

Overlapping Soccer Session



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Overlapping soccer session warm up

Time: 15 minutes

Set up:

- Create 15x20 yard area
- 2 goals
- Players divided into teams of 3
- 1 soccer ball per 6 players.

Instructions:

Set up your area and place the 2 goals opposite each on the 10 yard lines and divide your players into teams of 3.

This shall be a small side 3v3 game with normal soccer rules apart from kick-ins will replace throw-ins.

If a team is able to successfully complete and overlapping run and score a goal in the same phase of play the goal will be worth 3 points instead of one.

Coaching points:

- Accelerate behind and around the player who you just past to create an option going forward
- Communicate to your team mates
- You don't always have to pass to the player who made the overlapping run.

Questions that can lead to coaching points:

- As I played the pass to my teammate how and where should I move to?
- How do my teammates know what is happening or what I am trying to do?
- What other options do we have on the ball?
- Do I always have to pass to my team mate who made the run?



Overlapping technical activity

Time: 10 minutes

Set up:

- 15x20 yard area
- 3 players per team with one soccer ball

Instructions:

Using the same size area one team will be working and passing the ball horizontally and the other team vertically across.

2 players of the same team will be standing opposite each other on the edges of the area with the 3rd member inside the square.

The player on the outside will start with the ball and pass to the player in the middle who checked in and made an angle to receive the ball.

The player who then made the pass will make an overlapping run around and in front of the player who just received the ball.

Next, the player on the ball will then play the ball forward to their teammate who made the overlapping run and they will pass it to their team made on the other side.

They will then check in and receive the ball for the rotation to start again.

The player who was originally in the middle go take the place of the overlapping runner on the side.

Players will make an overlapping run to the right of the player first, after 5 minutes alternate to the left.

Coaching points:

- Accelerate around your player as quick as you can
- Pass needs to be played in front of the player so they can run on to the ball
- When you receive the ball after the run take a positive first touch on your back foot into the space

Questions that can lead to coaching points:

- As soon as we pass the ball to the player checking in what should we be doing next?
- Where does the pass need to be played for the overlapping runner?
- What kind of first touch do we want to have?



Overlapping soccer progression

Time: 20 minutes

Set up:

- 15x20 yard area
- 1 soccer ball per area

Instructions:

Keep the set the same however it will now be a possession based game. as there is only one ball the team who does not have the ball will be the defending team which means the team with the ball will be the attacking team.

As soon as the ball is passed to an outside person it becomes a 2 v 1 in the middle with the rotations staying the same from the previous drill.

The teams must try and work the ball from one of their outside players to the other, if they do this they will get one point.

However, if players include an overlapping run they will get 3 points (regardless of whether they receive the ball or not)

Coaching points:

- Assess which decision is best for the scenario, it may not include an overlapping pass.
- Make a quick decision on the ball
- Take calculated risks

Questions that can lead to coaching points:

- Is the overlapping run always the best option?
- What happens if we are slow with our decision making?
- How do we learn and get better?



Overlapping soccer session conditioned game

Time: 25 minutes

Set up:

- Create a 20x25 yard area
- 2 teams of 6
- 2 goals

Instructions:

Create your area, set up 2 goals on the 20 yard lines opposite each other and divide you area into thirds vertically.

This will be a normal scrimmage with thrown-ins and goal keepers.

The only rule is that if players are able to perform an overlapping run (whether they receive the ball or not) to help their team get from section to section and score a goal in the same phase of play it will be worth 3 goals.

If they score a goal without doing this then it will be worth 1 goal.

Coaching points:

- Allow players to make mistakes and learn from them
- Focus on individual coaching points with players

Normal scrimmage: 15 mins

