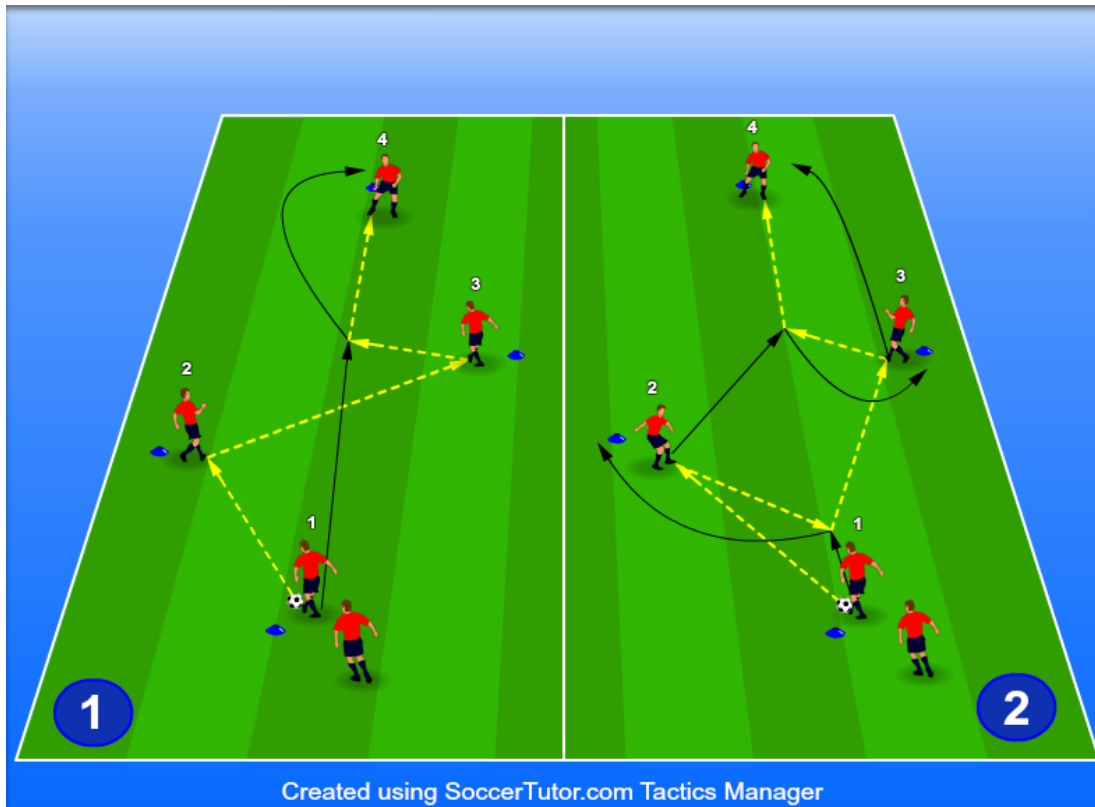


## One Touch Combination Play and 3rd Man Run



**Levels:** U12-18+

**Measurement:** 30 x 10 Yards

**Duration:** 15 Mins

**Players:** 6

**Objective:**

We work on our passing, timing and movement in one touch combinations, with the focus on 3rd man runs.

**Description:**

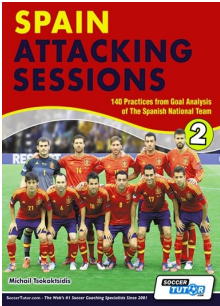
**1.** We have 6 players and use 4 cones (in the positions shown). Player 1 starts with 1 ball and passes to player 2 who passes to Player 3. As soon as Player 1 has played his pass, he moves forward (3rd man run) and receives the next pass from Player 3 and passes to Player 4 using 1 touch. The practice continues from player 4 now as he passes to player 3. Players 2 and 3 stay in their positions until the coach changes them.

**2.** Player 1 plays a one-two combination with Player 2. Player 1 passes to player 3. As soon as Player 2 has played his pass, he moves across (3rd man run) to receive the next pass from Player 3 and passes to Player 4 using 1 touch. All players now move up one position (1 to 2, 2 to 3, 3 to 4). Now the practice continues from this side. Both drills must be executed from both sides.

## One Touch Combination Play and 3rd Man Run

### This Drill is Taken From...

### By Coach



140 Practices From Goal Analysis of the Spanish National Team

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Michail Tsokaktsidis

UEFA 'A' Coach .

### Equipment Needed



#### Space Markers



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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