

Keeping the ball, attack at pace.

Play / Moving / Shooting / Passing

General Notes

Aims & Objectives

When a team has the advantage of the overload, can they exploit the brief time they have that overload to create chances.

Organisation & Setup

Split the court into two games and play across. Mixed the abilities so one team doesn't dominate a game. One coach per game, make sure everyone gets time n the court.

Coaching Factors & Outcomes

Be quick when you have the overload, don't wait! Work on creating attacking lines, and breaking beyond the defender. Be brave with the pass and try and pass beyond the defender. Utilise the overload to its best.

Adaptation & Progression

Move the waiting player to different areas of the court, which will vary the distance and angles the players have to run to help out.

Technical

- Ball retention in tight areas.
- Opportunities to run with the ball and 1v1s.
- Try taking players on with skills and good technique.

Physical

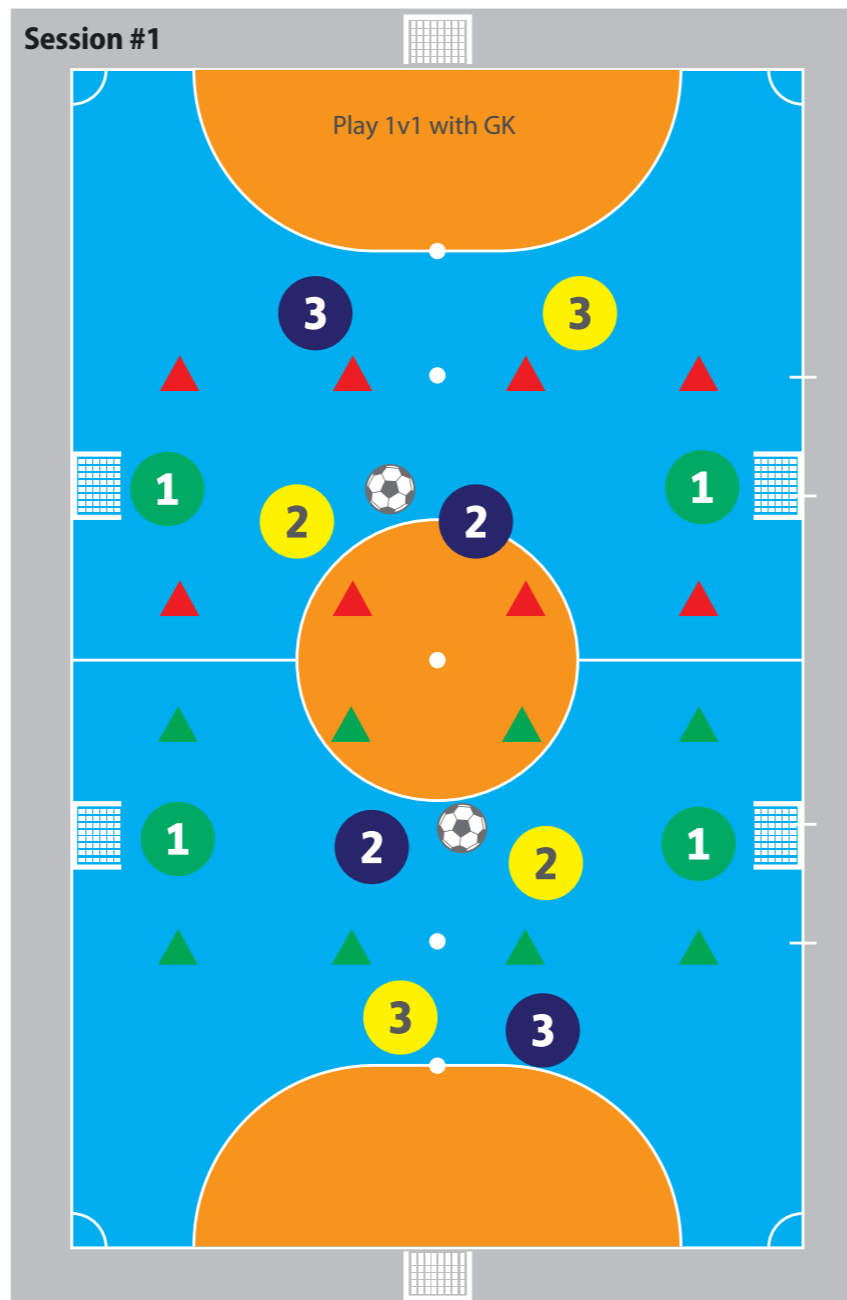
- Quick movements and changes of direction to make space as an individual to receive the ball.
- Don't give up, work back to win the ball back.
- Football specific movements to adjust your body to receive and pass the ball.

Psychological

- Concentration, maintain focus to retain possession and be patient to generate shooting opportunities.
- Be brave and get beyond the defenders.
- Communication between each other to help and support.

Social

- Be confident with the ball, don't give it away easily.
- Communicate with your team mates, don't be score to ask for the ball.
- Support other players when they do well or if errors occur.

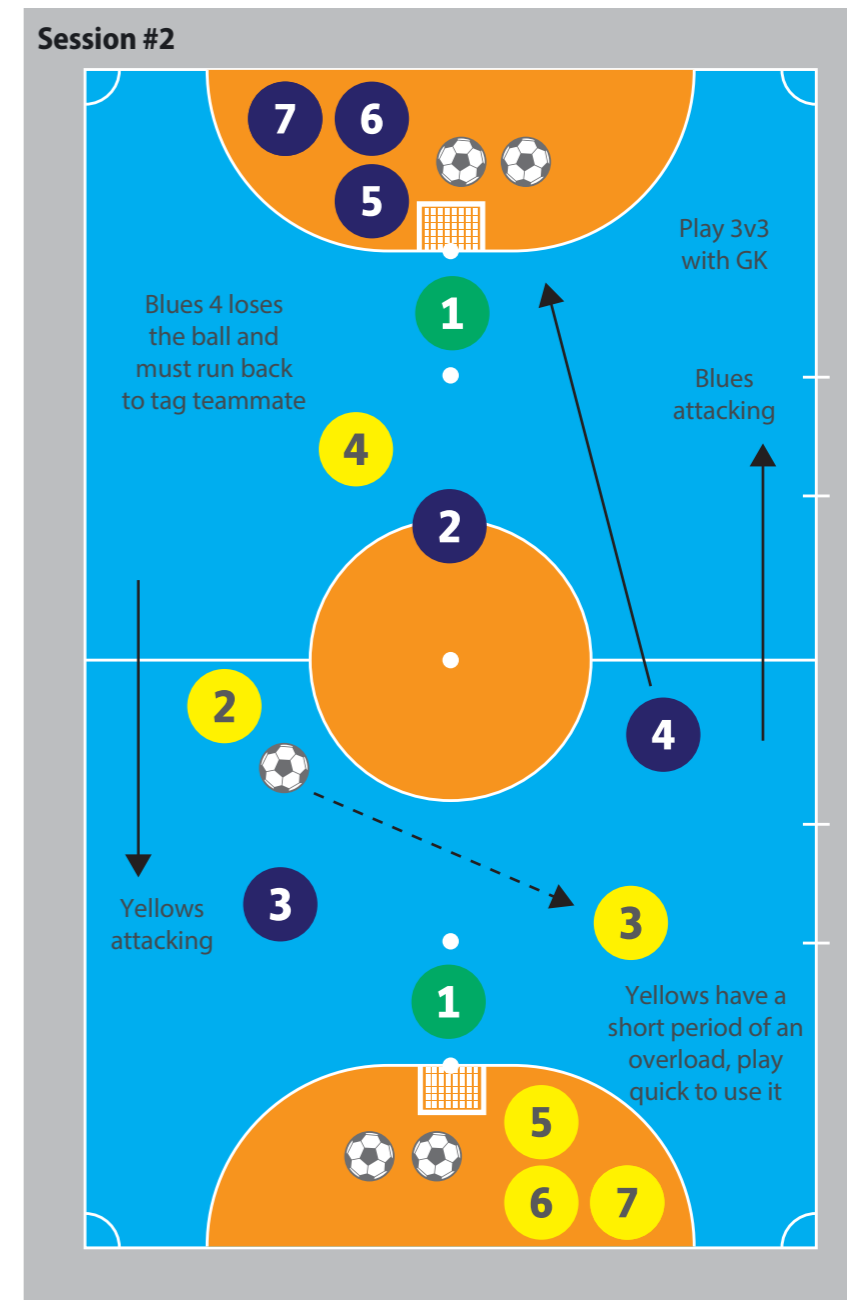


Warm Up

- Half the players half a football in half the court.
- Can they keep the ball from the players without the ball for 30 second?
- Must stay within the lines of the court.
- If the ball is kicked out by either the attacker or the defender, they are out.
- Last man standing win. Reduce the area and start again.

Session #1

- Play 1v1 across court, blue trying to score.
- If blue scores, reset but 2v1 this time for DF.
- If yellows win ball they attack 1v1 to score. Play until a goal is scored.
- Alternate between yellows & blues starting.
- Be patient when defending, don't kick the ball out of play, try and pinch the ball.



Session #2

- Good passing to keep the ball.
- If you give the ball away, you must run and tag your teammate.
- Can you use the overload to score? Create good passing lines and get beyond the last defender.

Session #3

- Full court game - 6mins then swap the teams around.
- The more passes you make before you score equals the goals you get i.e. 6 passes = 6 goals
- Can you create the overloads and attack quickly to exploit the space?