



Create and Exploit Overloads

Category: Tactical: Attacking principles

Difficulty: Moderate

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Description

Organisation (Practice Layout & Transition)

1 full size goal defended by the team out of possession (yellow)

2 minigoals for yellows to score

Red tapered line 2 corners for blues.

White cone set as starting position for blue's fullbacks

Blue team with 8 players, 2 fullbacks outside the red tapered line, with midfield 3 and front 3. + a blue

player as a server (come on as a GK later in SSG)

Yellow team with 8 players, 1 GK, back 4 and midfield 3.

Specific

Objectives:

Working with the team in possession (blue) in how to create and to exploit overloads, especially in wide areas.

Yellow team aims to defend the overloads.

Explanation:

Ball always starts from server making a pass to the blue's CDM.

Blue team will try to make combination play and to score in the big goal. Fullbacks are locked in behind the tapered line at the start.

Yellows will defend blue team, if yellow wins the ball, try to score in one of the minigoals within 10 seconds.

Targets:

Block 1 (4mins):

Fullbacks making overlap -

Blue in possession will try to play into wide area to create overloads. Ball starts from server to one of the CDM, we always play opposite side. LCDM drop a little bit and receive ball from server and then pass to right fullback, RB can only be released if they

take a touch forward over the taper line (LB has to stay), then they can play the ball to RW then make an overlap, RW will take a touch inside to draw the defender's attention and create space for RB to make overlap runs then pass the ball to RB to cross the ball.

IF yellows' LB being smart and mark the space and block the line down the line, RW can then keep dribble into the box and try and shoot inside the 18yard box or cross to far-post where LW should be running to OR pass the ball back to the mids the shoot.

IF fullbacks cant make a forward touch, they can then find a pass to one of the mids and switch side to release the other fullback to do the same thing.

Block 2 (4mins):

Fullbacks released by taking a touch forward and start dribble forward to draw attention, if yellow's CDM step, then create 2v1 in the central area, then we can play direct and find our #9 or to play wall pass.

IF yellow does not step, then can keep dribble towards the box, yellow's LB should step then can have a 2v1 with the RW.

*Win the space and time.

Yellow team tries to defend overloads, if win the ball, try to score in one of the minigoals in 10 seconds.

Key points:

In possession:

- Make the pitch big
- width and depth
- move the ball quickly
- find the third man
- overlap/underlap

Out of possession:

- make the pitch small
- narrow and compact shape
- press the ball quickly
- delay, deflect, deny



Organisation:

Same set up with minigoals taken out.

Blue server now is a GK for blue team.

Explanation:

Objectives stay the same.

Fullbacks start in the same position where the white cones are.

Targets:

Block 1 (4mins):

blue's GK will start the ball, he can find one of the fullbacks, the release them, then they can start play and try to score.

Block 2 (4mins):

Yellow's press high, blue's fullbacks are not locked in, but they will start from the white cones.

When fullback has the ball, blue's striker can slide and try to get the ball from full backs, if yellows dont mark them, they can receive, turn and dribble then create 2v1 with RW.

IF yellow's CB follows, blue's CAM can make a run behind their back, fullback can then play a long ball in behind.

Yellow team tries to defend overloads, if win the ball, try to score in big goal in 15seconds.

Key points:

In possession:

- Make the pitch big
- width and depth
- move the ball quickly
- find the third man
- overlap/underlap

Out of possession:

- make the pitch small
- narrow and compact shape
- press the ball quickly
- delay, deflect, deny



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?