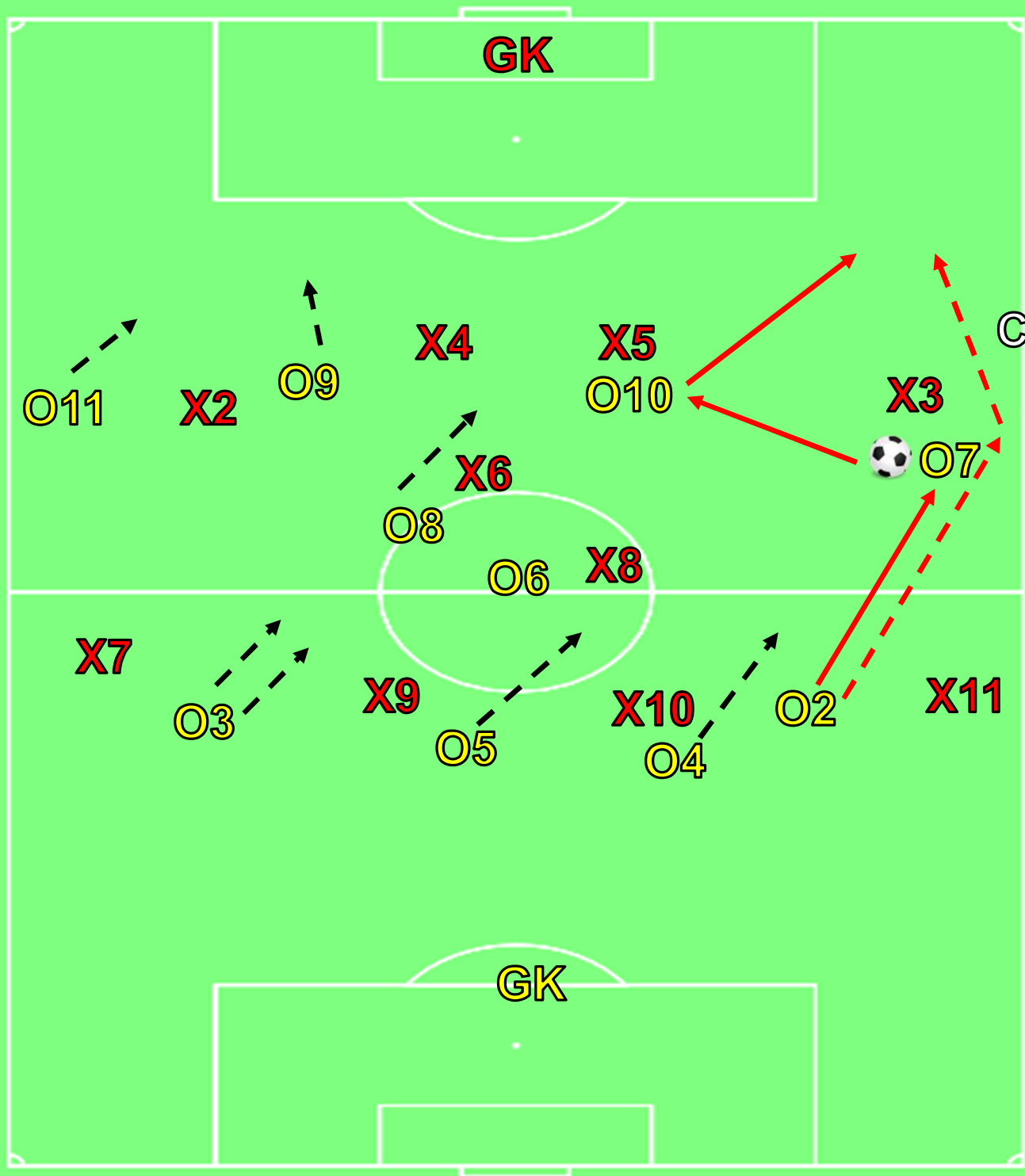
1. 2v1 Overlap against X3
2. Bounce pass off O10 in behind X3

Fringe Players

- O9 & O11 Move high on the shoulders of the defenders
- O8 support from midfield
- O6 holding role
- Defenders move out & support

Primary Coaching Point

1. Timing of the overlapping run to overload X3 and attack the vacant space
2. End product



[illegible]

Primary Players

Secondary Players

- ## Fringe Players

- ### Primary Coaching Point

1. Fine detail of the cross and timing of the movement to attack the ball
2. End product
3. Supporting runs
4. **Lock the box**

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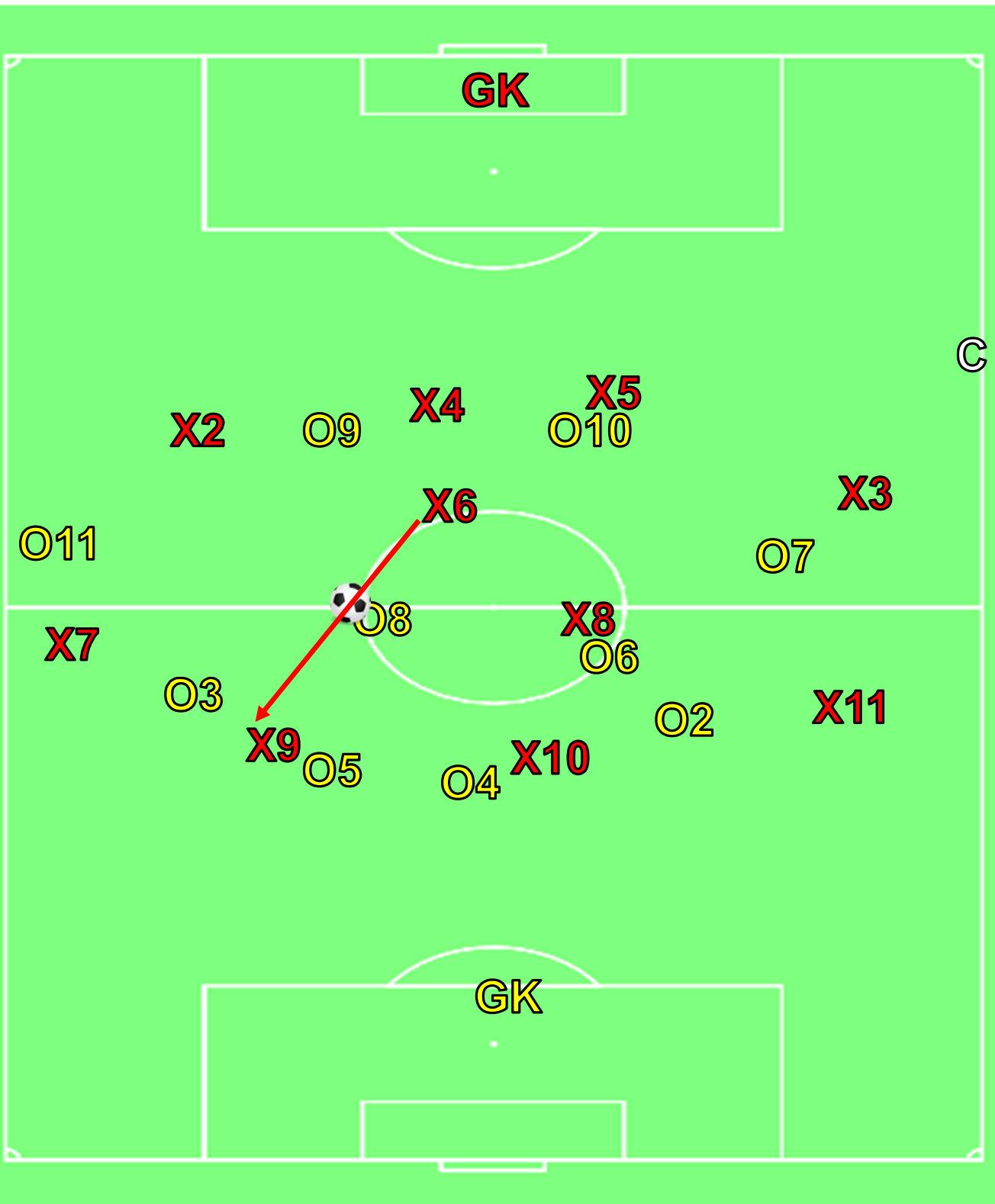
Session Development No3
Runs From Deep Positions

Start Point

- X6 in possession
- Misplaced pass to X9 run
- O8 intercepts
- Ball now with O8

Transition

- Dispersal
- Create and exploit



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Session Development No3
Runs From Deep Positions

Primary Players

- O11 Holds and drags X2 towards him, creating for O3
- O3 runs from deep exploiting the space behind X2

Secondary Players

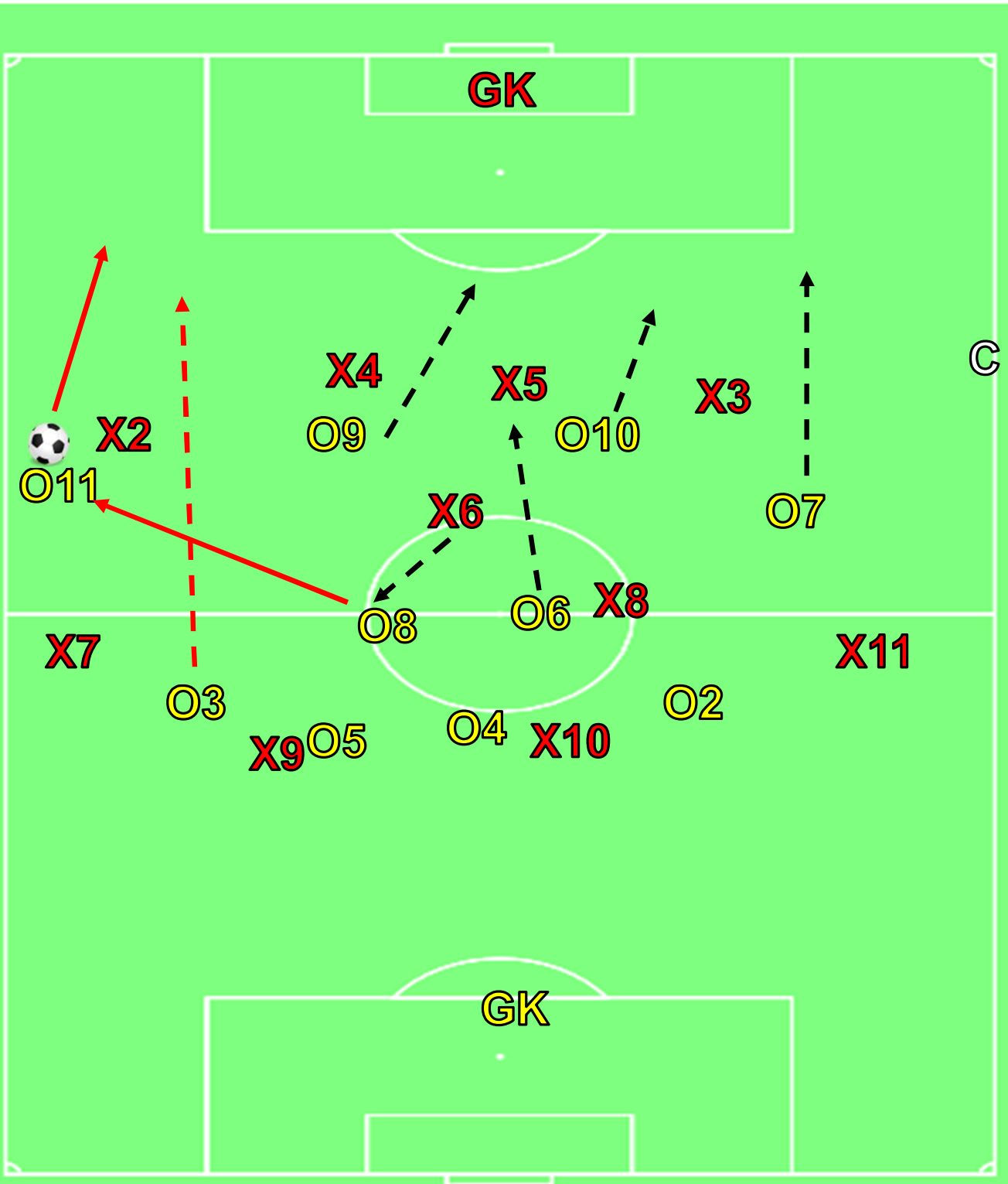
- O9 & O10 movement to attack the incoming cross

Fringe Players

- O7 supporting run wide
- O6 supporting run from deep
- O8 Holding role
- Defenders move out & support

Primary Coaching Point

1. The hold from O11
2. Timing of the run from O3
3. End product
4. **Lock the box**



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Session Development No 4

Early Runs From Wide Positions

Start – No3 – O8 Intercepts

Primary Players

- O11 pulls off the shoulder of X2 ready to exploit him
- Movement of O9 & O10 to open the channel ball option
- Quick and decisive pass from O8 behind X2
- Quick movement from O11

Secondary Players

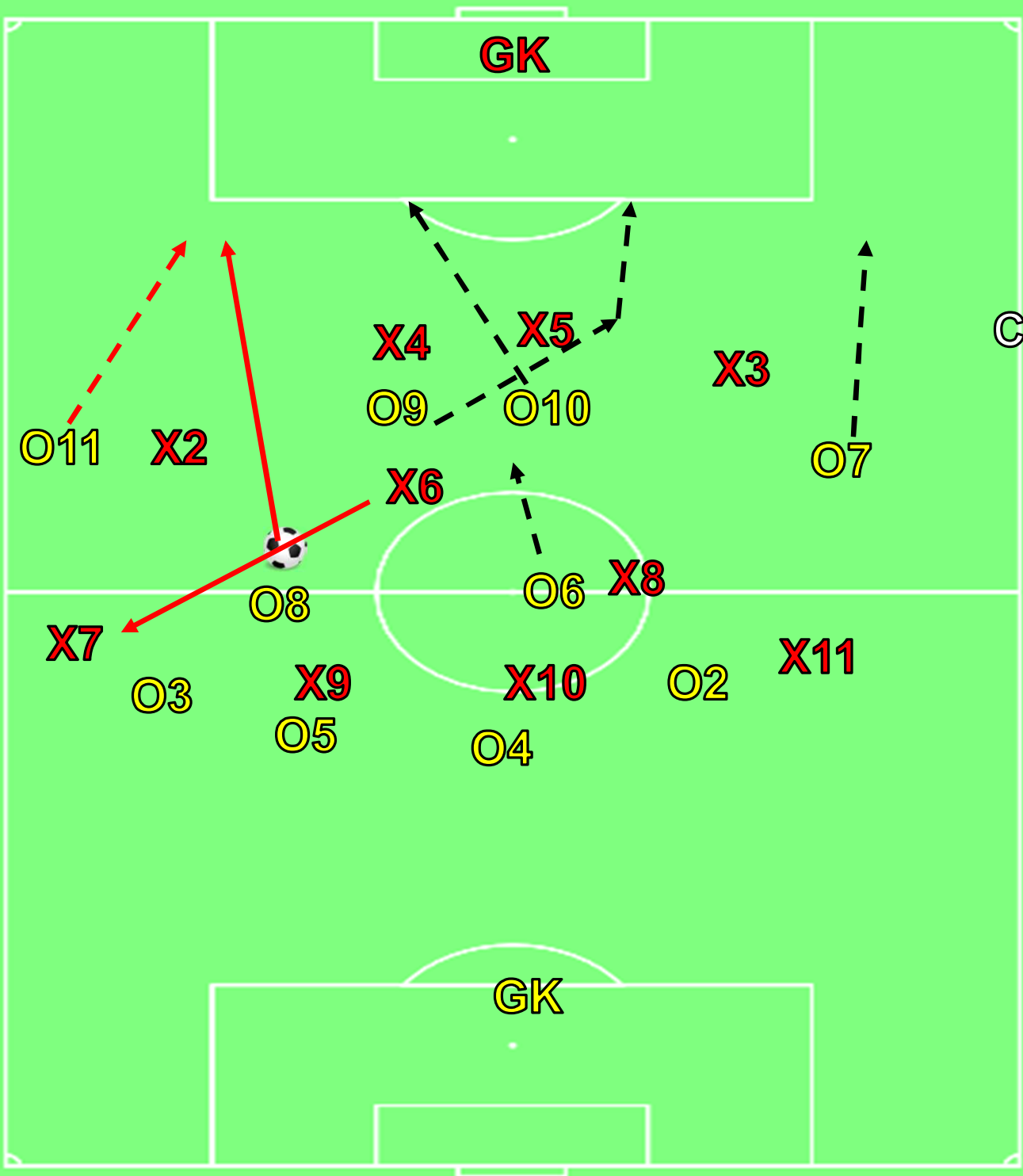
- O9 & O10 movement to attack the incoming cross

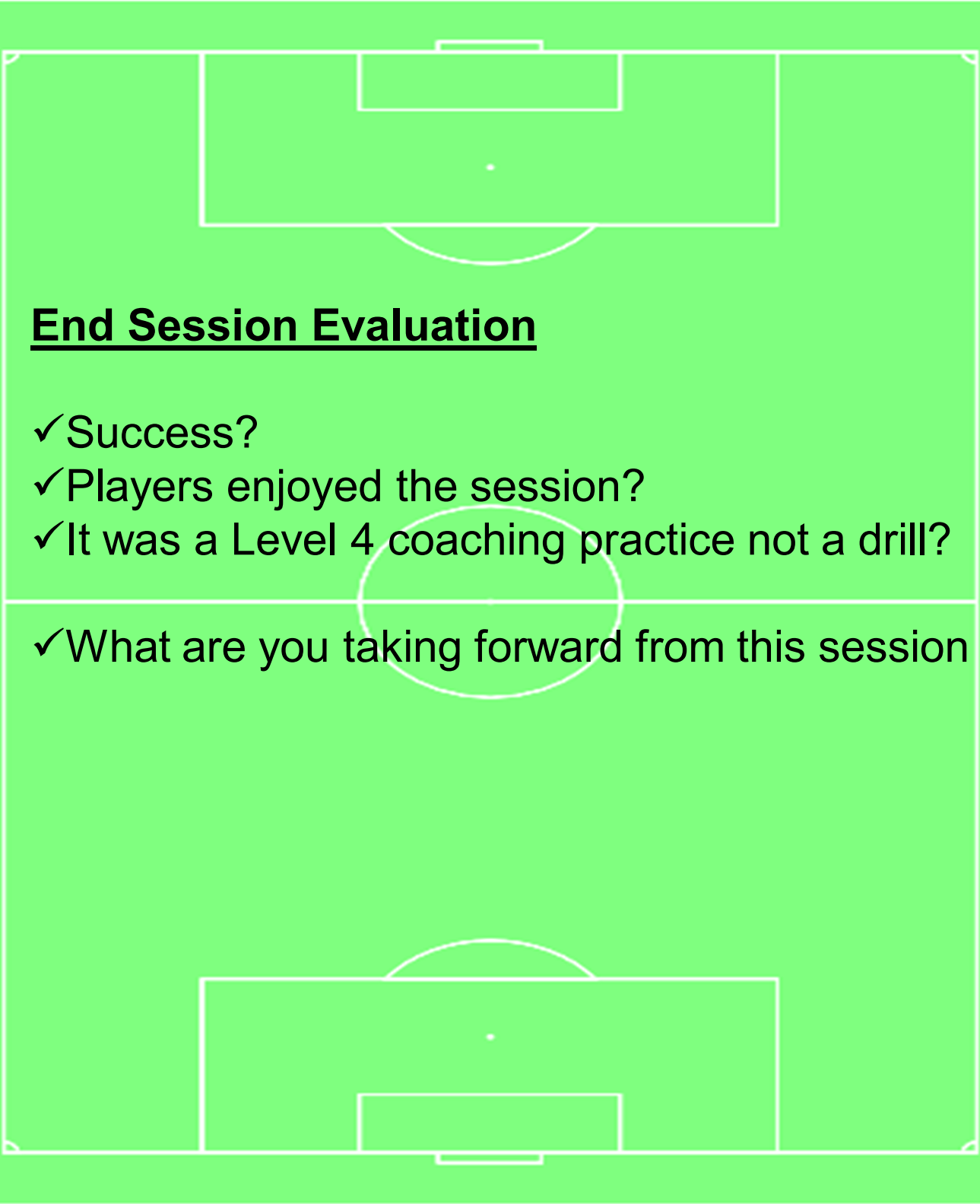
Fringe Players

- O7 supporting run wide
- O6 supporting run from deep
- O8 Holding role
- Defenders move out & support

Primary Coaching Point

1. The pass from O8
2. Timing of the run from O11
3. End product
4. **Lock the box**





End Session Evaluation

- ✓ Success?
- ✓ Players enjoyed the session?
- ✓ It was a Level 4 coaching practice not a drill?
- ✓ What are you taking forward from this session

Intelligent Runs
off the Ball
Overlapping & Diagonal

Have You

- ✓ Devised a positive practice and positive experience for the players?
- ✓ Coached your topic?
- ✓ Coached Primary, Secondary and Fringe players?