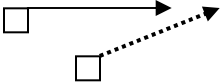
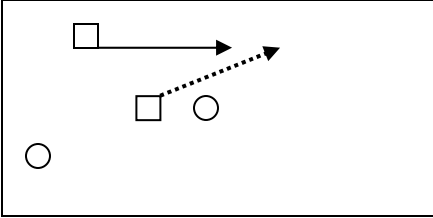
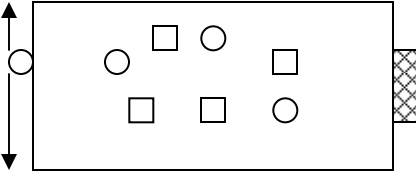
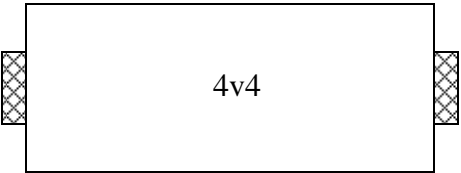




Name: Matt Callahan

Topic: Overlap

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between two players – moving and passing making overlapping runs 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Player making run must communicate to first attacker their intention ▪ Player making run must explode after receiving pass ▪ 1st attacker should play ball in front of runner to allow 2nd attacker to run onto the ball
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 2v2-1 in a 25-x-20 yard area ▪ When attacking team has ball they score by completing an overlap ▪ One person of defending team must stand in place ▪ When defending team wins ball one attacker must then stand still and teams switch roles <p>Progressions: Remove restriction that a defender must stand still</p>	<ul style="list-style-type: none"> ▪ 1st attacker dribbles right at first defender making them decide whether to cover dribbler or runner ▪ Good communication ▪ Runner yells soon enough to give 1st attacker time to play a good ball
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal using overlaps when possible ▪ After defending team wins ball they can score if they reach target player with a pass <p>Progressions: Teams get a point for successfully completing an overlap</p>	<ul style="list-style-type: none"> ▪ 1st attacker dribbles right at first defender making them decide whether to cover dribbler or runner ▪ Good communication ▪ Runner yells soon enough to give 1st attacker time to play a good ball ▪ Someone must fill for running player to keep good team shape
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 + GK game ▪ No restrictions on players ▪ Give points for successful overlaps and for scoring 	<ul style="list-style-type: none"> ▪ Correct team shape ▪ Look for numbers up opportunities that allow overlaps ▪ Penetrate when possible using overlaps ▪ Observe to see if session has helped with overlaps