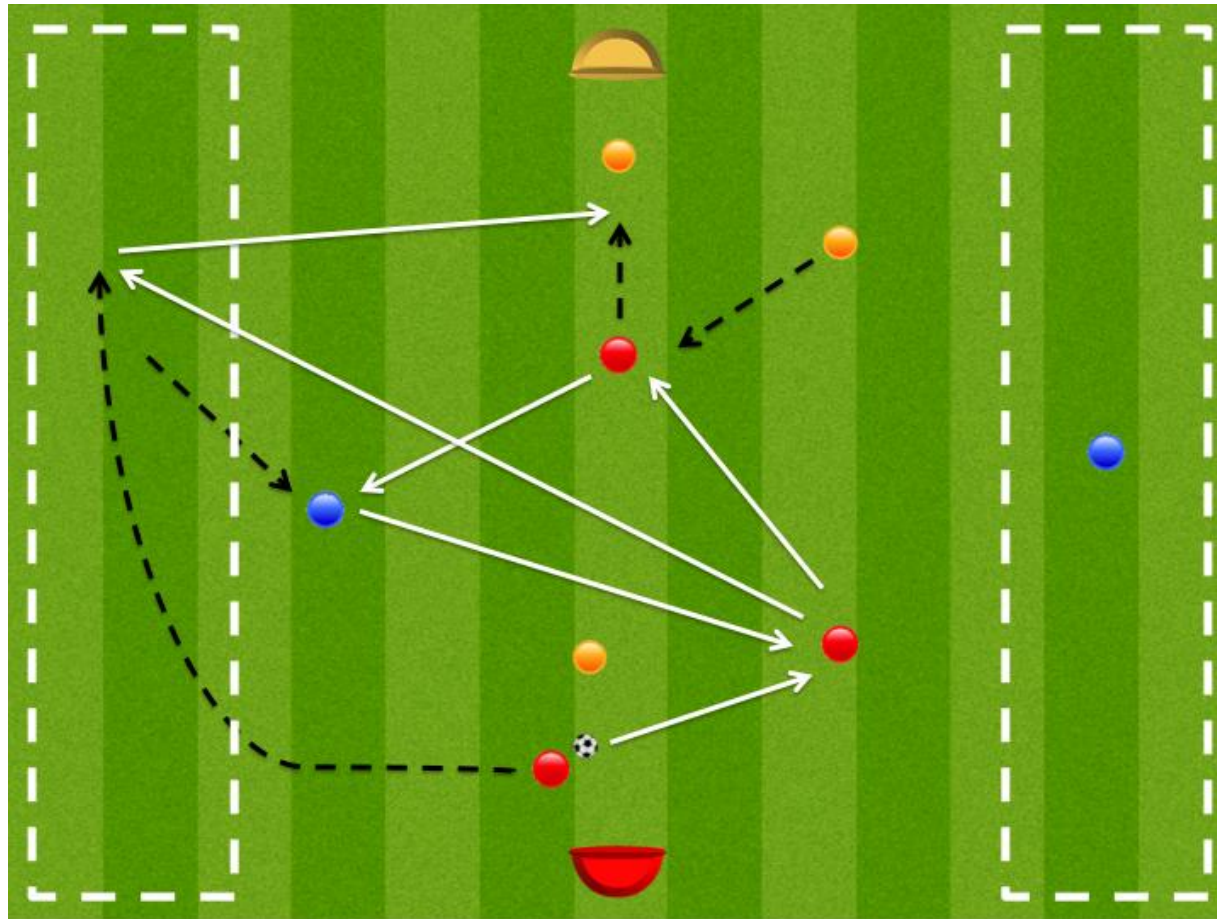




Notes:

Overlaps and Width Conditioned Game

Dimensions: 16x20 yard main pitch and two 16x5 yard outside end zones.

How To:

Two teams play 3 v 3 inside the main area, there is a goal at either end, this is a conditioned game, two free players occupy an end zone each. In order to score a goal, players must first make a set number of passes, once the passes are made a free player can step into the field and join the attack. The ball must be forced out wide into the vacant end zone, a player must make an overlapping run and receive the ball in the wide end zone. The player can now advance unopposed in the end zone and play a ball back into the main area. Once the ball is played back in, a goal can be scored.

Coaching Points:

Quick passes, communication, movement off the ball, creation of passing/support angles. Creativity and thought when making runs. Timing of overlapping runs.

Progressions:

One yellow defender can run into the end zone to play 1vs1 with the overlapping attacker; if the defender wins the ball, possession switches and the game continues.



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