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4v3 session to help create triangle / rhombus passing shapes to make the overload count. The blues attack the big goal the reds if they win possession score in either of the two wide goals. The blues starting player has four options 1. Pass to the left, 2. Pass to the striker 3. Pass to the right 4. Dribble. The reds have a central defender that starts in the area, on the whistle the other wide defenders join in to make it 4v3. After the attack has ended the blues rotate positions anti clockwise. Play for 5 minutes and then rotate the teams. Can the attacking make the overload count?