



The Third-Man Run — The Pass You Never Touched

Session 11 • Combination play • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Third-Man Triangle

0:10 – 0:25 • 15 MIN

The Third-Man Gate

0:25 – 0:40 • 15 MIN

Third Man Scores Triple

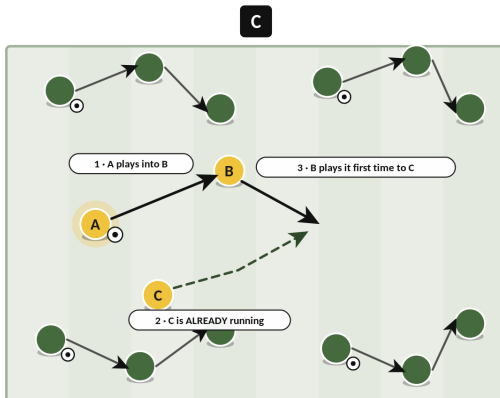
0:40 – 0:55 • 15 MIN

Third-Man Match

0:55 – 1:00 • 5 MIN

Player-led review**11.1 THE THIRD-MAN TRIANGLE**

Warm-up • 10 min



THE THIRD MAN MOVES ON THE FIRST PASS • NOT THE SECOND

SET UP

- 28 × 20 m grid marked with flat markers.
- Groups of three, one ball each. Four or five trios with a squad of 14–16.
- The three players form a rough triangle and travel ...

RULES

- C starts running as the first pass is played. A late run doesn't count.
- B plays the second pass first time. A controlling touch doesn't count.

COACH IT

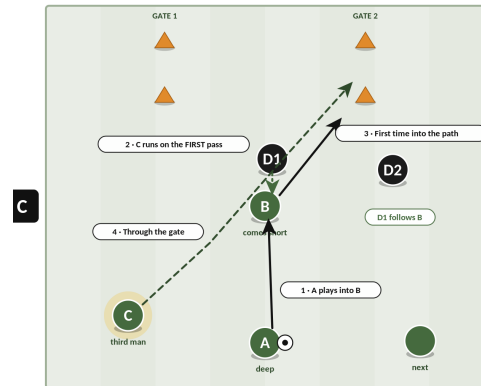
- Technical: B: open the body before the ball arrives so the second pass is available immediately, and use the far foot. A: firm pass into B's feet. C: ...

SAY

- The whole session in one correction: When did you go? Go when A passes, not when B gets it. Run it ...

11.2 THE THIRD-MAN GATE

Technical practice • 15 min



ROTATION: A → B → B → third man → third man → defender → defender → back of the line

SET UP

- Two or three stations, each 24 × 20 m, with 4 m between them.
- Per station: two 3 m gates on the far line; one ball plus a spare; two blue bibs.

RULES

- B plays the second pass first time in the first ten minutes. From minute 10, B may turn instead if the picture demands it.
- 2 points for a completed third-man run through a ...

COACH IT

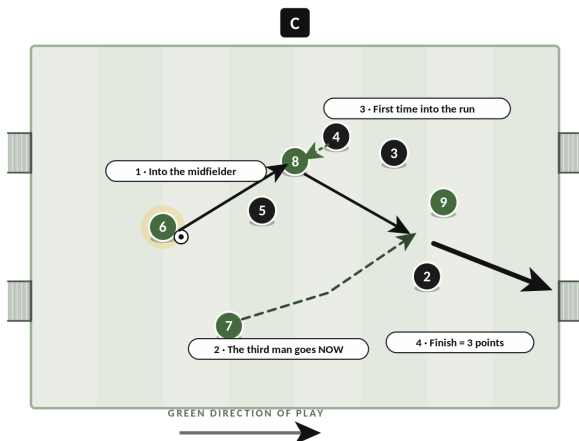
- Technical: B: check away and come short sharply, receive on the half-turn with the body open, one-touch set into the space. C: accelerate from a ...

SAY

- Half a second too late is the same as not going. Watch A's foot, not B.

11.3 THIRD MAN SCORES TRIPLE (4 v 4)

Skill game • 15 min



GREEN DIRECTION OF PLAY

SET UP

- Two pitches, each 32 × 22 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- Goal = 1 point. Goal after a third-man combination = 3 points. A correctly-timed third-man run = 1 point on its own (from game 3).
- The run must start before or as the first pass is ...

COACH IT

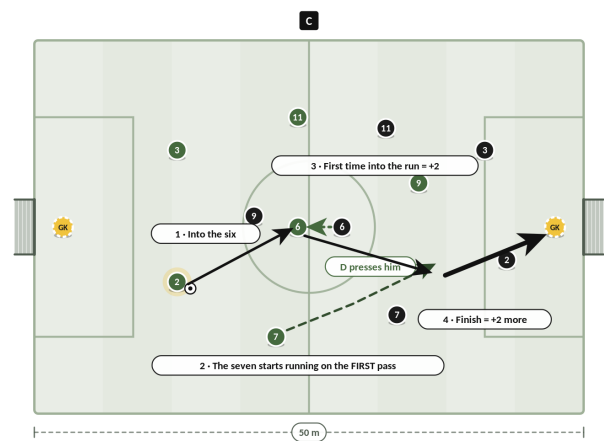
- Technical: One-touch second passes wherever possible. Receive on the half-turn. Deliver into the path.

SAY

- Ask: Who was furthest from the ball just then? What could you see that nobody else could?

11.4 THIRD-MAN MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals. No extra markings.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- Goal = 3 points. A third-man combination that beats a line = +2. A goal originating from one = +2 more.
- The run must start on the first pass.
- No touch restrictions. This is a match.

COACH IT

- Technical: Firm first pass, half-turn receive, one-touch release into the path, controlled finish. Four techniques from four different sessions in one ...

SAY

- What are you watching? When he's about to get pressed, that's your cue.