

TOPIC: Coaching Overlapping



Key:

Running without the ball

Running with the ball

Pass

Coach Name: Mark Wielebnowski, State ODP Coach

<u>WARM UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<ul style="list-style-type: none"> • Loose passing/receiving in pairs • Create environment to overlap 	<ul style="list-style-type: none"> • Quality of pass to feet • 1st touch • Create space • Communication
<p><u>ACTIVITY 2</u></p>	<p>30 x 20 YDS 3v2 Situation</p> <ul style="list-style-type: none"> • After passing to 3 X's, 2 O's come out to defend their goal who also have a G.K. X's with the extra player try to overlap to produce a scoring chance. If O's win possession, they may score to 3 target goals. 	<ul style="list-style-type: none"> • Body shape for receiving • Visual queues • Communication • Speed/timing of overlap run
<p><u>ACTIVITY 3</u></p>	<p>60 x 40 YDS</p> <ul style="list-style-type: none"> • 7v7 to target • One player of each team starts in channel when ball played wide, another offensive player joins in channel to produce a 2v1 situation with an overlap 	<ul style="list-style-type: none"> • Vision • Decision making • Anticipation (tactical)
<p><u>GAME</u></p>	<p>60 x 40 YDS</p> <ul style="list-style-type: none"> • 7v7 plus GKs • Free play 	<ul style="list-style-type: none"> • Technique • Decision making • When/where to overlap • Team shape