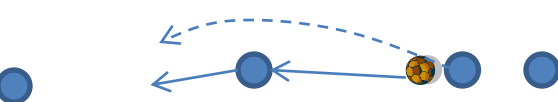
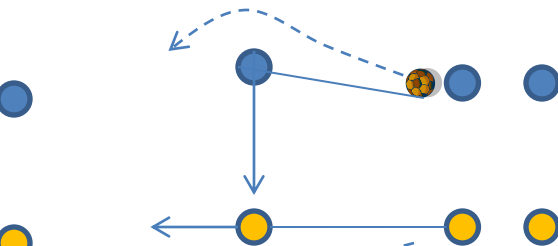
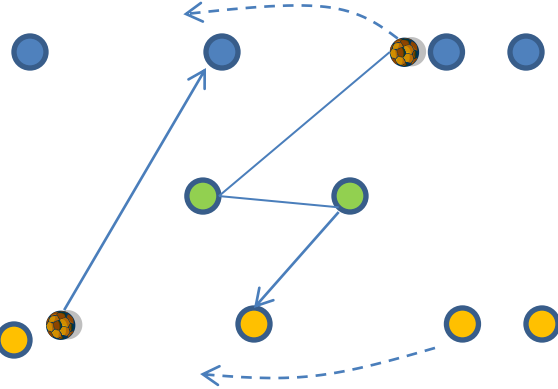




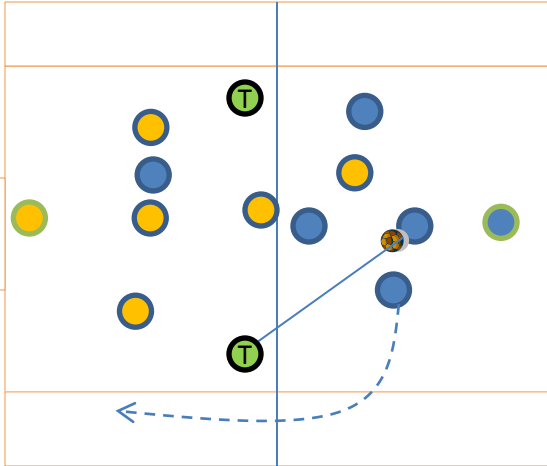
Overlapping



	<p style="text-align: center;"><u>Organization</u></p> <p>In groups of 4 with end players 30 yards apart One ball and one target player Player passes into target and overlaps on receiving the ball back passes across to the opposite player Progress to target player checking to receive</p>	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Communication • Accuracy/pace of pass • Target receives with an open body shape • Receive on back foot • Speed of play
	<p>Now the ball is passed across to the other group and players overlap</p>	<ul style="list-style-type: none"> • Communication • Awareness • Timing
	<p>The ball is passed into the target and they switch the ball across to the other target who passes to the overlapped</p>	<ul style="list-style-type: none"> • Open body shape • Communication
	<p>Two groups of 4 with one central player and two central players in the middle Player on the ball have 2 options 1. Pass to middle player 2. Pass to opposite central player If ball is passed to central player they can combine or find an outside central player When ball gets to outside central player the side with 2 players overlaps</p>	<ul style="list-style-type: none"> • Awareness of other ball • Move while the ball travels • Communication • Timing



Overlapping



Organization

30x40 with a 5 yard channel on the outside

5v5 plus Goalkeepers 2 target players on the side
Team has 1 GK 3 defenders 1 midfielder and 1 forward

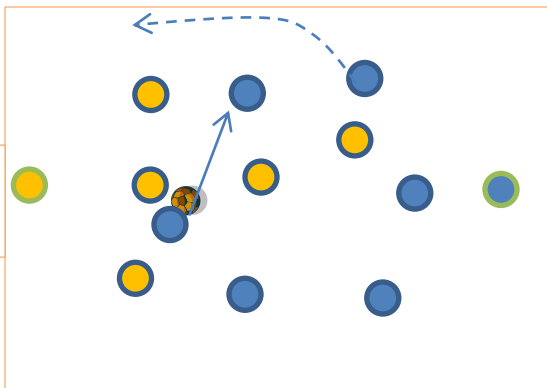
Teams are restricted to their own half and can only cross the halfway line by passing to the forward or passing to the target players

On passing to target any player overlaps in the channel

- Allow other player to break into opposing half
- Target can use overlap as a decoy and pass to forward or 3rd player running

Coaching Points

- Awareness of target
- Awareness of pressure
- Movement off the ball to support pass to target or forward



Finish or start for whole part whole with a game
Field has width from progression

Team plays

- 1 Goalkeeper
- 3 Defenders
- 2 Midfielders
- 1 Forward

- Awareness of when to overlap
- Recognition of when to use the overlap to pass or to decoy
- Receive ball and drive inside to create space for overlacer
- Speed of play