

### ACTIVITY #1

**Set up:** 6 players - 2 CM's, 2 F's, WM and FB play 6v1 against a keeper. Use full field.

**Instructions:** Show different ways to overlap as the ball travels to each player. Option 1: CM passes to WM. WM dribbles inside. FB overlaps. WM passes to FB. FB looks to cross or shoot. Work left and right side of the team.

**Coaching Points:** WM dribbles inside to create the space for the overlapping FB.

Fullbacks spacing must be high enough to get around the WM for successful overlap.

FB communicates with WM encouraging him to dribble inside so he knows FB is overlapping.

FB must time run to be effective and remain onside.

Ball side CM supports behind play and is in position to defend if play were to break down

Farside CM can make run into the penalty box.

Decision on service: early ball, drive to endline and cross, or pull back.

Runner to near post, central, back post, or look to pull ball back to CM.

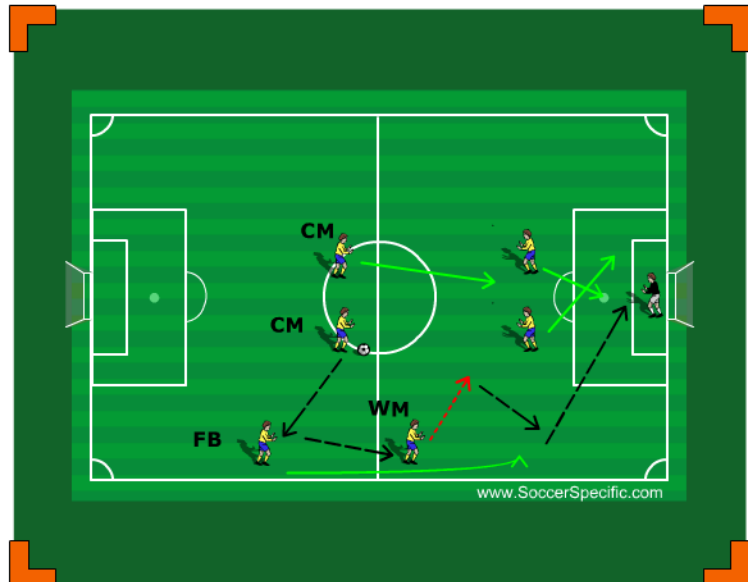
### ACTIVITY #2

**Set up:** 6 players - 2 CM's, 2 F's, WM and FB play 6v1 against a keeper. Use full field.

**Instructions:** Option 2: CM passes to FB. FB passes to WM.

WM dribbles inside. FB overlaps. WM passes to FB. FB looks to cross, shoot or pass.

**Coaching Points:** Same points as Option 1.

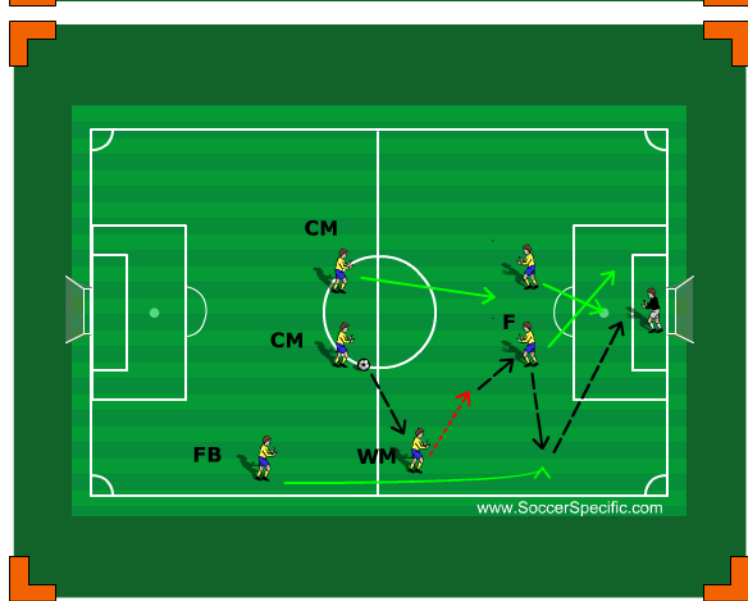


### ACTIVITY #3

**Set up:** 6 players - 2 CM's, 2 F's, WM and FB play 6v1 against a keeper. Use full field.

**Instructions:** Option 3: CM passes to WM. WM dribbles inside. WM passes to Forward. FB overlaps. Forward passes to FB. FB looks to cross, shoot or pass.

**Coaching Points:** Same points as Option 1.

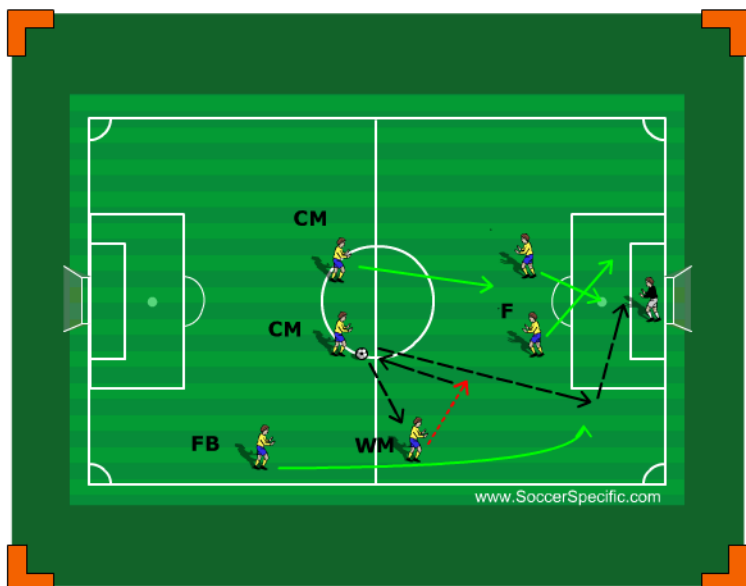


#### ACTIVITY #4

**Set up:** 6 players - 2 CM's, 2 F's, WM and FB play 6v1 against a keeper. Use full field.

**Instructions:** Option 4: CM passes to WM. WM dribbles inside. WM passes to CM. FB overlaps. CM passes to FB. FB looks to cross, shoot or pass.

**Coaching Points:** Same points as Option 1.



#### ACTIVITY #5

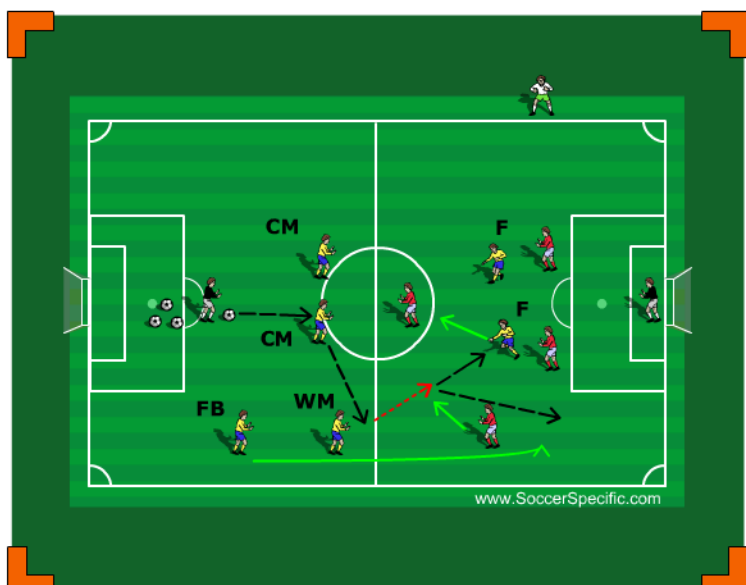
**Set up:** Full field. 6v4+GK. 6 (2 CM's, 2 F's, WM, FB) v 4 (2 CD's, FB, CM + K). Use a linesman for realism in beating the offside trap. Use a target player to start the play and to provide an outlet for the defending team.

**Instructions:** Attacking team start with the ball. Same options are created as in the first set of exercises.

**Coaching Points:** Create space for overlapping FB by: F checking to CM pulling ball side central defender into a poor defending position. WM dribbling inside with the ball. FB has to decide to stay in support or to overlap based on: space being created, good possession of the ball, spacing allows for overlap. Quality of decisions once the FB has successfully overlapped regarding service choices.

Condition 1: Fullback shows WM outside - WM dribbles inside, FB Overlaps, decisions.

Condition 2: Fullback shows WM inside - WM dribbles inside, plays to F or CM, FB overlaps.



#### ACTIVITY #6

**Set up:** Full field. 6v5+GK. 6 (2 CM's, 2 F's, WM, FB) v 4 (2 CD's, FB, CM, WM + K).

**Instructions:** Attacking team start with the ball. WM on defending team drops in to help defend WM on the attacking team. It is now 2v2 on the flanks and no longer an overload situation.

**Coaching Points:** Solving 2v2 in the flank area: Must Play to FB on Attacking team who dribbles inside committing opposing WM pulling him away from our attacking WM. FB Plays to WM who dribbles inside. FB overlaps. Decisions on Service.

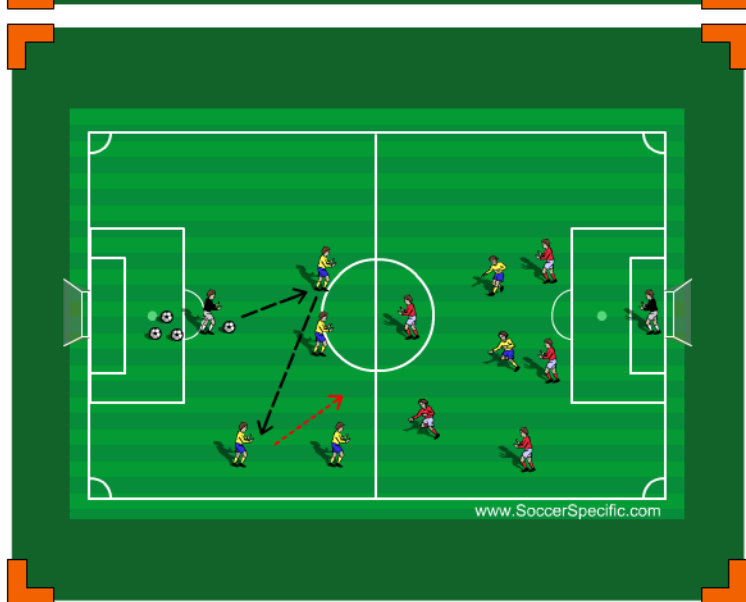
Coach decision to stay and support or to overlap around WM. If space is not created or FB cannot commit opponent WM, the FB should stay and support behind the ball

Other Possible conditions:

Opponent FB and WM show outside.

Opponent FB and WM show inside.

These conditions can cause the attacking players to have to find new options to create the overlap.





### ACTIVITY #7

**Set up:** Full field. 9v7+GK. Attacking Team - 2 FBs, and CD/Target, 2 CM's, 2 WMs, 2 F's. Defending Team - GK, Back 4, 3 Mids playing in a line.

**Instructions:** Attacking team starts with the ball.

**Coaching Points:** Must play ball wide to side to create an overload to produce a successful FB overlap.

If it is not "on", the FB stays and supports behind the WM.

Try to quickly switch the field and create the overload and FB overlap on the opposite side of the field

Free Play: Let the players find options to create the FB overlap in this exercise.

Make fewer stoppages.

Progress to 11v11 (use team formation v opposition formation)