

# Vertical Run

**Coaching Points** (find space  
timing the run, get behind line  
of defender)

**Objective:** to create scoring  
chances.

1. Player is aware where  
teammate with ball (see  
head turned)
2. Player recognize space  
between defenders (gap)  
to run to it
3. Player time the run to  
avoid off-side
4. Player change speed-  
accelerate to get behind  
last line of defenders  
(attacking space)

Note: This is a typical run in  
the final attacking 1/3 of  
the pitch.

