

3v5 OVERLOAD

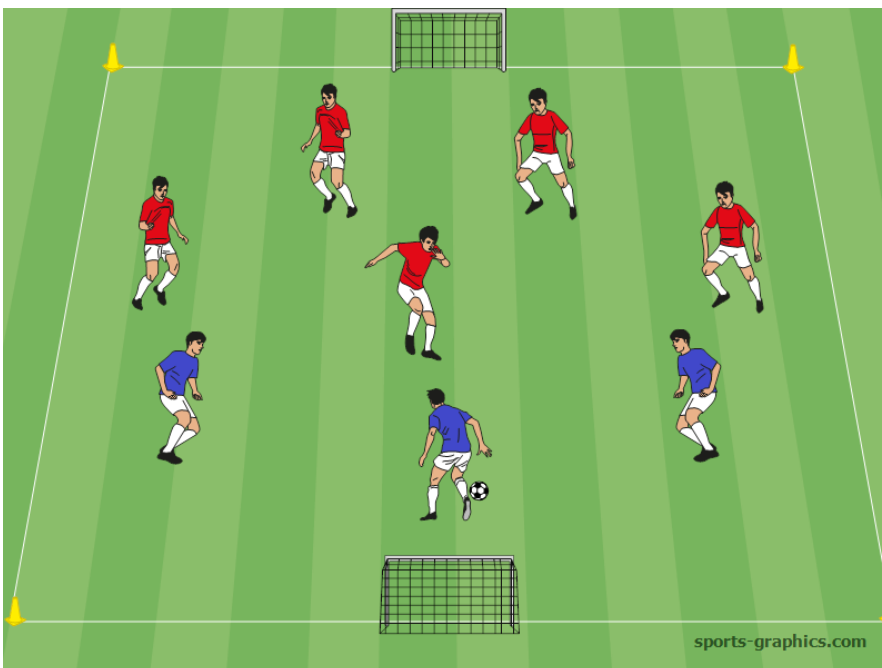
Improve attacking play in a conditioned game

TECHNICAL

TACTICAL

Attacking and Counter Attacking

Support Play



Set up a 40x30 playing area with goals or gates at each end.

This is a modified game with one team of five and one team of three – adapt if necessary.

The team of three play regular football with no restrictions while the team of five are restricted to playing one or two touches(maximum).

Change the roles of the teams after a set period of time.

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 in supporting a teammate.
- Develop good decision making.
- Keeping possession of the ball under game intensity.
- Technical refinement of passing and receiving.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good early decision making - on and off the ball
- Mobility
- Movement

FOCUS AREAS

- Change of pace and angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Control, passing, and support play skills needed to keep possession and break through defensive lines created by defenders.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Good first touch.
- Looking for opportunities to move ball forward with good quality, speed and precision.
- Move the ball off straight lines.
- Observe from different vantage points and affect performance when necessary with quick coaching points.
- Observe the quality of the technique.
- Pass between defenders when possible to momentarily take them out of the game.

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