

Session Time: 2 hours

Recovery & Playing With An Overload

Play / Moving / Passing / Recovery / Finishing

General Notes

Show the players how they could play with an overload.

Aims & Objectives

Give the players opportunities to play with more players than the opposition in the attacking part of the court.

Organisation & Setup

We will play a full court game with a set overload. This progresses on to 3v3 game with varying overloads, and then back into a game where the winner stays on, and is encouraged to play at pace.

Coaching Factors & Outcomes

When you have an overload, how do you exploit this? Do you send all your team in to the oppositions half and leave one player unmarked? If you lose possession how do you react and recover quickly. We want to see players using the overload to create good goal scoring opportunities.

Adaptation & Progression

In the first games we will play 5 minutes, if play is too easy, reduce the players to 3 touch only. Double goals for futsal finishes, toe pokes and far post finishes.

Technical

- Patience when in possession.
- Don't give the ball away cheaply when in an overload.
- Try and pass over short and long distance.

Physical

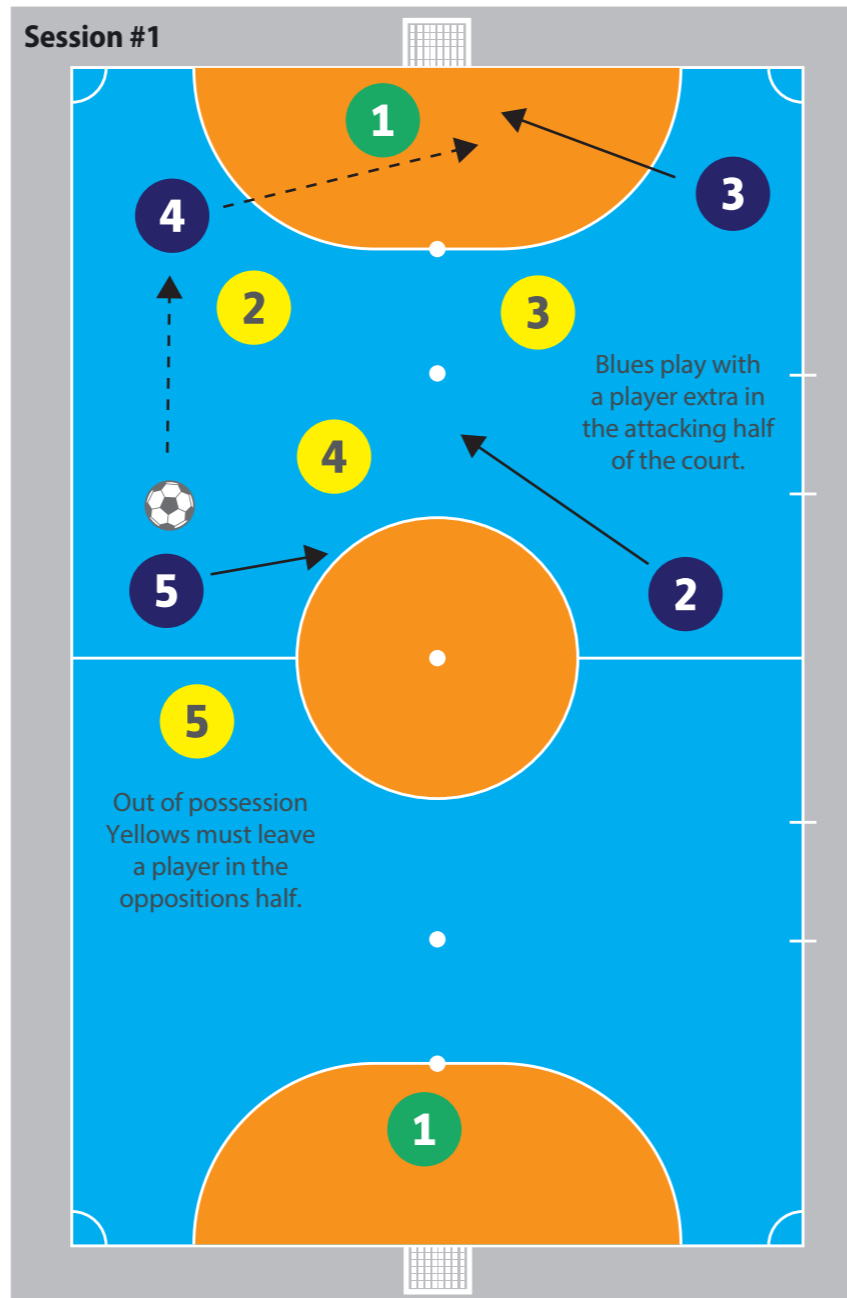
- Work very hard to recover over the full court.
- Show good strength endurance during repeated recovery runs.
- Offer support for your team mates when in possession.

Psychological

- Think about how you can use the extra player when you have the overload.
- If I don't recover, how does that affect my team?
- Always be on your best behaviour throughout the whole session.

Social

- Work hard for your team.
- Reflect on how you did and what you could do better next time.
- Be confident in your own ability and try new ideas.

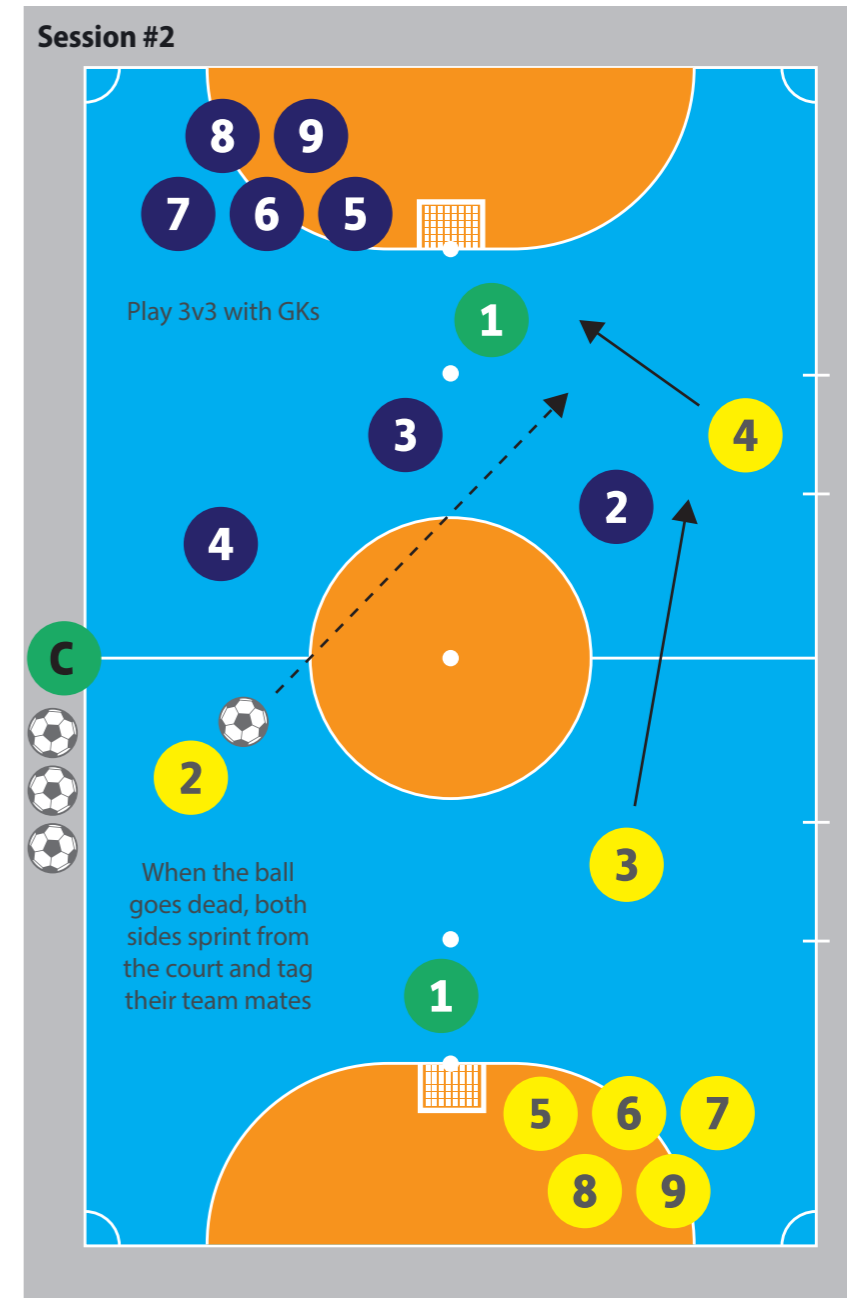


Warm Up

- Every player has a ball.
- Play in half a court only.
- Players must keep their ball, and try and knock other players balls out of the court.
- If you lose your ball, you are out of the game.
- After 1 minute, start again the players who have kept their ball, but in quarter of a court.
- Keep playing, reducing the court size, until only 2 remain.

Session #1

- Play full court 5v5 with GKs.
- Play 5 minutes with no stopping.
- The team out of possession must leave at least one player in the oppositions half.
- A penalty is awarded if this does not happen.
- How does the team with the overload play, do they use the court effectively.
- When possession is recovered, how quick does this team use their high player to switch play up the court?



Session #2

- Play with the goals on the outside of the D at both ends of the court.
- Teams play 3v3 with their team mates standing next to their own goal.
- If the ball goes out of play or a goal is scored, all players must sprint back & tag their team mates.
- The coach feeds in the next ball as players are leaving the court.
- If the goalkeeper saves the ball, and keeps it in play, play continues as normal.

Session #3

- Play full court 5v5 with GKs and the rest of the teams behind either goal.
- When a goal is scored, the winning team stays on, and the opposition must sprint from the court and tag the next team.
- The winning team can start as soon as they can with a ball from the back of their goal.
- If no goal is scored in 2 minutes, both teams are replaced on the coaches whistle.