

## Technical Repetitions (15 mins)

### Organization:

24x12 areas

4 players per group, 2 in each color set up as shown, 2 balls per group

### Instructions:

- player in middle checks away from ball then checks back at an angle to either side, player with the ball plays the ball to receiving player as they reach the cone on the side
- player in the middle receives the ball and plays back to the same player

- first player now plays longer pass to the third player

- third player moves along the opposite line to find the passing lane

(as seen in grid 1)

- Third player receives the ball and plays pass to supporting player

- supporting player slides up the field to receive the ball with plenty of space between him and the defender

- receiving facing up to the defender and dribble into the space toward the center of the area

- as the player with the ball cuts in-field, player without the ball performs an overlapping run to the outside of the player with the ball

- defender puts pressure on the ball in the defensive half of the grid (defender is providing passive pressure)

- player with the ball sets it into space for his teammate with the outside of the foot

(as seen in grid 2)

- each player rotates up one position

- rotation is continued for 2 minute rounds

- count each full rotation as 1pt, keep score in a race to a certain amount or until the round is over

### Coaching Points:

- recognize that there is space to perform the overlap (defender sitting back)

- Initiate overlap with pass and call of 'hold'

- cut inside with the ball to create the space to play the pass back into the overlapping run

- timing of overlap to exploit the space and unbalance the defender

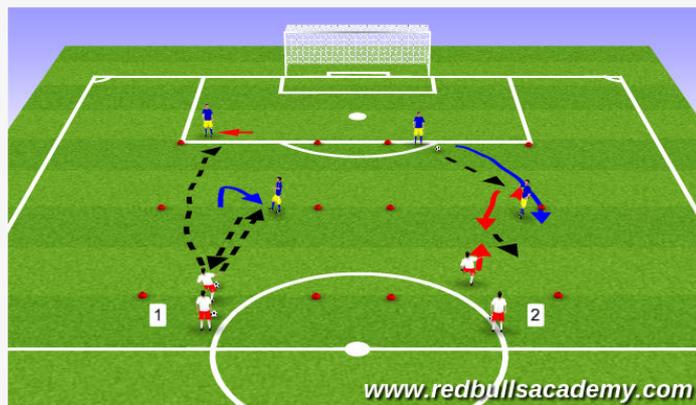
- play the pass with the outside of the foot that is closest to the supporting player

- release the pass at the last possible moment

- ability to use overlap run as a decoy and beat the defender with a scissor

### Progressions:

1 - allow the defender to try to win the ball



## Technical Repetitions (15 mins)

### Organization:

same setup as previous activity

### Instructions:

- activity begins same as previous, with a double pass then a long pass to the opposite end

- supporting player will still move up the field to support the ball

- but now the player with the ball will dribble into space toward the center of the area instead of passing the ball

- supporting player overlaps the player with the ball once they start to cut in-field

- defender puts pressure on the ball in the defensive half of the grid (defender is providing passive pressure)

- player with the ball releases pass into the run of the overlapping player

- rotation remains the same

### Coaching Points:

- recognize that there is space to perform the overlap (defender sitting back)

- Initiate overlap by dribbling into space in the center of the area

- drive inside with the ball to create the space to play the pass back into the overlapping run

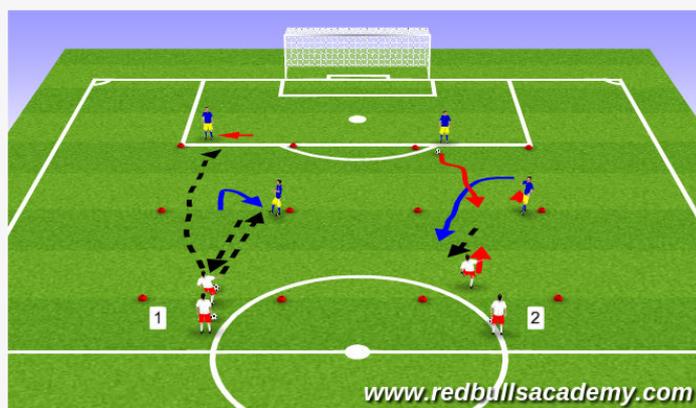
- keep the ball on the foot closest to the run of the supporting player

- timing of overlap to exploit the space and unbalance the defender

- communication of when to release the pass from supporting player by calling 'set'

- play the pass with the outside of the foot that is closest to the supporting player

- release the pass at the last possible moment



- ability to use overlap run as a decoy and beat the defender with a scissor

**Progressions:**

1 - allow defender to win the ball

## 1v1 Conditioned Game (15 mins)

**Organization:**

24x12 fields, small goals on each endline

4 players set up as shown, extra balls behind each endline

**Instructions:**

- activity begins with same passing pattern as previous activity
- 2 attacking players now play 2v1 to goal against the defender
- attacking players can only score in the attacking half of the grid
- defender tries to win the ball and score in the counter goal
- rotation is the same as previous activity

**Coaching Points:**

- all previous pts
- quality of end product
- ability to use supporting player as a decoy with the use of a scissor move

**Progressions:**



## Small Sided Conditioned Game (15 mins)

**Organization:**

40x30 with 5yd free zone for wide target players on each sideline,

Large goals set back 5-10yds from the endline

12 players set up as shown, including GKs

**Instructions:**

- 4v4 in central area with 1 neutral wide player in each side channel
- wide players provide easy opportunities to pass into and overlap (but can overlap anywhere on the field)
- wide players allowed to leave the wide area after they have received the ball, must return to wide area after ball is played or lost
- 1pt for scoring, 3pts for scoring after overlap

**Coaching Points:**

- all previous pts
- ability to recognize the opportunity to overlap to exploit space and unbalance the defense
- wide players cut inside when they receive the ball and a teammate is overlapping them

**Progressions:**

