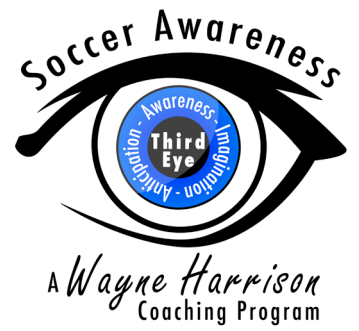


Wayne Harrison
presents
Exclusive eBook Series



Soccer Awareness Training

A Function: Teaching INVERTED
Runs from Outside to Inside



ABOUT WAYNE HARRISON

- Ex-Professional Player with Blackpool; England and Oulu Palloseura; Finland
- Represented Great Britain in the World Student Games in Mexico
- Bachelors of Arts in Sports Psychology
- UEFA 'A' License 1996
- NSCAA Premier Diploma holder
- Author of 14 Coaching Books and 4 DVD's
- DOC for Al Ain Soccer Club; United Arab Emirates; Middle East; 7 Youth National Championships in 2 years at Professional level
- Proponent of Soccer Awareness One Touch Developmental Training
- Owner Soccer Awareness Developmental Training programs

The defending team have won the ball. This shows initially how the defending team build play from the back in wide and central areas of the field. This builds into various ways to develop play out the back, here we highlight several ways to do it.

Inverted runs inside are obvious from the wing backs but it can be done with center backs and wingers too. We add (11) to give a greater chance of success as we have moved on to focus on Phase Three, building out of the back. Now the overload is in the defending teams favor building from the back. This teaches players to recognize where the space is to run into based on defenders positioning.

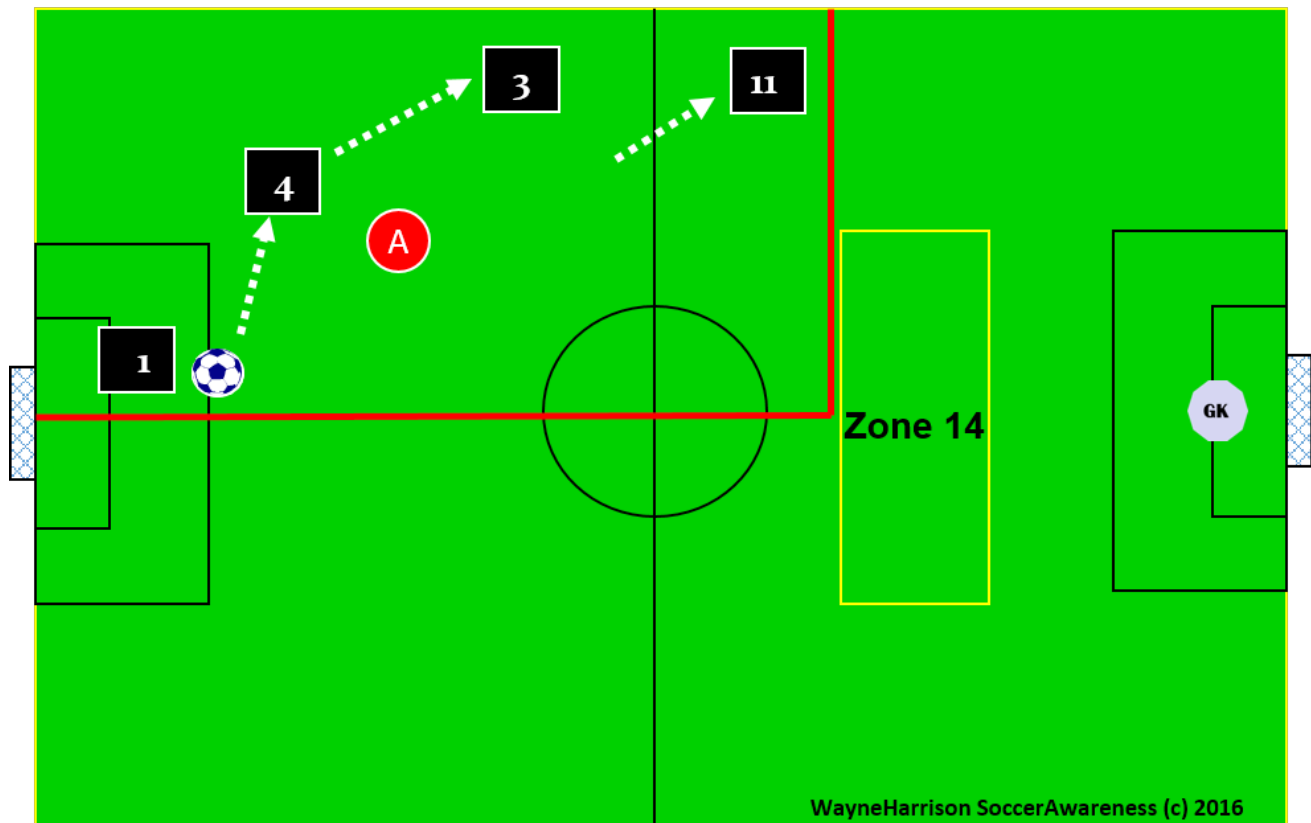
I prefer they keep the ball, go back to the keeper; develop play different ways; maintaining possession practicing building play from the back until they lose it; and then they go into defensive mode again.

There are a lot of different movements and rotations here so with your potential time constraints to teach this idea perhaps you will pick just a couple of “stock” moves to teach.

I would suggest the wing back movements are the best ones to teach as they are totally UNEXPECTED, next the wingers and least likely the center backs.. But good to see choices.



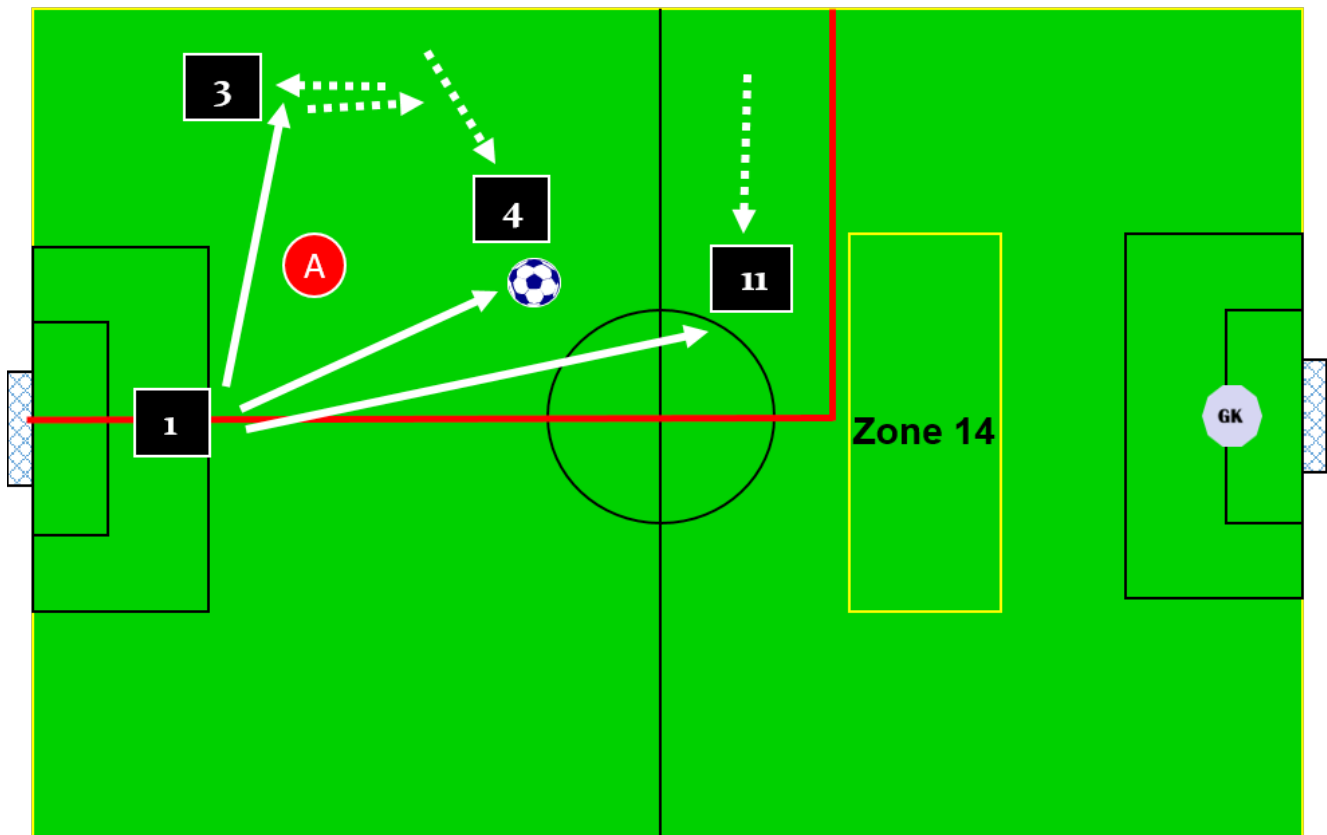
A Function: Attacking Shape Through 4 Players



Defending team win the ball and this is a functional idea you can use to build in wide and central areas.

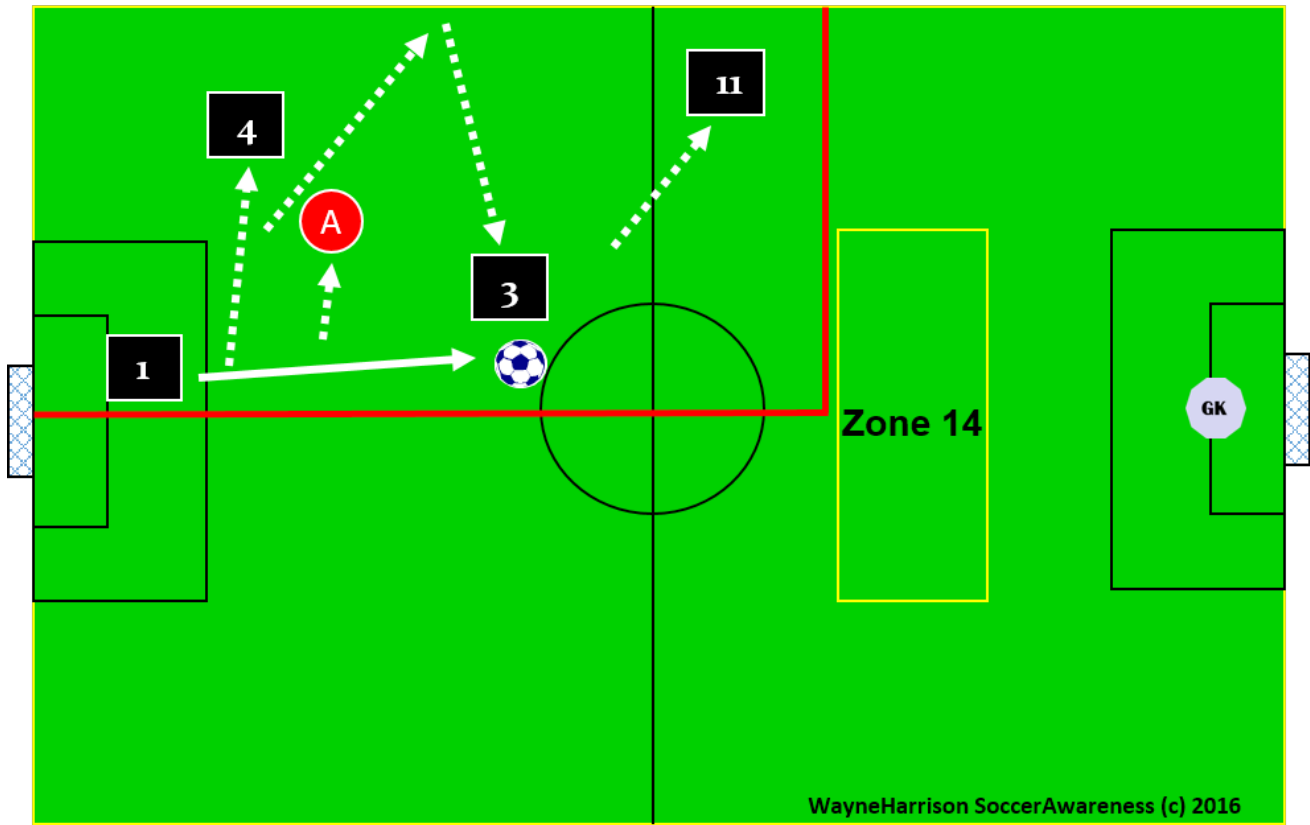
A functional practice developing movement between 3 players and the keeper. Make it easy for success initially with a 4 v 1. It is exactly the same on the other side with (2), (7) and (5) so we don't need to repeat it.

Attacking Shape Through 4 Players



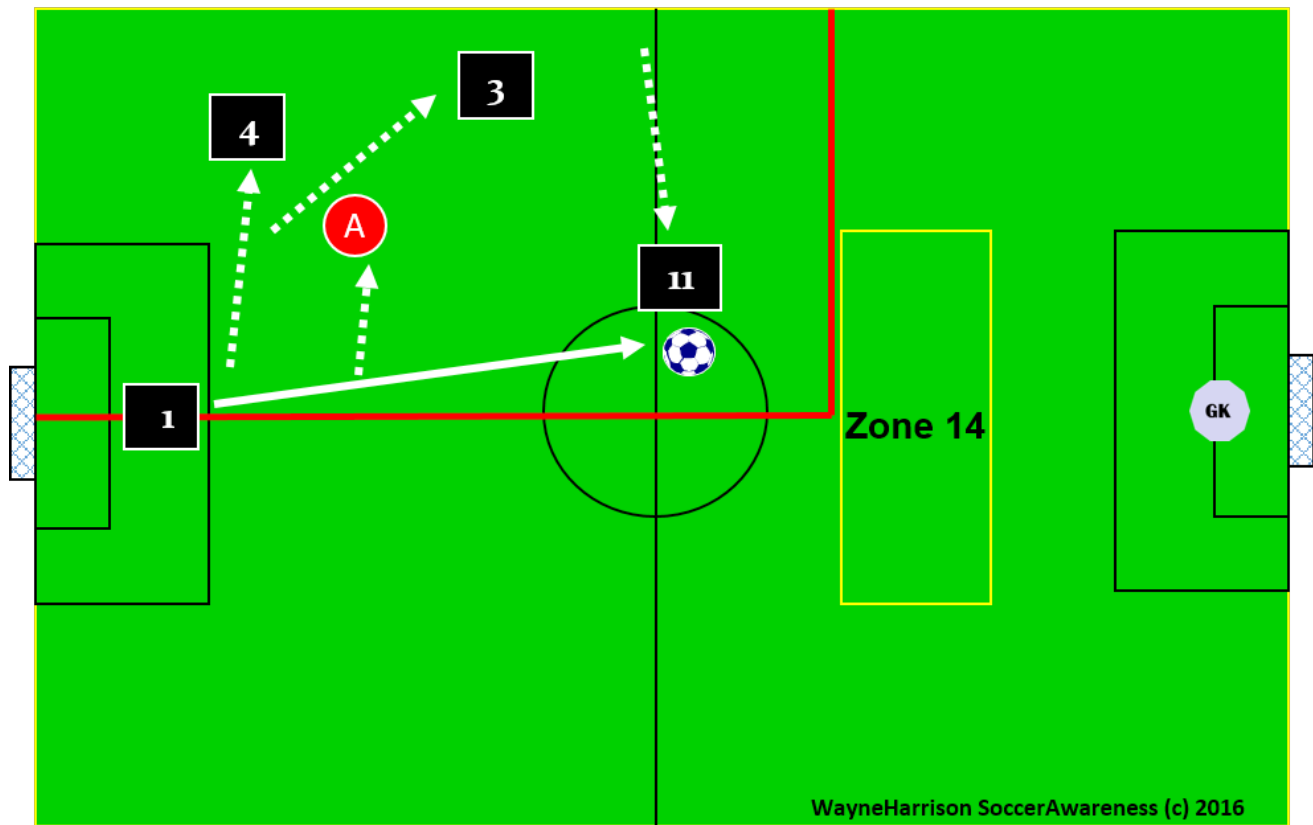
A functional practice developing movement between 3 players and the keeper.. Three choices here which will depend on how the defender reacts. Could press (3) or track (4) but cant affect (11) expect to intercept a pass.

Inverted Wing Back Movement



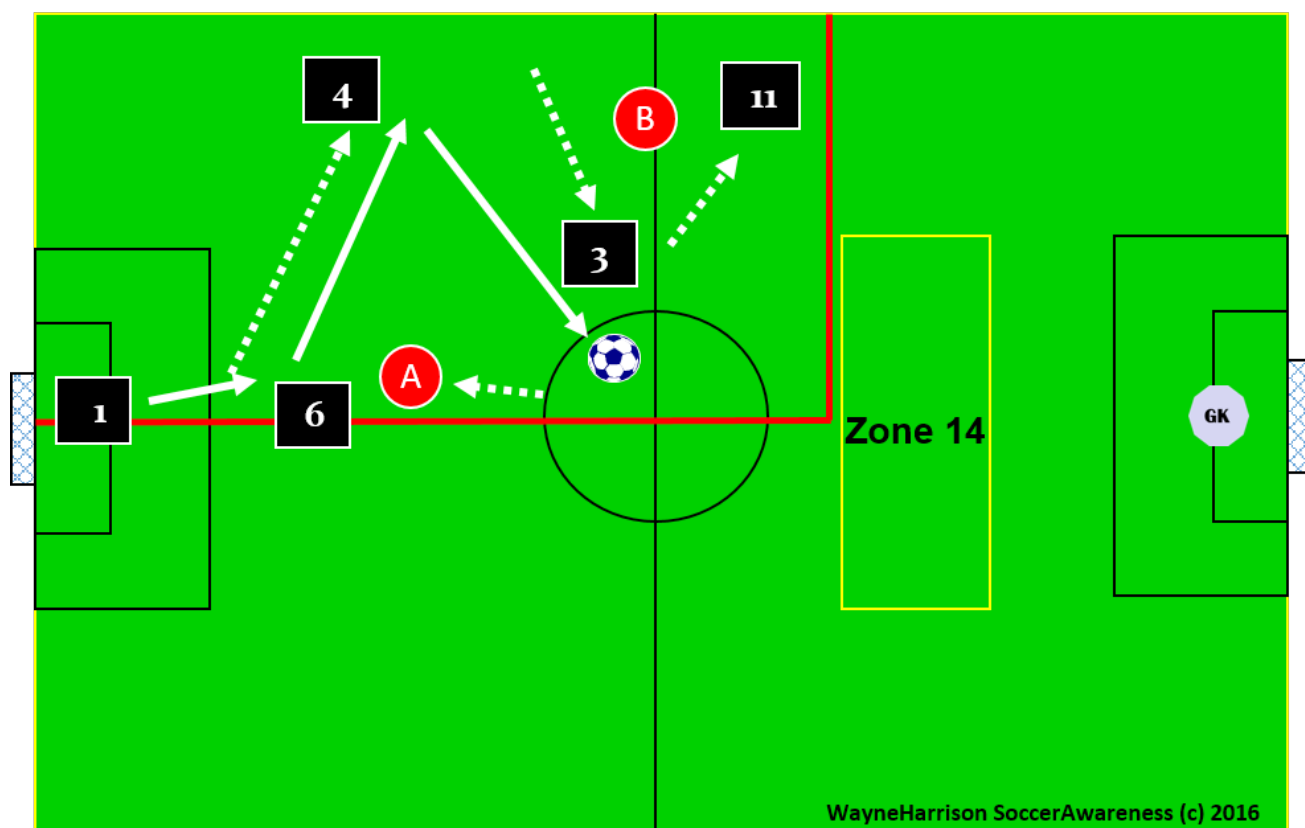
Center back (4) goes wide drawing (A) towards the touchline and (3) moves inside to receive the pass from the keeper with an inverted run.

Inverted Wide Striker Move



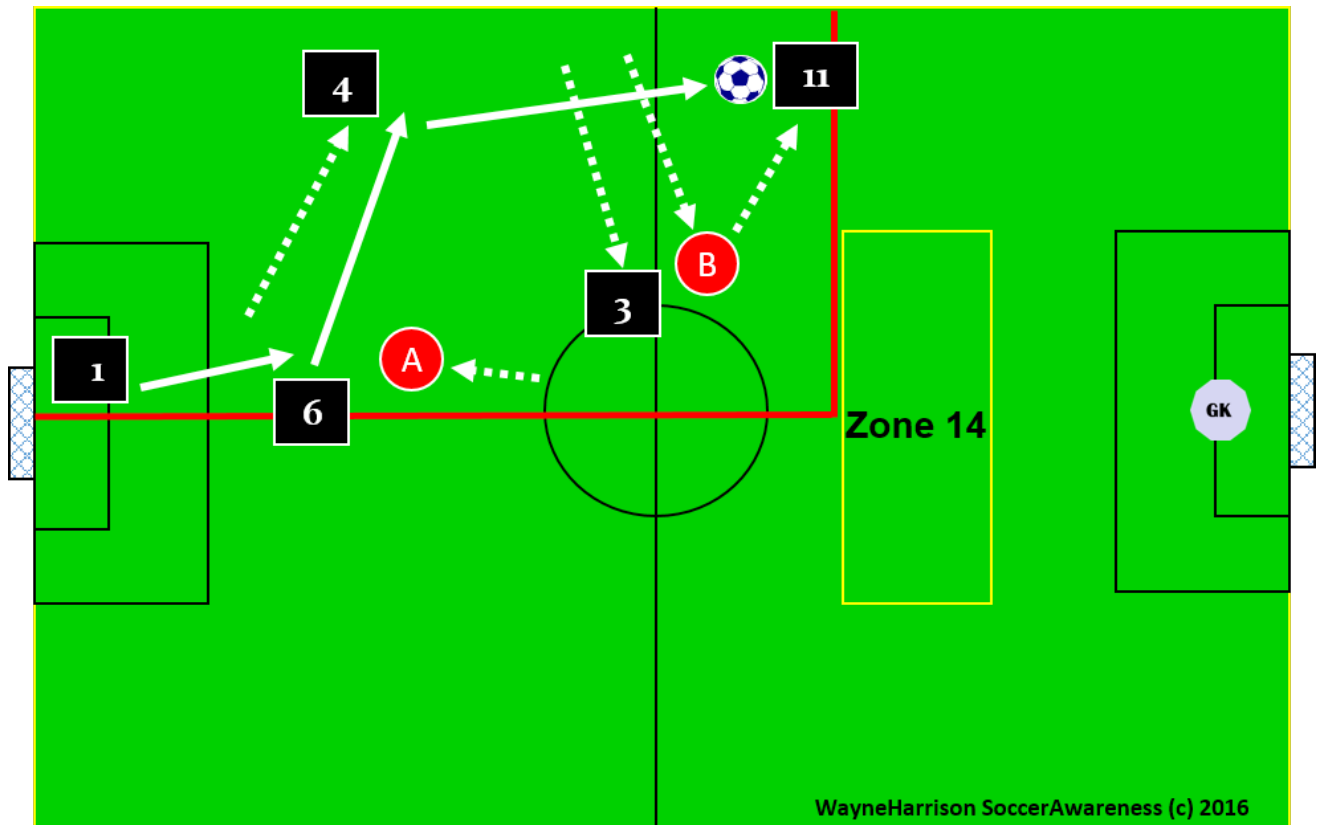
Center back (4) goes wide drawing (A) towards the touchline and (3) moves inside to receive the pass from the keeper with an inverted run.

Attacking Shape Through 5 Players



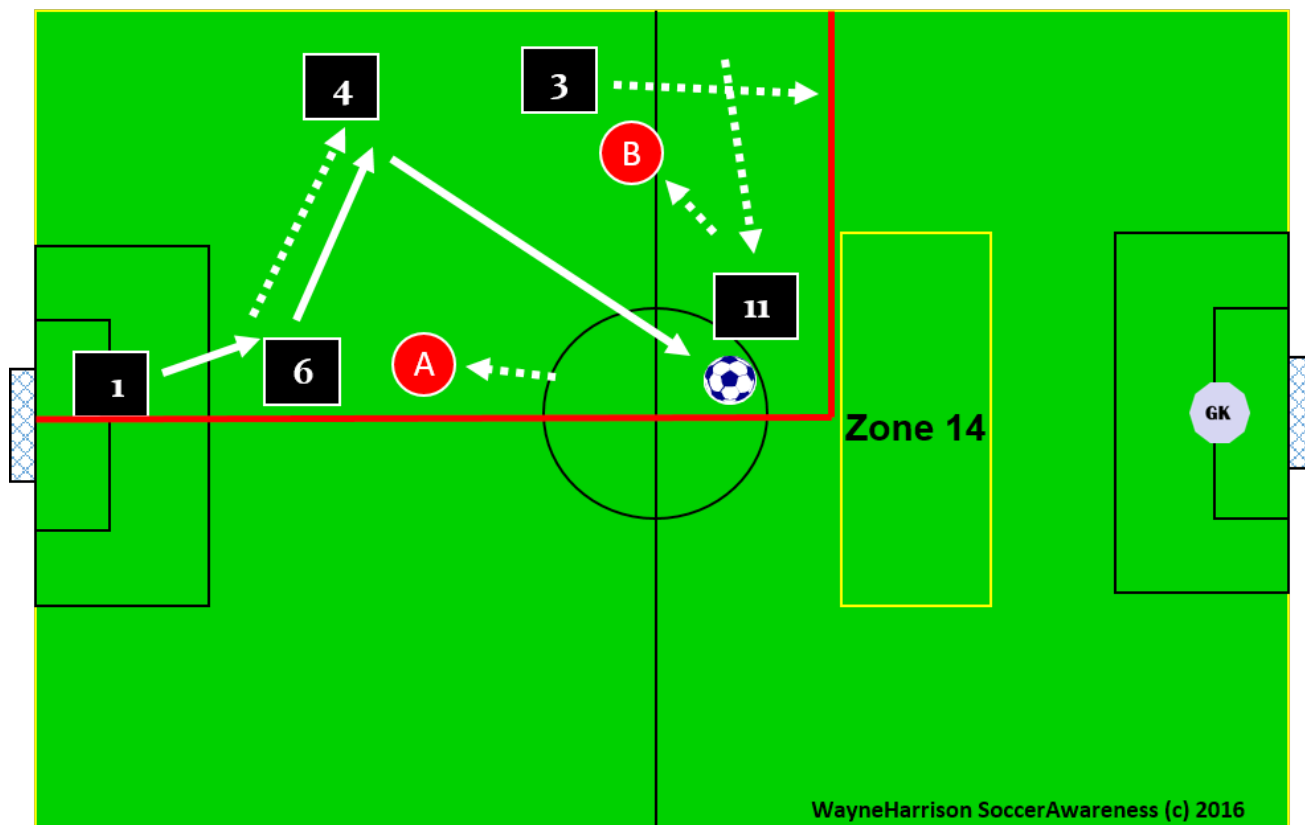
Same idea as the keeper but now (6) is on the ball and we bring in an extra defender. Inverted wing back run into space to get free from the defender.

Defender Tracks the Run Inside



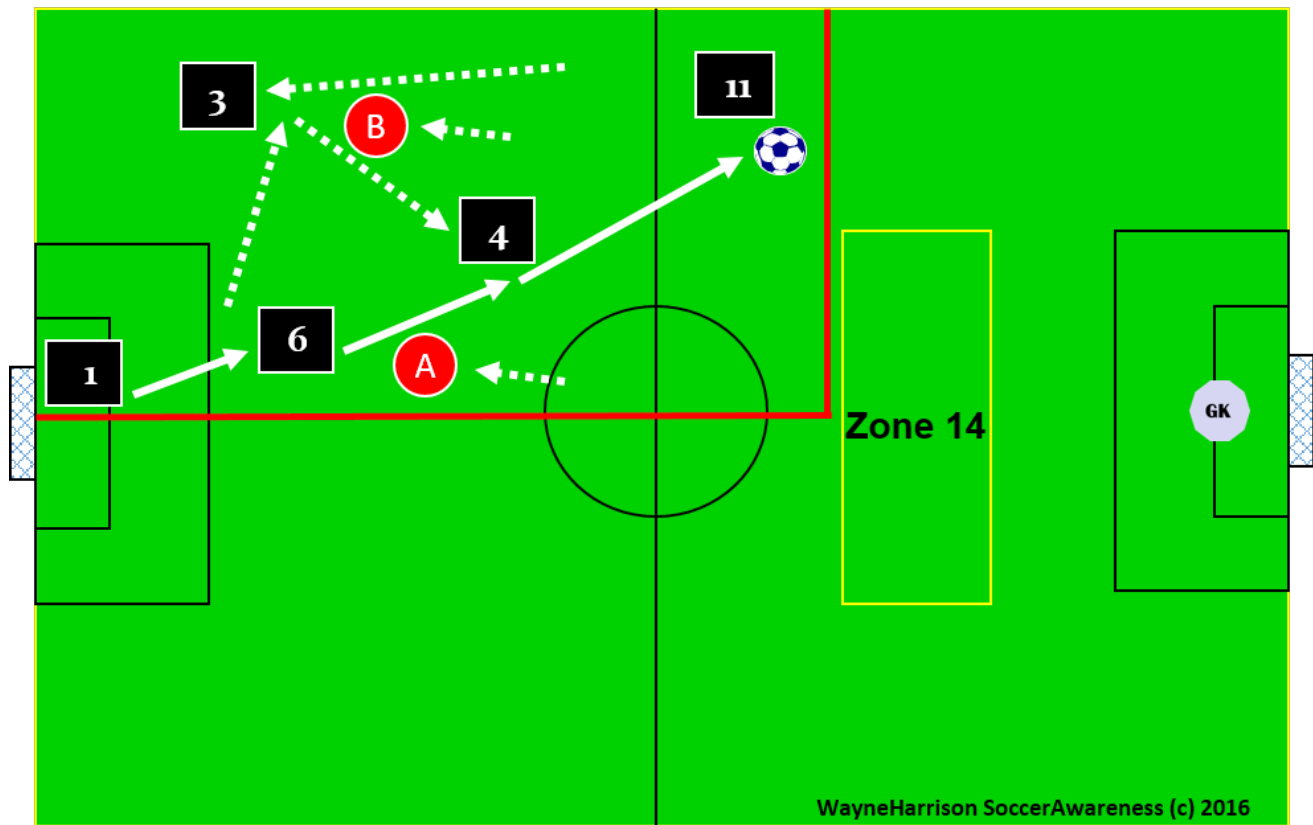
The inverted wing back run inside into the space to receive. Defender tracks the run so it opens up the passing lane to (11).

Three Movements Create Space for (11)



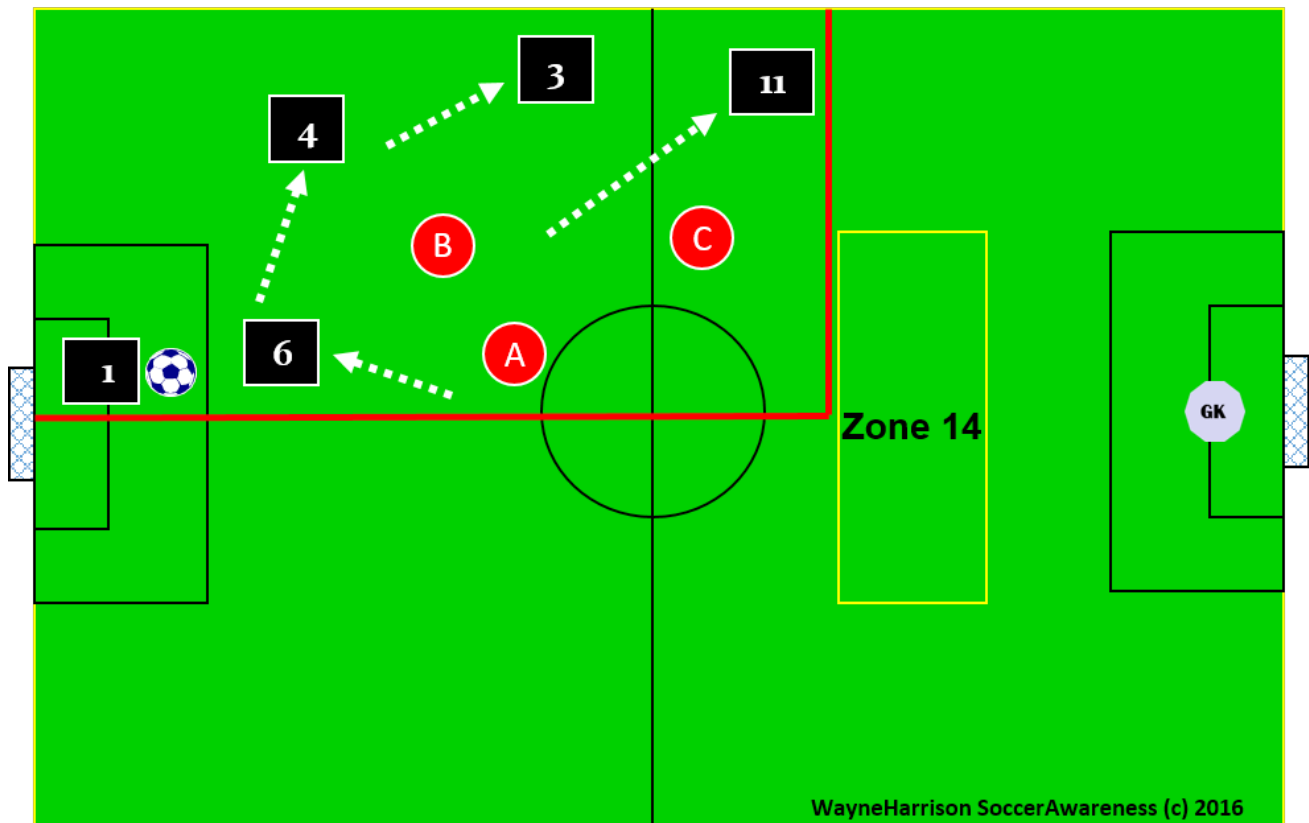
Defender (A) cuts off the pass inside so passes to (4). Defender (B) presses (3) and (11) cuts inside with the inverted run to receive from center back (4). Wing Back (3) can continue an attacking forward run into the space vacated by (11).

Getting Free Through the Center Back (4)



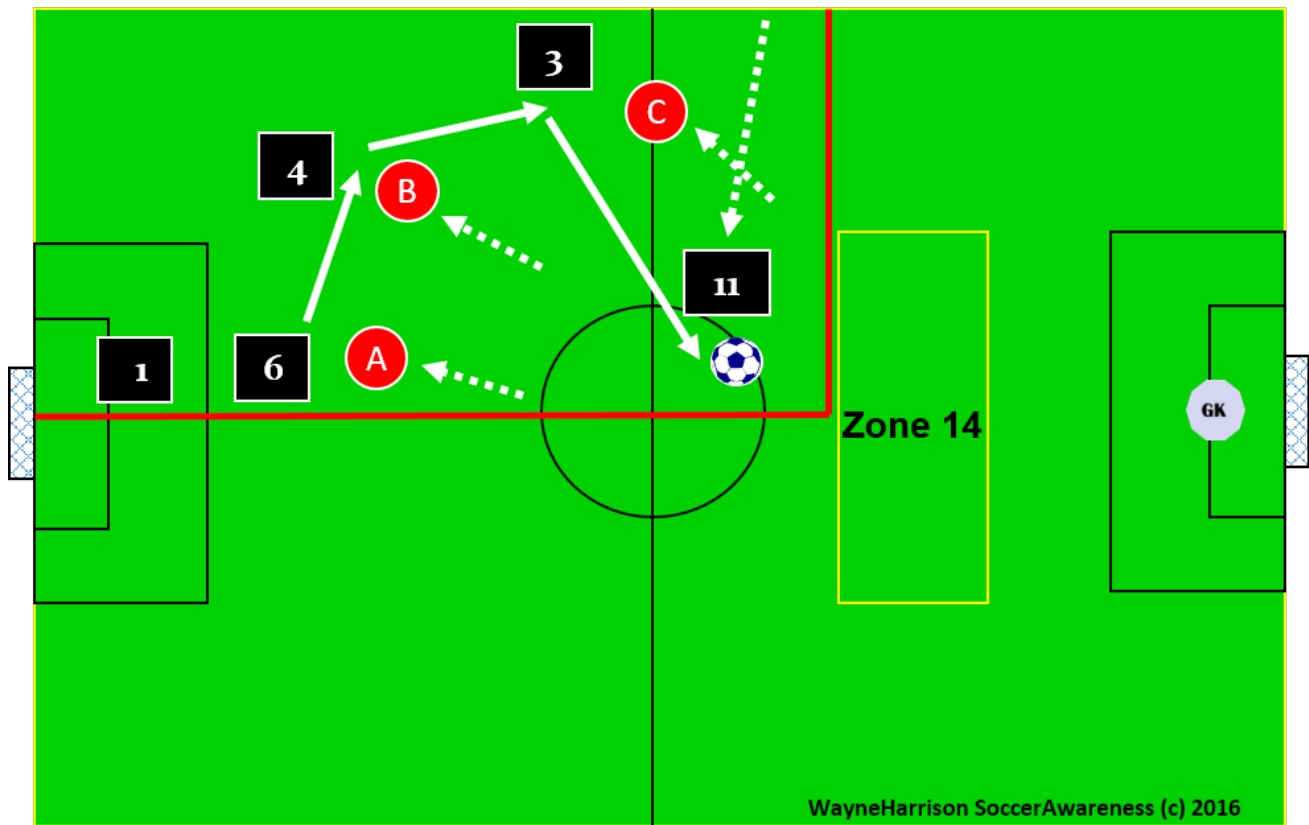
An Inverted center back (4) run to get free to receive the ball. Initial run is wide to offer support. But defender (B) closes down (4). Wing back (3) distracts (B) with a run to allow center back (4) to cut inside to get out.

Now Against 3 Defenders



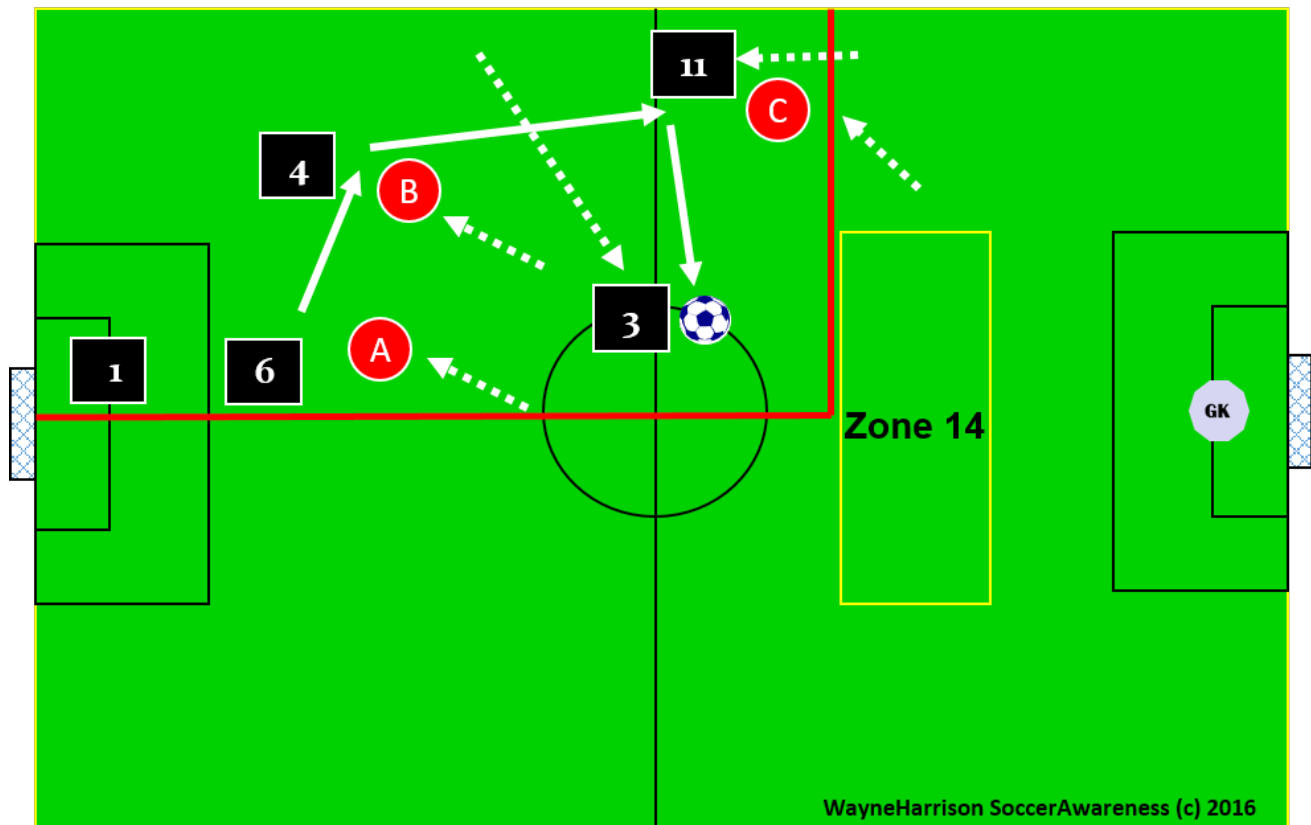
This is our offensive set up. 3 players in wide areas along the touchline. We have a 4 v 3 plus the keeper so a much harder situation to work to get free from the back. Have defenders not press immediately to get the session going, more shadowing the player but they can intercept passes.

Now Looking for Imaginative Solutions to Build from the Back



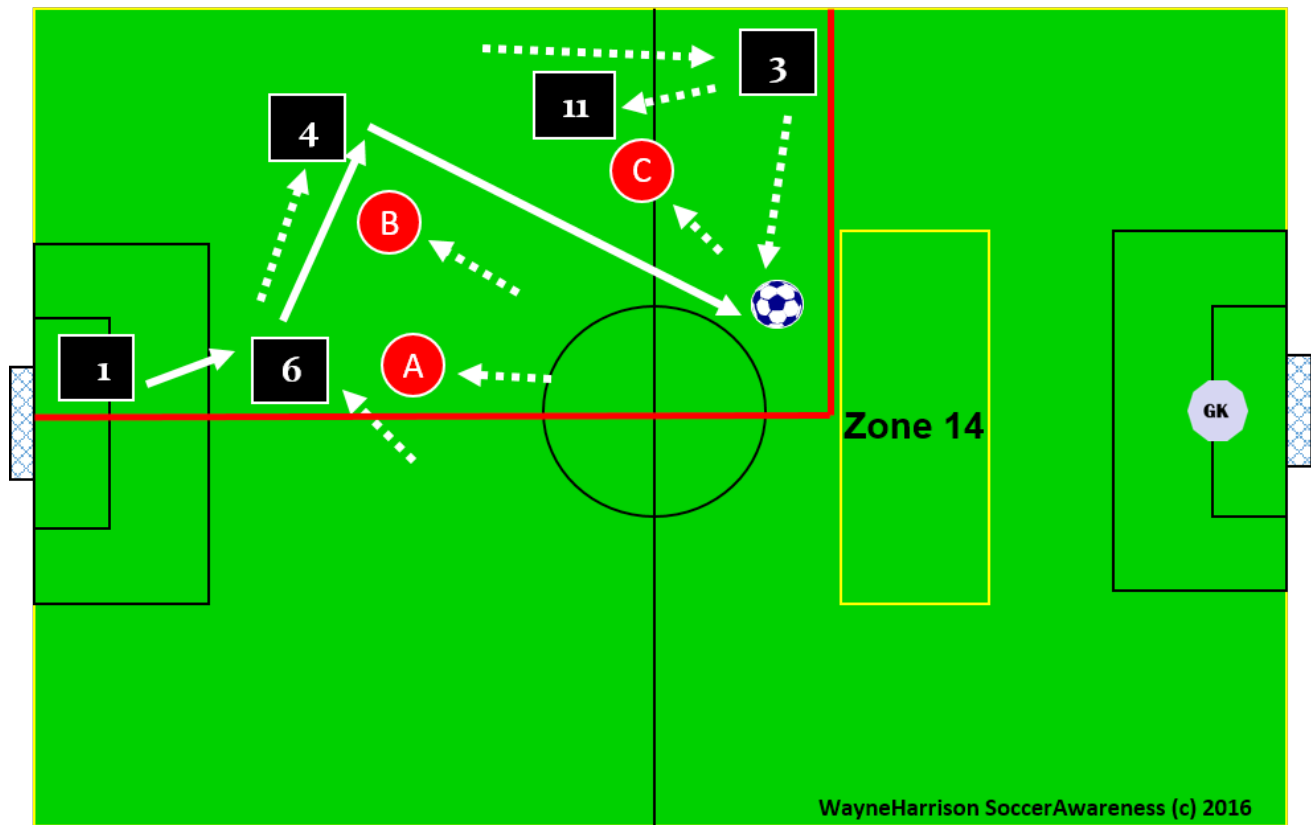
Ask defenders to make decisions to press a player. This will mean one player should be free somewhere. In this case it is (11).

Now Looking for Imaginative Solutions to Build from the Back



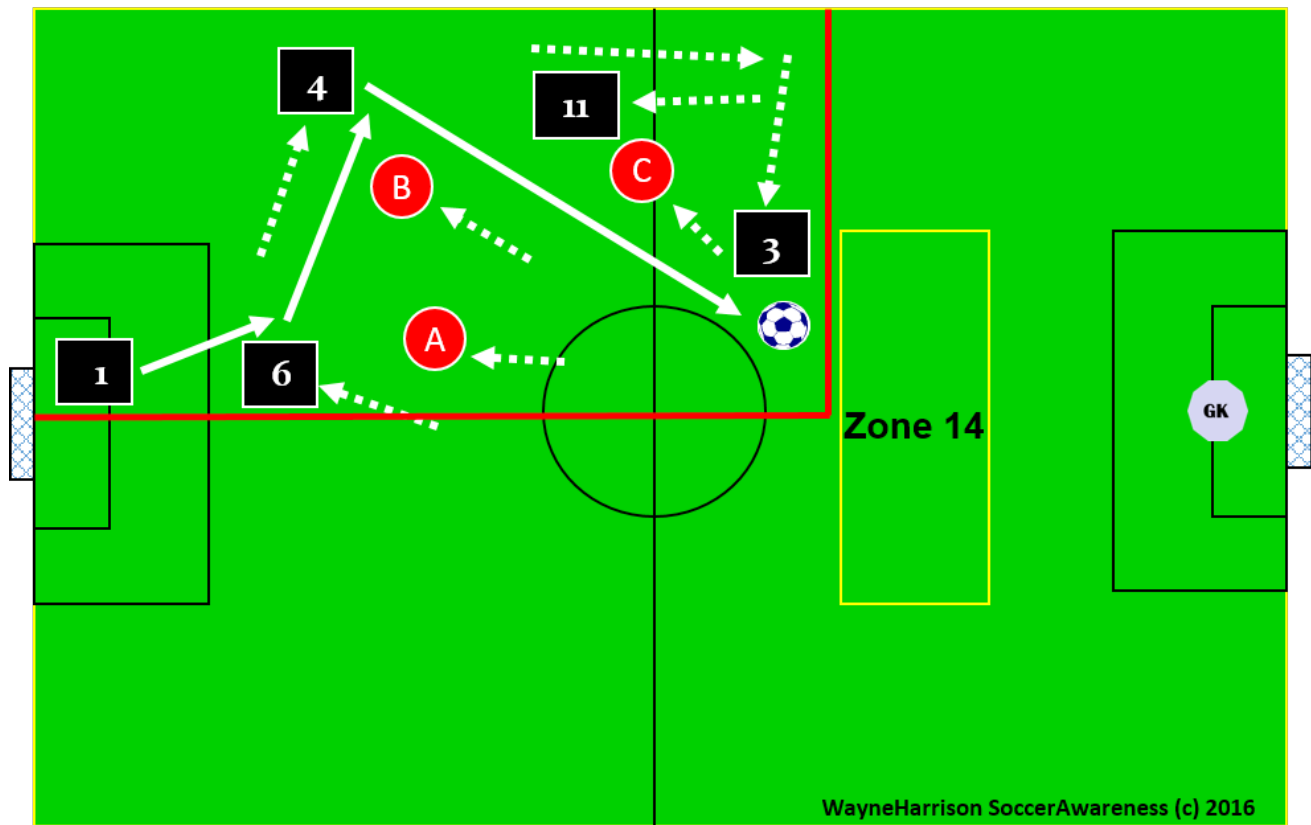
Ask defenders to make decisions to press a player. This will mean one player should be free somewhere. In this case it is (3) with an inverted run inside.

Rotation of (11) and (3)



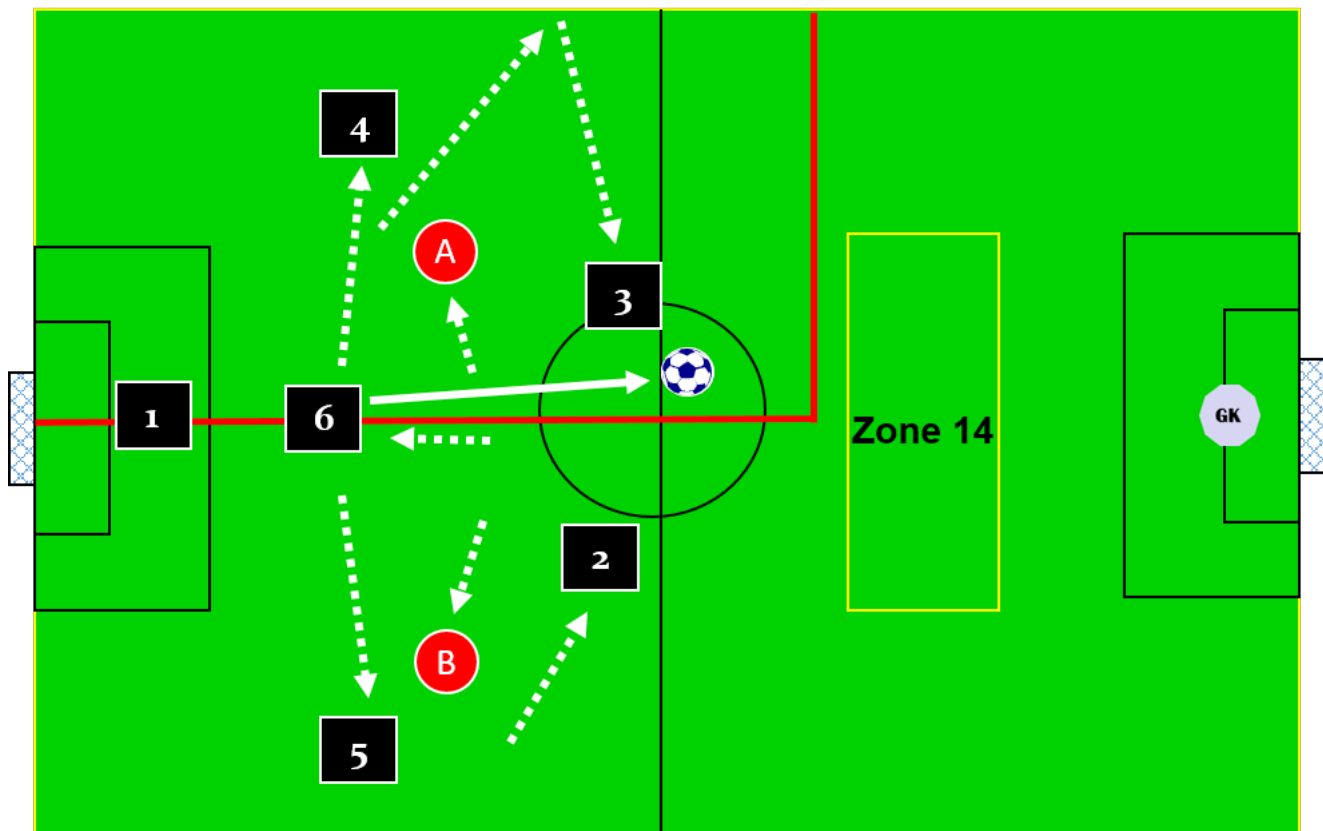
Defender (C) closes down (11) after (3) and (11) interchange and (3) makes a second run inside to receive the pass into space.

Rotation of (11) and (3)



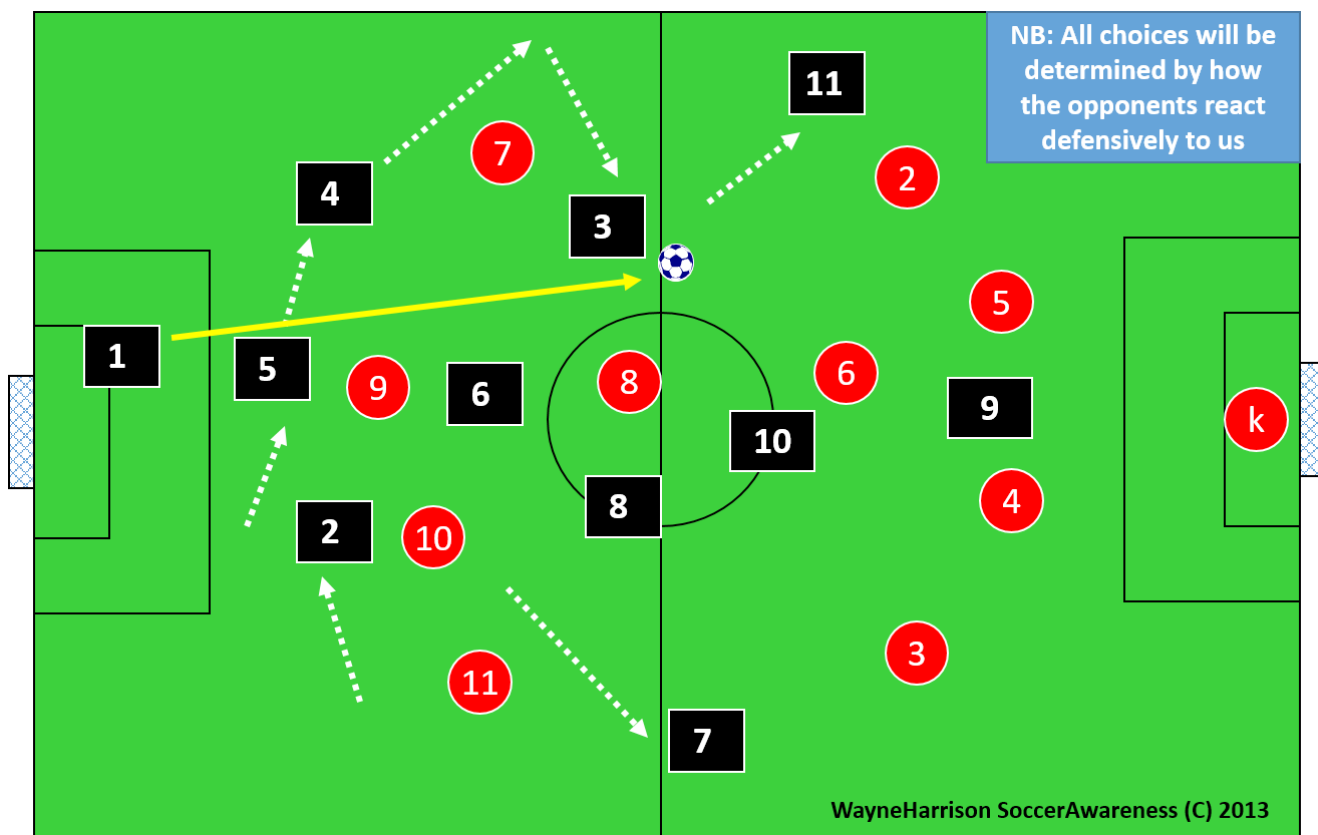
Defender (C) closes down (11) after (3) and (11) interchange and (3) makes a second run inside to receive the pass into space.

Inverted Wing Back Movements



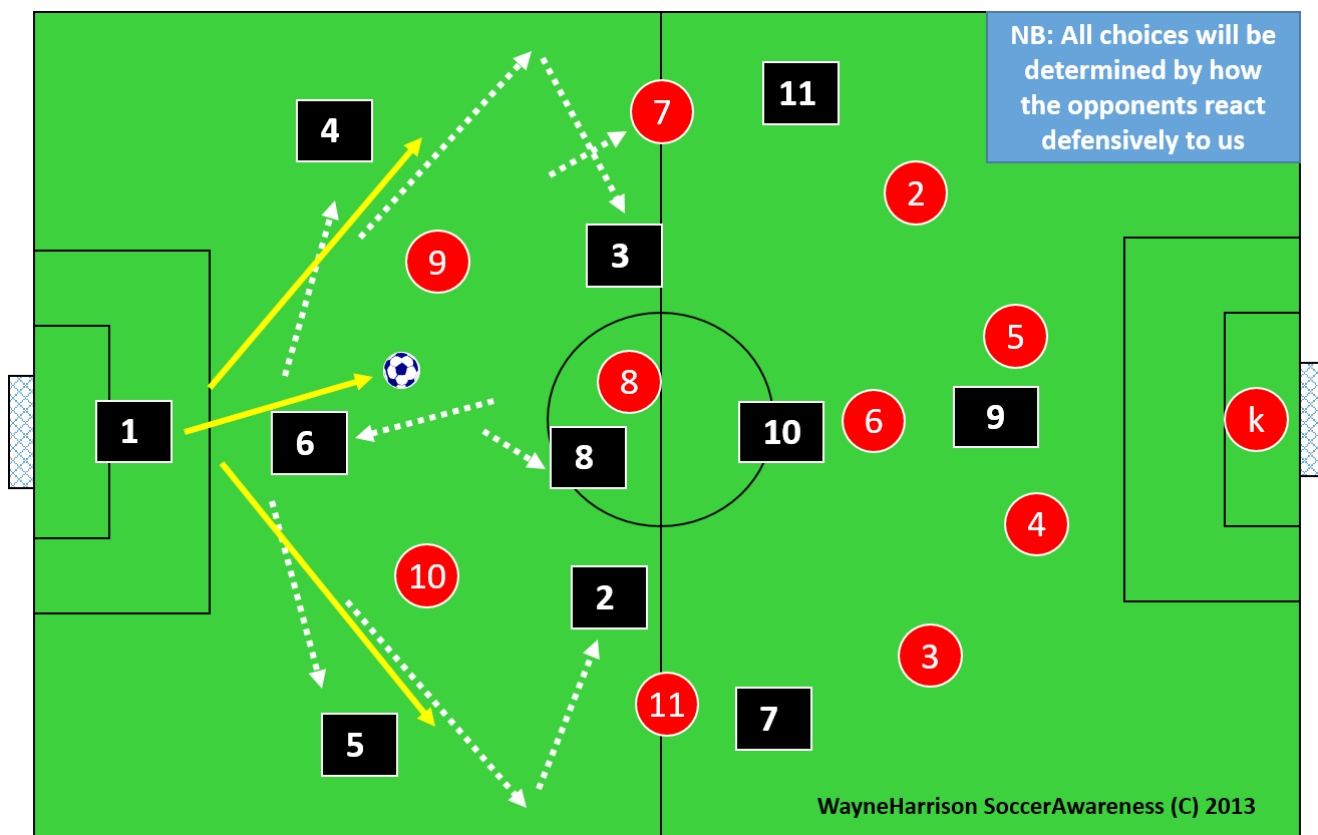
Center back (4) goes wide drawing (A) towards the touchline and (3) moves inside to receive the pass from the keeper. The other side of the field center back (5) goes wide and draws (B) towards the outside, the wing back (2) tucks in also. (6) in this situation can go to (2) or (3). By taking (A) and (B) wide we open up the central passing lanes for (2) and (3).

Inverted Runs by Wing Backs



We attack down one side and we slide across with the other three of the back four to cover the spaces behind. (3)'s second run after drawing (7) wide is back inside.

Inverted Runs by Wing Backs



Initially wing backs go touchline wide then cut inside with inverted runs. Here we show both wing backs making the same inverted runs to get free.



ABOUT WAYNE HARRISON

Married to Mary for 30 years with two daughters Sophie 26 and Johanna 23.

Wayne is available for Soccer Symposiums and Conventions wherever they are needed; and able to offer field clinics and classroom presentations of your choosing. He has vast experience in this field of work.

His specialist system of play is the 4-2-3-1. His favored type of development training is that of creating the “THINKING PLAYER” through his SOCCER AWARENESS methods of coaching.

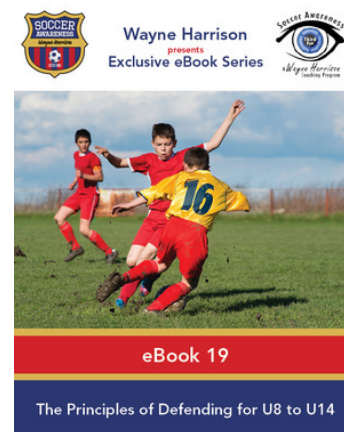
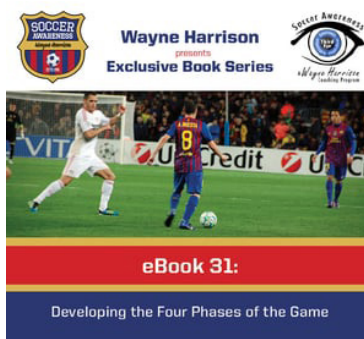
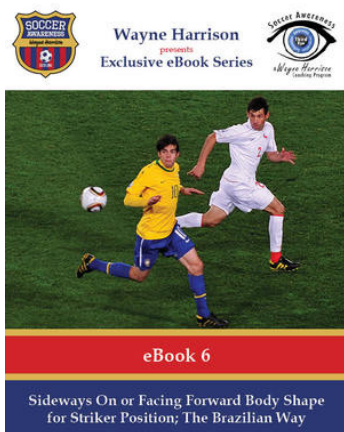
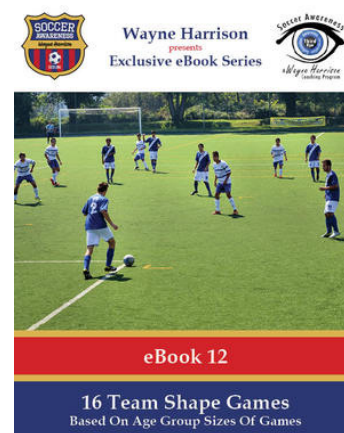
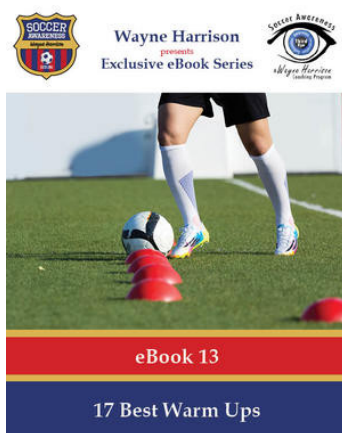
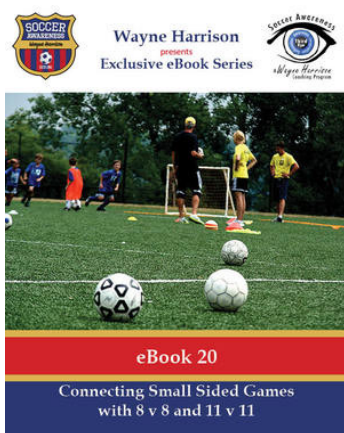
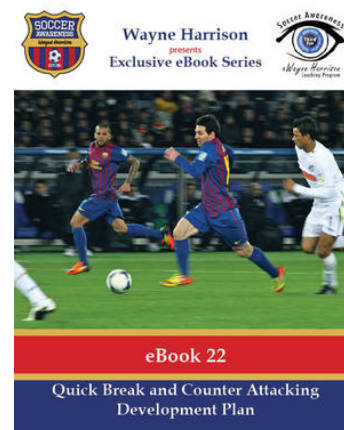
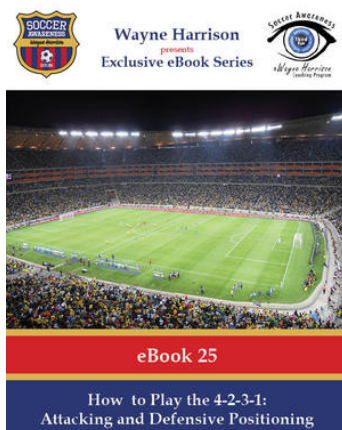
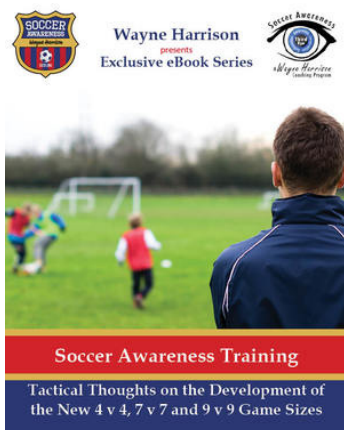
His belief is developing the MIND of the player through ONE TOUCH training, which is purely to help the development of the SKILL FACTOR (the when, where how and why of decision making; or the thinking process). He wants all coaches to teach where it is the player who becomes the decision maker not the coach.

You can contact him on soccerawareness@outlook.com and / or view his website www.soccerawareness.com.

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