

5v5 + Overload

Objective – motivate attacking speed when have overload

GameFocus/PrinciplesResetProgression

1. 1/4 pitch (depending on skills)
2. Channel down side of pitch
3. 3v3/4v4
4. After scoring the scorer has to run around both goals and return to defend

Attackers

1. Speed of movement
2. Forward first fast
3. Leading run
4. Driving hard and fast if there is space in front of them
5. Communicate – who is going
6. Are they using 'Left foot pass', how can we encourage this?
7. Running angles

Defenders

1. Delay
2. Deny the passing channels
3. Do not commit
4. Block/jab tackles

1. Restart when goal scored
2. Restart when ball off sideline to keep game going fast

1. Pitch width and length
2. Time to score

3. # of players
4. Add or remove keepers
5. Limited # of balls to see who can score the most

