

# Running on to through passes

Your players need to be able to spot gaps in the opposition defence and exploit them by showing good pace to get in behind them in order to cross or shoot at goal.



### What you tell your players the session is about

1. Making effective runs behind the opposition defence.
2. Using these opportunities to create goalscoring chances.

### Session planner

Warm up	Session	Developments	Game	Warm down
7-10 mins	20-25 mins	10-15 mins	15-20 mins	7-10 mins

Activity	Kit	Outcome
Warm up	A ball each	Each player shows the rest of the group a skill. The players then perform that skill.
The session	One goal, lots of balls	The coach provides a pass for the attacker to run on to and shoot.
Development	One goal, lots of balls	A defender provides the pass, and then tries to recover; then 2 v1.
Game	Two goals, one ball	Small-sided game with two end-zones.
Warm down	None	Gentle jogging and stretching, de-brief Q+A with coach.



### Where it fits

Individual skills: finishing, sprinting, composure under pressure  
 Team skills: combination play, communication

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### What to think about

Look closely at your players' attitude to this practice. This will tell you much about how they will cope with pressure in match situations. You need to encourage them to be both relaxed and determined.

- Do your players play at full speed and intensity?
- How quickly do they get into the box?
- Make sure they try lots of different ways to score - e.g. chipping the goalkeeper, going around, power shots, placement, curl etc.





## Set-up

1. Half of a full pitch, using the entire width
2. One goal
3. One goalkeeper
4. Start the run 30 yards from goal



## What you get your players to do

- Make a pass from behind your forwards for them to run on to.
- The forwards must explode on to the pass from a standing start.
- The forward must control the ball and look to score as quickly as possible.
- When everyone has had several attempts to score in this situation, introduce a defender to make the through pass.
- As soon as the defender makes the pass for the forward they sprint after him to try to make a recovery tackle, putting him under pressure.



## What to call out

- “Be direct”
- “Relax on the shot”
- “Be confident”
- “Take your chances to score”



## Development

Now progress to a 2v1 situation. Make a pass into one of your forwards behind the single defender. The forwards must combine to score using crosses or by shooting across the goal and scoring from any rebound.



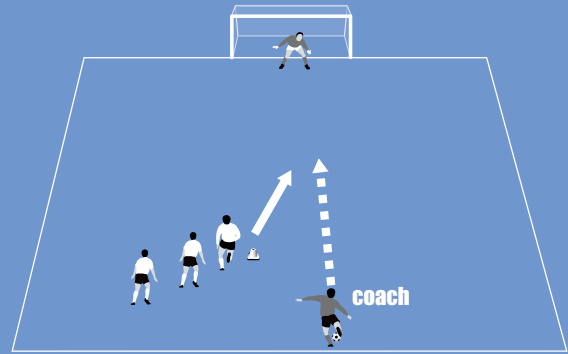
## Game situation

Play a small-sided game with two goals and goalkeepers. Mark out two end-zones. Forwards are only allowed to enter the end-zone to run on to a through pass.

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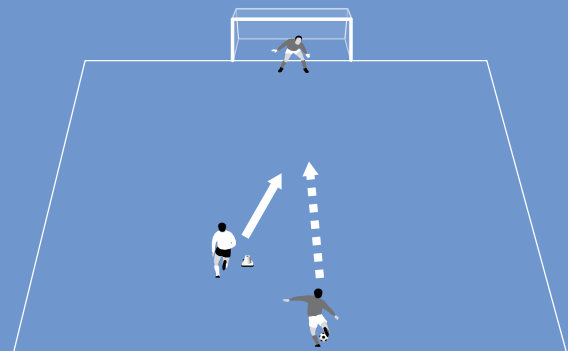
direction of run  $\Rightarrow$  pass  $\Rightarrow$

### 1



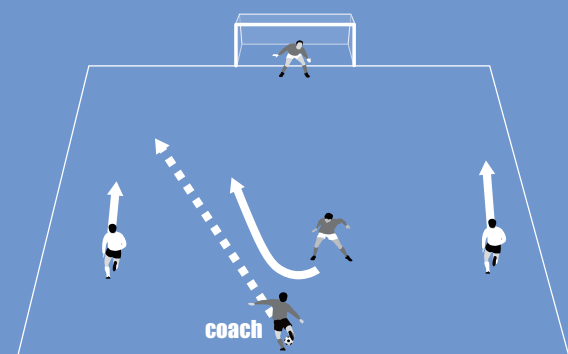
Your players must sprint on to the pass and score as quickly as possible.

### 2



Now the defender makes the pass and tries to recover.

### 3



Can two forwards combine on your through pass to score?