



Gavin Pugh, Director

Coach:

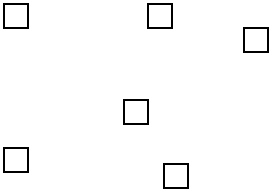
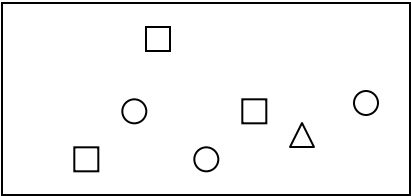
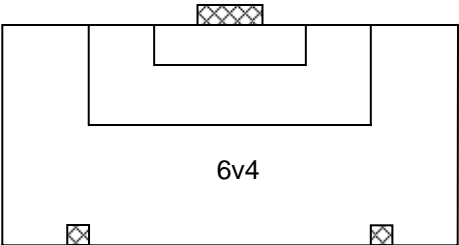
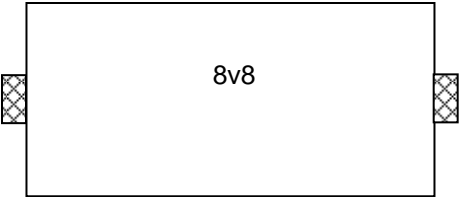
Team:

Topic: Fullbacks overlapping to attack

Age:

Date:

Level:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players move around an area, half of the players have balls Players with a ball look to pass to a close player without a ball, then overlap that player to receive the ball back Stretch Switch roles 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Quality, weight, accuracy and angle of passes Angle of overlap – dictates how quickly you will receive the ball back Communication of overlapping players Weight and angle of return pass
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> 30yd x 40yd Play 3v3+1 Score points for successful overlaps <p>Progressions: Add small cone goals to score through anywhere on the field. Increase the number of players. Place goals at each end (play directional)</p>	<ul style="list-style-type: none"> As above Recognize cues for when an overlap is on (defender is standing still or moving forward)
<p>ONE GOAL WITH COUNTERS</p>  <p>6v4</p>	<ul style="list-style-type: none"> Play 6v4 on half the field The team of 4 attacks the full size goal, the team of 6 attacks two small counter goals placed at the half way line The team of 6 gets a point if a fullback can overlap into the attack <p>Progressions: Goals count double if they are scored off of an overlapping run by a fullback. Add players.</p>	<ul style="list-style-type: none"> If a fullback overlaps, coach the rotation of players – defenders slide over, protection from midfielders also to deny counter-attack opportunities Coach the angle of overlap: narrow overlap for ball to be played in front of fullback to enable him/her to attack quickly, or, wide overlap to fullback to have space for preparation touch and cross early.
<p>GAME – TWO GOALS</p>  <p>8v8</p>	<ul style="list-style-type: none"> Play 8v8 The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field Have the team you are coaching play a 4-3-1 against a 3-3-2 	<ul style="list-style-type: none"> As above Coach your forwards to occupy opposition's fullback space when your fullback has the ball and is overlapping – this ensures their fullback cannot deal with the overlap comfortably. Coach your forwards to occupy wide spaces left by their fullbacks when they overlap – enable you to counter-attack quickly.