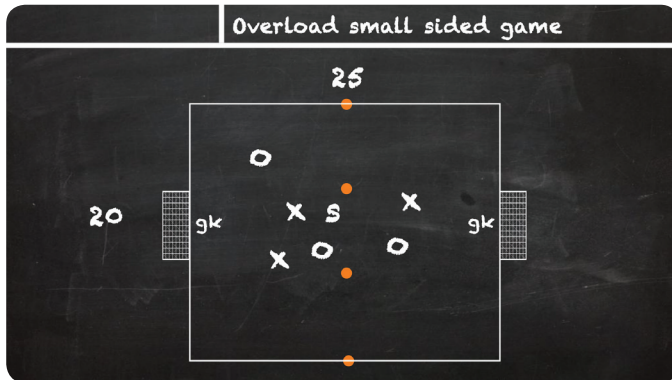


ATTACKING OVERLOADS

SESSION SMALL SIDED GAME		PLAYERS 8 – 16
AREA 20 X 25	AGE UP TO 11	TIME 20 – 30 MINS



KEY FACTORS

Decision-making – when to pass, dribble or shoot

Spatial awareness

Think about 'combination play'

Try to win your 1v1 battle

SET UP: Split the pitch into 2 halves. 1 goal at each end of the pitch complete with a GK. 2 teams of 3 active players. A spare man or floater to be used by the team in possession creating an overload. He can play anywhere. In 1 half set up a 1v1 scenario, in the other set up a 2v2. Both sets of players must stick to their own half of the pitch. Players can shoot from anywhere on the pitch.

PROGRESSION: N/A

SKILL DEVELOPMENT: Shooting, weight of pass, shooting, finishing, control, shot stopping, GK distribution.

NOTES