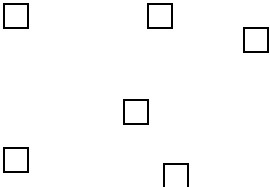
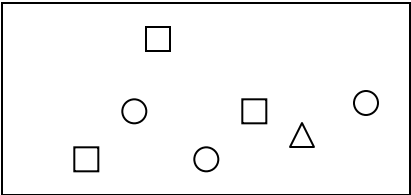
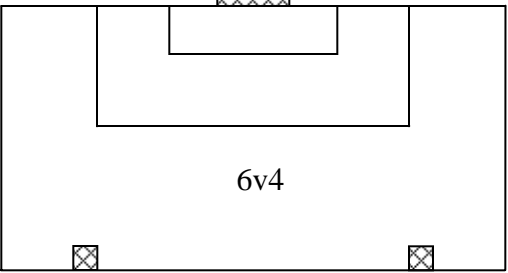
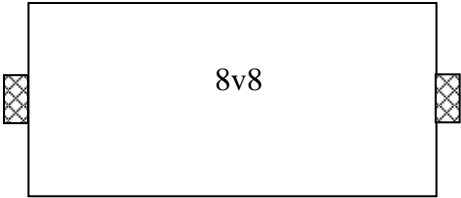




Name: Matt Callahan

Topic: Wide back to overlap in attack

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone is moving around an area, half of the players have balls Players without a ball look to overlap a player with a ball 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Tactical application of technique Technique/tactics of an overlap Communication
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> Play 3v3+1 <p>Progressions: Add small cone goals to score through. Add players</p>	<ul style="list-style-type: none"> Tactical application of technique Technique/tactics of an overlap Communication Cues for when an overlap is on (defender is standing still or moving forward)
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> Play 6v4 on half the field The team of 4 attacks the full sized goal, the team of 6 attacks two small counter goals placed around the half line The team of 6 gets a point if a back can overlap into the attack <p>Progressions: Goals count double if they are scored off of an overlapping run by a back. Add players.</p>	<ul style="list-style-type: none"> Tactical application of technique Technique/tactics of an overlap Communication Cues for when an overlap is on (defender is standing still or moving forward) If a back runs up someone else has to cover their space
<p>GAME – TWO GOALS</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"> Tactical application of technique Technique/tactics of an overlap Communication Cues for when an overlap is on (defender is standing still or moving forward) If a back runs up someone else has to cover their space