



# Creating Overloads

Category: Tactical: Attacking principles

Difficulty: Moderate

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## Description

### Organisation:

Set up as shown.

1 full size goal defended by the team out of possession (yellow)

Red cones marked 2 channels as wide areas

Green cones tapered 2 corners area with 2 players standing outside feeding the balls.

7v6+GK

Yellow team with 6 players + GK set up as a formation of 1-3-3 (1GK, 3CBs & midfield 3)

Blue team with 7 players without GK set up as a formation of 1-3-3 (1CB, midfield 3 & front 3)

## Specific Session (30 mins)

### Objectives:

Working with the team in possession (blue) in how to create and to exploit overloads, especially in wide areas.

Yellow team aims to defend the overloads.

### Explanation:

Ball always starts with the one of the reds making a pass to the blue's CB. Blue team will try to make combination play and to score in the big goal. Blue's wingers are locked in the wide area.

Yellows will defend blue team, if yellow wins the ball, can they try to find a pass to the red. (time limited within 10 second)

### Targets:

#### Block 1 (approx. 4mins):

Blue in possession will try to play the ball quickly into wide areas to the wingers (locked in wide channels at first), as soon as wingers receive a pass in the wide channel, one of the yellow's CB and one of the blue players can then go inside the channel and create a number of advantage.

For example, if blue's CB plays the ball to the RW, the CAM on the right side can then go into wide channels or closer to the wide area to make a wall pass down the line. Then can look to cross into central area for FW/LW and try to score a goal.

Example 2, CB plays to CDM, CDM then play to LW, CDM can make an overlap run to the left channel to create 2v1 in wide area.

#### Block 2 (4mins):

Now when the wingers get the ball in wide areas, they can dribble into the middle channel to create more number in the middle.

OR

when blues have the ball in the middle area, they can dribble the ball into wide area to create more number.

Yellow out of possession will try to stay compact and protect the middle, aim to press the ball quickly and delay the attack. Before the blue starts the play, 3CBs in yellows can tuck in the middle channel and stay connected. As soon as blues play the ball to the wide areas, the CBs on the side will then need to shift and tuck into the middle channel and leave the far channel.

If yellow wins the ball, aim to find a pass as soon as possible to the reds(wide areas).

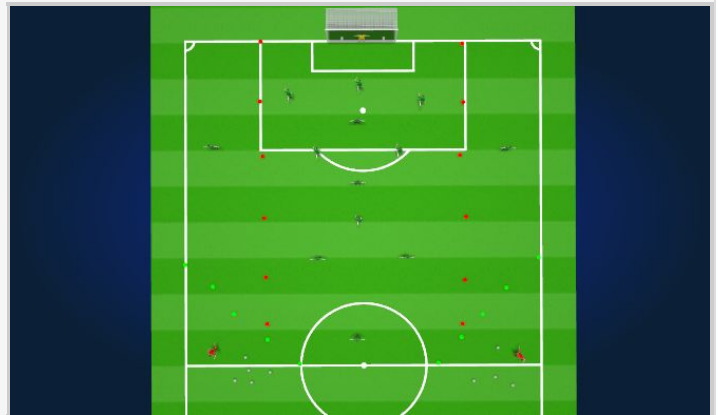
### Key points:

In possession:

- Make the pitch big
- width and depth
- move the ball quickly
- find the third man
- overlap/underlap

Out of possession:

- make the pitch small
- narrow and compact shape
- press the ball quickly
- delay, deflect, deny



### **Organisation:**

Set up as shown with green tapered line taken out.

Red cones still marked out 3 channels.

Both teams defend a big goal.

8v8 + joker. (the red players from first part will now become 1 GK and 1 joker)

Blue team set up in a formation of a 1-1-3-3 (GK, 1CB, midfield 3 & front 3)

Yellow team set up in a formation of a 1-3-3-1 (GK, 3CB, midfield 3 & 1striker)

### **Explanation:**

Objectives stay the same.

Balls always start with the blue team's GK (red).

Team in possession can use the joker(red) in the middle to create number of advantage.

### **Targets:**

Block 1 (~4mins)

Blue in possession, ball always starts with blue team from the GK (red). If blues have the ball in wide area and successfully created an overload (2v1), they have 5 seconds to cross the ball, to encourage them to play the ball quickly and score.

1pt - for blues to score from a cross

2pts - for blue to score after creating a 2v1 or 3v2 situation

1pt - for yellow win the ball and score within 10seconds.

Block 2 (6~7 mins)

Free play (normal rules)

blue's wingers not locked in wide area now, but they still need to create overload before scoring.

### **Key points:**

In possession:

- Make the pitch big
- width and depth
- move the ball quickly
- find the third man
- overlap/underlap

Out of possession:

- make the pitch small
- narrow and compact shape
- press the ball quickly
- delay, deflect, deny



## Coaching Practice Review and Reflection

**How were you able to affect the individuals in the practice?**

**What can be done to make sure you have the same, or an even better, impact next time?**

**What's the main thing you can do to make the session even better next time?**

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