

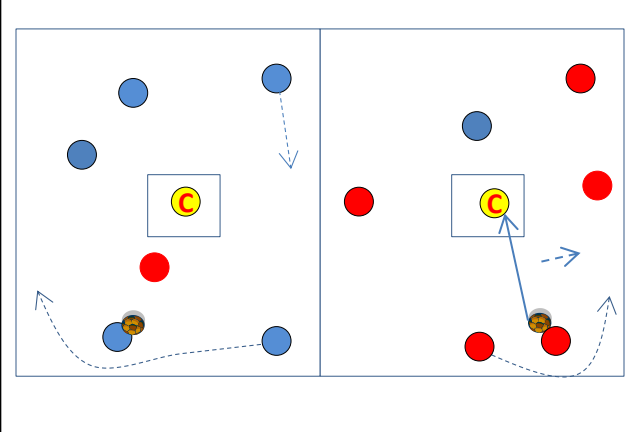
Organization

½ the field-Balls are different colors each with different requirements
The coach works one requirement each time and monitors comfort, adding in and taking away balls.

- Ball 1– The ball must be overlapped with the overlapping player receiving the ball back. To change overlapping players the player stops the ball in front of a new player
- Ball 2- Fake Overlap – on receiving the ball the player uses the overlapping player as a decoy and dribbles away
- Ball 3 – 3rd player movement- on receiving the pass a different player overlaps the receiving player and is either passed to or used as a decoy
- Final Progression – add in various amounts of each ball

Coaching Points

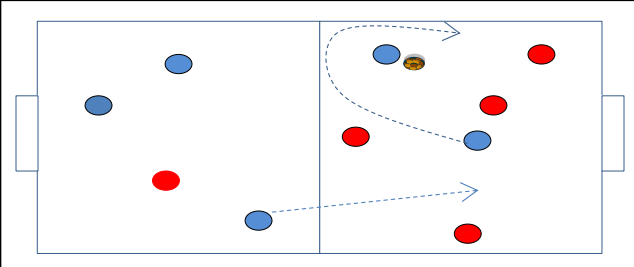
- Communication
- Early pass to give movement time
- Quality of pass (pace/weight)
- Receiving player receives on the back foot
- Overlapper runs behind this player
- Timing
- Quality of release pass
- Dribble in opposite direction for fake overlap
- Body shape for deception
- Outside of foot to get away
- Early movement



Area two 25 yard squares with 3 yard squares in the center
2 Coaches staying in the center square
Two teams of 6
Teams send across 1 defender- play for 4 minutes then switch

- Attackers score by passing to Coach
- On scoring the coach passes to back to the furthest player away from the attacker
- Slowly add more defenders
- If defender(s) win the ball they dribble out the area
- Play for 3 minutes – keep the score and change pressure
- Finish with 5v5 with GKs

- Team Shape
- Awareness of pressure
- Overlap when support is closer than pressure
- Communication
- Early movement
- Timing
- Awareness of target



Final Game 40x30
Teams play 5v5 with no Goalkeepers
Each team has 1 forward, 1 midfielder and 3 defenders
Coach starts the game and looks for basic movement patterns
Progress to complex movement patterns (across)

Midfielder has the ball and forward comes back to overlap- opposite wide player attacks the space as 3rd player

- Team Shape
- Recognition of player in front of you
- Move as the ball does