

OVERLOAD WITH MAXIMUM PASSES

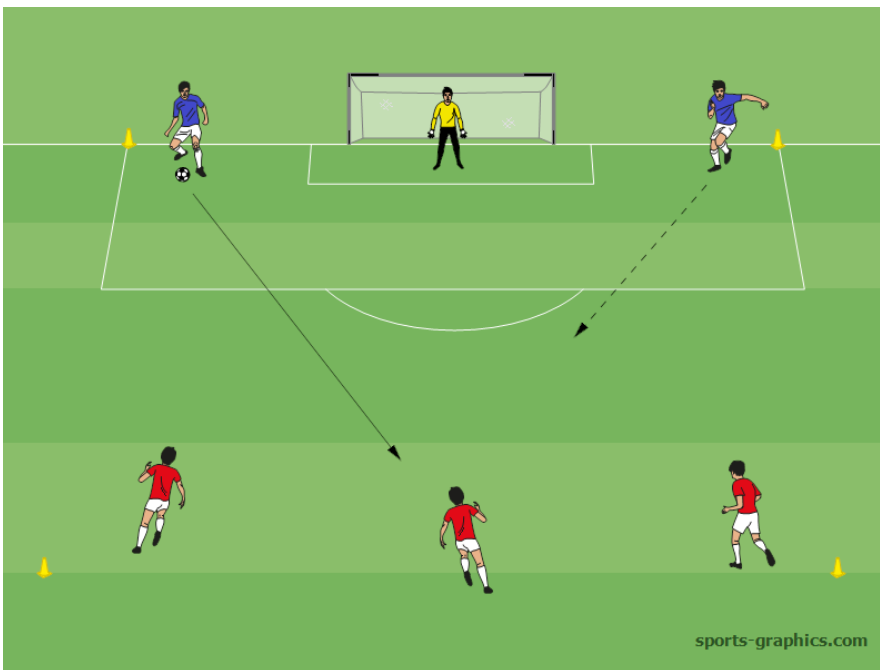
Develop good passing and support play with overload

TECHNICAL

PSYCHOLOGICAL

Passing

Team Attacking



Set up a 60x45 area using the 18-yard box as a guide with a goalkeeper, three attackers and two defenders. The aim of the practice is for the attackers to increase their speed to attack. The ball starts with one of the defenders who plays a ball out to any one of the three attackers who are positioned on the base line. The two defenders must now get into position as the ball travels. The three attackers play a 3v2 to score. The attackers have a maximum of five passes before they must have a shot at goal. This puts pressure on the attackers to do everything at pace and with game realism. Once the ball is dead, reset and repeat.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to exploit attacking situations when overloaded against the opposition.
- How to support the ball correctly.
- To develop more fluent and quicker passing.
- To learn when to release the pass (timing).

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Ensure that defenders play realistically to maintain good playing standards.
- Execution and weight of pass.
- Play fast, confident passes.
- The technical execution by all players.

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