

2v1 overlapping run to get a ball in the box

How it works

The attacking team will start with the ball with the central player passing to the wide player.

As soon as the pass is played the defender can begin to the press with the central player making an over lapping run round the wide player to create a 2v1 overload.

The attackers are trying to score in either of the 2 pug goals in front of the large goal for 3 points.

If the defending team is able steal the ball back and score in the pug goal directly in front of them then they will get 1 point.

Each team will have 5 attempts to get as many points as possible before swapping over

Coaching points

- Central player needs to get round the wide player as quick as possible
- The wide player needs to use a body feint/ or skill in combination with the overlapping run
- Base your decision to pass or cross on the positioning of the defender

Questions

- What speed should the central player go round the wide players?
- What can the player on the ball do to create more space?
- How can you decide on whether to cross or pass?

Purpose

This will help your players understand how overlapping runs can create overloads in wide areas to get more space to deliver a cross into the box

Set up

- Half of a relevant size pitch
- 4 Defenders
- 4 Attackers
- 1 Large goal
- 3 pug goals
- 3 cones

Intermediate

