



MOVEMENT TO MAINTAIN POSSESSION: OVERLOADS

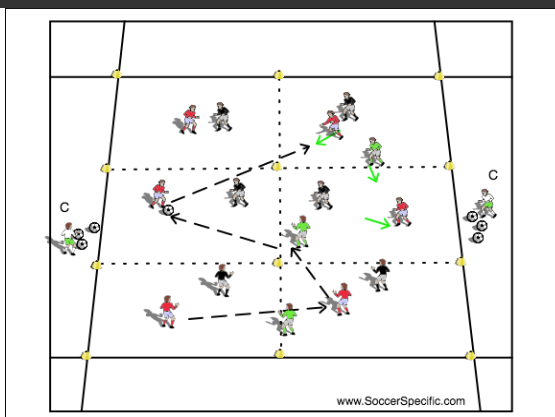
Date: **Apr 27, 2018**

Duration: **45min**

Team: **SoccerSpecific**

Intensity: **● (6/10)**

Category: **Tech / Tact**

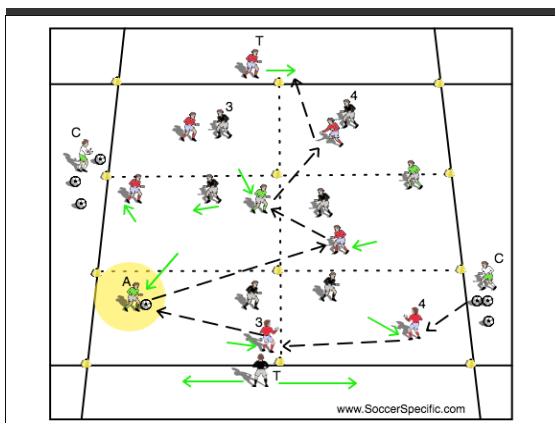


1

Setup: A 6v6 + 3 Neutral is organised as shown. Playing area is divided into 6 zones: One player from EACH team in each zone - Neutral Players can move freely around any zone.

Instructions: Play starts with a pass from either Coach (C) to either team. Players must stay in their designated zone apart from Neutral (Green) players; Neutral players must move between the zones to offer support for the team in possession. Emphasis is on players movement to create passing options while understanding and recognising 3v2 / 4v2 situations in different areas - can they maintain possession with the help of the Neutral players! Players must find ways to move their direct opponent to create space for self, for teammates in order to progress the ball through the zones. 2-touch play encouraged. *10 passes = 1 Goal. Play starts from Coach each time.

Coaching Points: Constant readiness within your playing area; can I receive, can I support, can I find space for myself or teammates? Do I recognise an 'overload' with arrival of neutral player(s)? Teammate under pressure? - Can I move to a position to support?



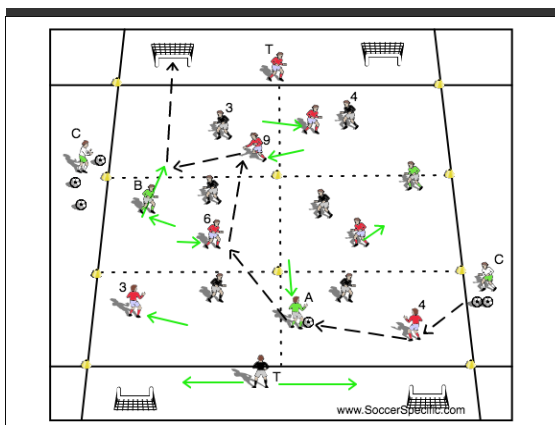
2

Setup: A 6v6 + Targets + 3 Neutral is organised as shown. Playing area is divided into 6 zones: One player from EACH team in each zone - Neutral Players can move freely around any zone.

Instructions: *Progression: Directional Game to Targets. Play starts with a pass from either Coach (C) to the Defensive Players of either team (3,4). Players must maintain possession through the zones with the help of the free movement of the Neutral Players.

In the Diagram: Defender (4) has received a pass from the Coach - Defender (3) has moved to offer a supporting angle / both Defenders are under pressure from opponents - space is created for Neutral Player (A) to move into the left channel to receive a pass from Player (3) - this has created a 3v2 overload in the back 2 zones and gives an opportunity to advance the ball up the pitch. 2-touch play encouraged. *Work the ball successfully to Target Player (T) = 1 Goal. After Goal - Play starts from Coach each time.

Coaching Points: Constant readiness within your playing area; can I receive, can I support, can I find space for myself or teammates? Do I recognise an 'overload' with arrival of neutral player(s)? Teammate under



3

Setup: A 6v6 + Targets + 3 Neutral is organised as shown. Playing area is divided into 6 zones: One player from EACH team in each zone - players may now interchange but ONE from each team must always be in each zone. Neutral Players can move freely around any zone.

Instructions: *Progression: Players Can Inter-Change grids / Addition of Mini-Goals. Play starts with a pass from either Coach (C) to the Defensive Players of either team (3,4). Players must maintain possession through the zones with the help of the free movement of the Neutral Players. In the Diagram: Defender (4) has received a pass from the Coach - Defender (3) has moved wide to pull opponent away - this creates a central space for Neutral (A) to receive the ball - this has created a 3v2 overload in the back 2 zones and gives an opportunity to advance the ball up the pitch. Player (A) has moved centrally to receive the vertical pass: Number (1) has changed zones to receive the pass / one-touch back to Neutral (B) for a chance on goal. 2-touch play encouraged. *If pass to Target Player - must use 1-touch back to supporting player. After Goal - Play starts from Coach each time.

Coaching Points: Constant readiness within your playing area; can I

