

TOPIC: Coaching Overlapping

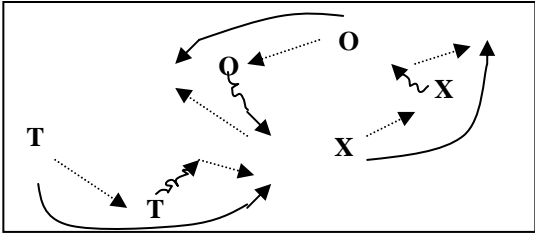
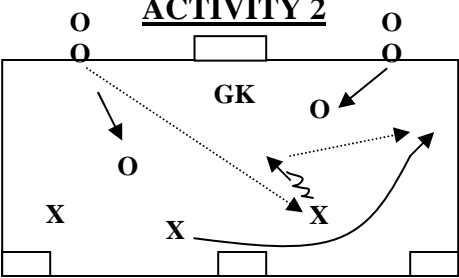
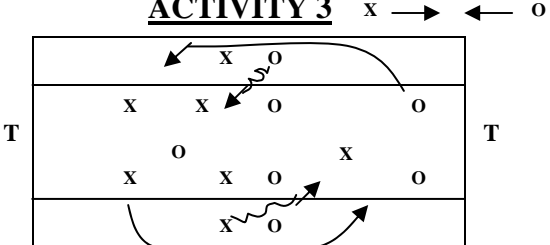
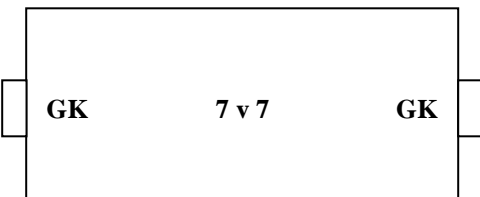
Coach Name: Mark Wielebnowski, State ODP Coach

Key:

Running without the ball →

Running with the ball →

Pass →

<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