





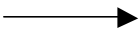
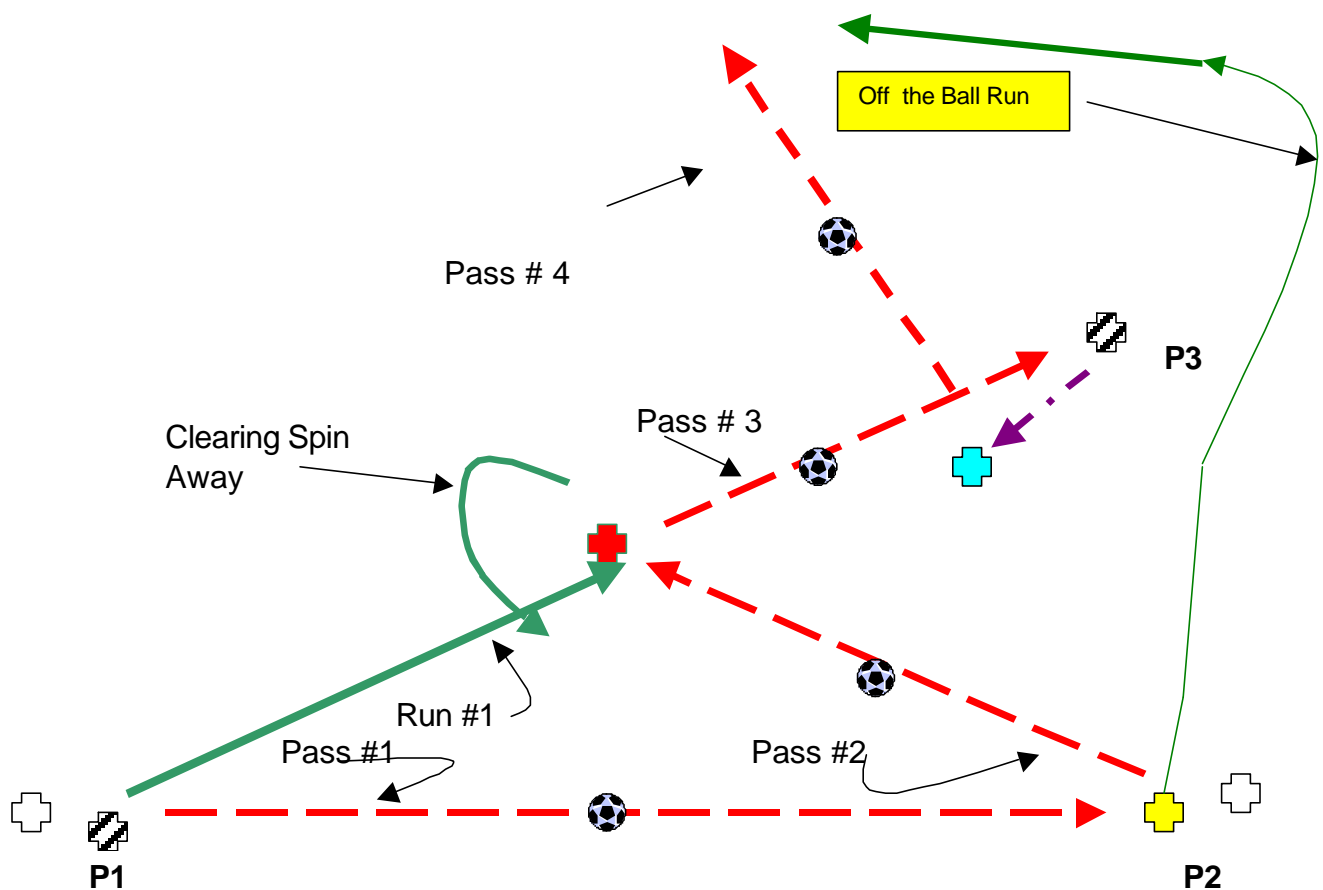


Progression # 5 - Quad-Tris Third Man Run – Alternate Suggestion

The following is an alternate progression of the Quad-Tris with an over lapping runner.

As before, the key to the exercises is shown below:

-  Player either stationary or in a position **after** a run
-  Player's starting position. This indicates that a player has moved from this position in the direction of the arrow
-  Player running without the ball
-  Movement of the ball
-  Dribble with the Ball
-   The ball and where it is going



The sequence is as follows:

1. Pass # 1 is a long pass to player #2. Player number one runs to open space, again, in the center of the grid. This is your forward checking back to the midfield.

2. Player # 2 returns the pass to player # 1.
3. Player #2 now has to make a long bending sprint around player #3
4. Player #1 passes to player #3 and breaks off away from his pass forcing a defender to either follow him or let him go free for a return pass (in a game situation). This is important as a “selling” feature to mis-direct the defense.
5. Player #3 must facilitate the over lapping run by moving inside with the ball, again mis-directing the defender in a game situation.
6. Player #3 makes the final pass to player #2 .
7. Player #2 returns to players 1’s starting position.
8. Re-Start the sequence.

The restart is accomplished by having P#1 go to P#3 position, P#3 to P#2 and P#2 starting the sequence over with the ball at P#1’s starting position. To keep the drill moving, have a second player at each position, or for maximum aerobic conditioning, just one spare player and ball at the starting position.

Coaching Points

- If you have progressed to this point in your practice it is time to start stressing one touch passes out of the middle.
- The midfielders should still be able to two-touch. Stress this so that they take that extra second to look up and put the ball where the checking forward needs it to go. In the above diagram that would be across his body so that his left foot takes the ball and re-directs it.
- Do not let the checking forward try to chop the ball right-footed across his body on the fly. Passing accuracy is a must.
- Run this drill full speed on the check back. This forward is creating negative space for himself so that he has the time to make his pass
- Stress the clearing run by the checking forward to draw a defender and give the mid a little more time to hit the over lapping player
- Stress the timing of the 3rd man running and leading this player into space

Reverse the sequence of these steps so that both feet are used.

Add a defender to press the player checking back

Add a second defender to pressure the player who will make the pass to the man over lapping.

This is a high intensity anaerobic exercise, good for first touch, warm ups.

Quad-Tris Third Man Run – Alternate Suggestion #2

Instead of an over lapping run you could also have the P2 player make a long bending run as shown below

