



Peter Hyballa

DEEP RUNS

Deep runs in soccer: the key to success

40 training forms:

- Free running with depth effect
- Fake-Run
- Contra-Run
- Counter-Run
- Rebound-Run

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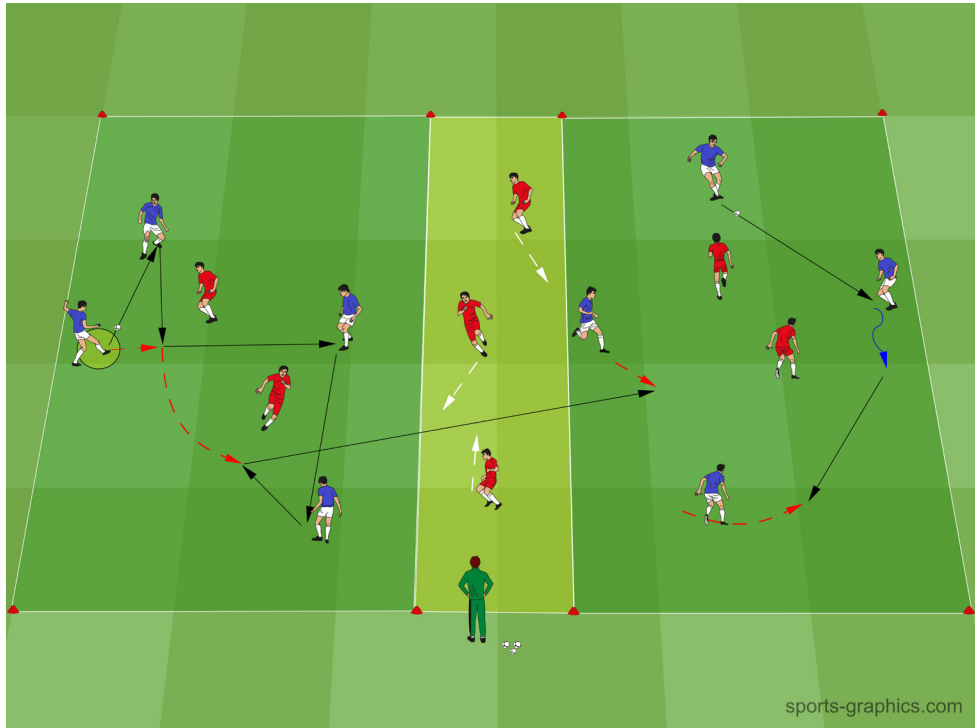
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4 vs 2 plus 3 on two fields at the same time



ORGANIZATION & PROCEDURE

The focus is now on the interface pass in depth from the respective game. Mark out a rectangle measuring 30 x 20m with two playing areas and a middle section. Position the appropriate number of players on the playing halves and the defensive zone in the middle.

- Both groups play 4 vs 2 in their playing zone at the same time with a maximum of three contacts.
- After at least five successful passes to each other, a flat pass can/may/should be made to the other side, which the players in the middle zone in particular try to prevent through their positioning.
- After a successful interface pass, the game form is stopped briefly.
- The passing group receives a new ball from the coach; the target group plays their previous ball to the coach.

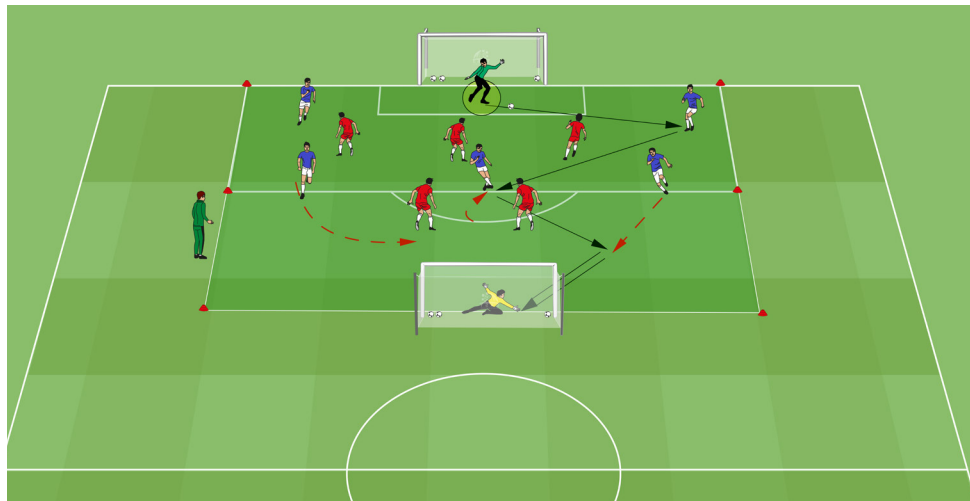
RATING

- Ten consecutive passes result in one point, overplaying the middle zone results in five points.
- If Red wins the ball, five Reds are played vs four Blues in the corresponding half plus the middle zone. If the Reds are able to pass the ball x-times - extra point.

COACHING

- Passing group: Passes in depth from as open a position as possible, with pressure and in optimal coordination with the target player - eye contact, mutual coaching.
- DEFENSE: Keep passing lanes small or even close them down through good depth and width staggering in the middle zone.

Twice 2+Goalie vs 3



ORGANIZATION & PROCEDURE

Mark out the double 16 as the playing area. Set up a second large goal and place goalkeepers in the goals. Form two teams and provide them with marking shirts. Provide spare balls in the goals.

- The teams take it in turns to play at the opponent's goal, initially without pressure from the opponent and perhaps even without offside.
- However, a deep run must be made before the attack attempt can be considered successful.
- After each attack, the team returns to the starting position and the goalkeeper from the opposite side starts the next move.

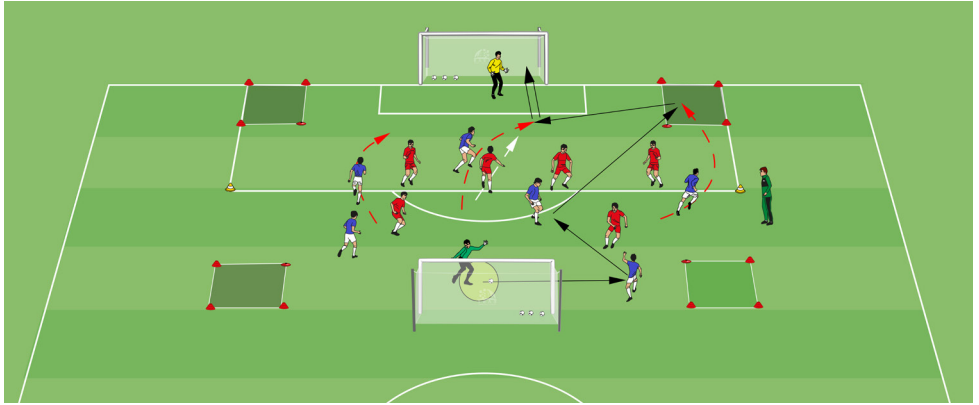
COACHING

- High willingness to run and early recognition of possible continuations of play
- Keeping an overview and quickly realizing changing game situations

VARIATIONS

- Play build-up under opponent and time pressure, including simultaneous starts by both teams.
- A minimum number of passes is required before a goal can be scored.
- Offside is applied.
- Return passes to the goalkeeper are no longer permitted.

6 vs 6 with four corner areas on large goals



ORGANIZATION & PROCEDURE

Mark out the double box with four 5x5m squares in the corners with cones and flat marker disks. Set up two large goals and staff them with goalkeepers. Form two teams, distribute marking shirts and place spare balls in the goals.

- One of the goalkeepers starts the game with a pass to his teammates.
- The attackers should try to use combination play and Deep Runs at the right moment to hit the corner areas before they can score a goal.
- If this proves to be too difficult, the teams are rewarded with a triple score after a Deep Run followed by a pass from a corner, while normal goals only count single.
- Attackers must not be tackled in the corner areas and offside should not be used initially – later the 16m-line is applied.

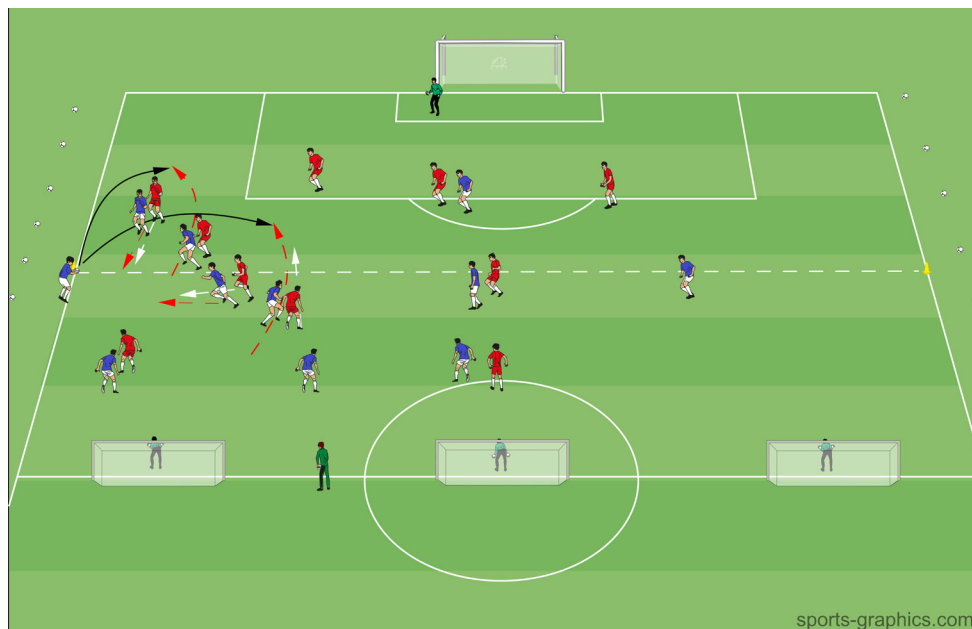
COACHING

- Promoting decision-making skills and weighing up between a simple finish on goal or a combination play directed to the outside.
- Fine-tuning (timing, direction, dosage) between passing and Deep Run actions.

VARIATIONS

- Alternative team sizes or initially with a neutral player in ball possession.
- Active prevention of crosses or inbound passes in the corner areas.
- Full width of the pitch with zones for the crosses.

11 vs 11 on four large goals for Deep Runs at a throw-in



ORGANIZATION & PROCEDURE

Half the field with one normal goal and three large goals on the halfway line. Goalkeepers or players on an active break occupy the goals on the halfway line. Mark an offside line and place lots of balls behind the side lines. Form two teams and mark them with marking shirts.

- The 11 vs 11 always starts with a throw-in by the team in ball possession, with no offside for the build-up team (own half).
- Balls out of bounds beside the goals are continued with a throw-in close to the goal.
- The major aim is to get into the opponent's back with a good timing between the Deep Runs and the throw-in in order to create a good scoring opportunity.
- If the red team scores a goal on the three goals, the game restarts with a throw-in in the first part of the field.

COACHING

- Throw-ins into the foot and bouncing onto the throwing-in player must be prevented at all costs – otherwise no opponent can be lured!
- Disguise your intentions - do not aim too early into the intended direction of the throw-in.
- If possible, more than one player should always attempt a Deep Run.

VARIATIONS

- On just two goals, possibly with more depth in the game (from box to box or on a three-quarter court).
- Without an offside line to increase the number of long balls to deep runners.

THE AUTHOR





Peter Hyballa

Peter Hyballa is a DFB (German Soccer Association) soccer coach with a master's degree in sports science, education and psychology.

His coaching stops include Alemannia Aachen, Bayer Leverkusen (U19 and co-coach of the professionals), Sturm Graz and Borussia Dortmund (U19). He has celebrated many successes with Dortmund during his tenure, including winning the Westphalia Cup, the West German championship and the German vice-championship in 2009.

Hyballa is a sought-after soccer expert, presenter and author with numerous publications and appearances. These include books and seminars for the Institut für Jugendfußball and as a football expert on Sky. He also gives numerous coach training courses in Germany and abroad.

DEEP RUNS

Deep runs in soccer: the key to success



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“You need to move more!” is still often heard on the sidelines today. However, this kind of coaching is of little to no real use for the players on the pitch.

What is moving? When, who, at what speed, and in which direction?

It is very important that players without the ball create dynamism in the game through their runs. Ideally into depth, because the opposing team has to react to it. But a coach must always be specific about this so that the players truly understand its importance.

With 40 drills and clear explanations, Peter Hyballa illustrates how to properly coach deep runs.