

PENETRATING RUN: TACTICAL EXERCISES

- This e-collection includes 12 exercises to be used when training penetrating runs coming from midfield or from the back line, aimed at creating the basis for an attacking combination leading to a shot on goal.
- The exercises aim at training players to utilize general tactical principles in order to organize and implement an "inserimento", i.e., an advancing move from midfield or from the back line. This characteristic makes the proposed exercises really effective, independently of the tactical scheme employed by the team.
- The choice of the exercises enables the coach to focus on the objective with variety and effectiveness.

Exercises proposed in this collection aim at training advancing moves without the ball of players coming from the back line or from midfield, ultimately leading to a shot on goal. The type of advancing move being considered is a penetrating run ("inserimento" in Italian soccer jargon). It refers to the movement without the ball of a player, who quickly advances from the back line or from midfield, with the objective of developing a combination with one or more attacking teammates, leading to a shot on goal.

The "inserimento" is associated with two important principles of the attacking phase: mobility and position interchange.

Mobility is the ability to implement timely movements on the part of the teammates of the player in possession of the ball, in order to create effective attacking opportunities.

Position interchange is the combination of movements including exchange of position between two or more players, belonging to two different team's sectors ("vertical interchange") or within the same team's sector ("horizontal interchange").

Capitalizing with maneuvers that start with a penetrating run is very important when the opposing team is tightly organized around its penalty box and our team has great difficulty in getting through with lateral attacks.

In this collection Ceccomori illustrates how the attacking projection (penetrating run) of a player from the back or midfield sector can destabilize the defensive organization of the opponents.

