

CREATING WIDE OVERLOADS 1

AGE PHASE: U17+

LEVEL

- U17-First Team

PRINCIPLES OF PLAY

- Controlled build-up play
- Finding the winger between the lines
- Overlapping and diagonal runs behind full-backs

PART 1: 10v5+GK TACTICAL SITUATION GAME

- This practice is a small-scale, tactical situation game that lays the foundations of creating wide overloads.
- The practice requires a group of 16 players split into a group of 10 and a group of 6 (five players and one goalkeeper).

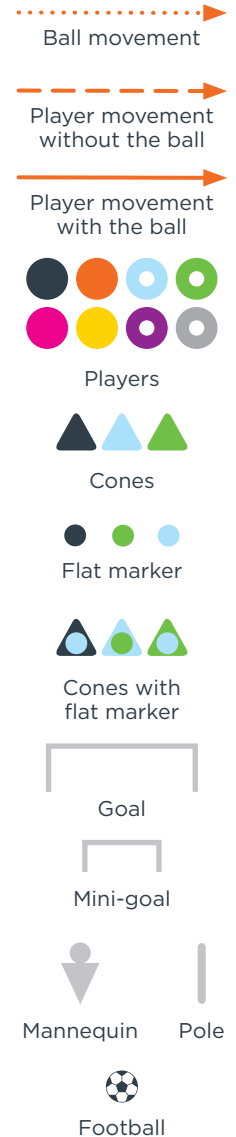
PART 2: 10v7+GK TACTICAL SITUATION GAME

- This practice builds upon Part 1, increasing in complexity by the addition of full-backs in the opposing defensive line.
- The practice requires a group of 18 players split into a group of 10 and a group of 8 (seven players and one goalkeeper).

PART 3: CONDITIONED 11v11

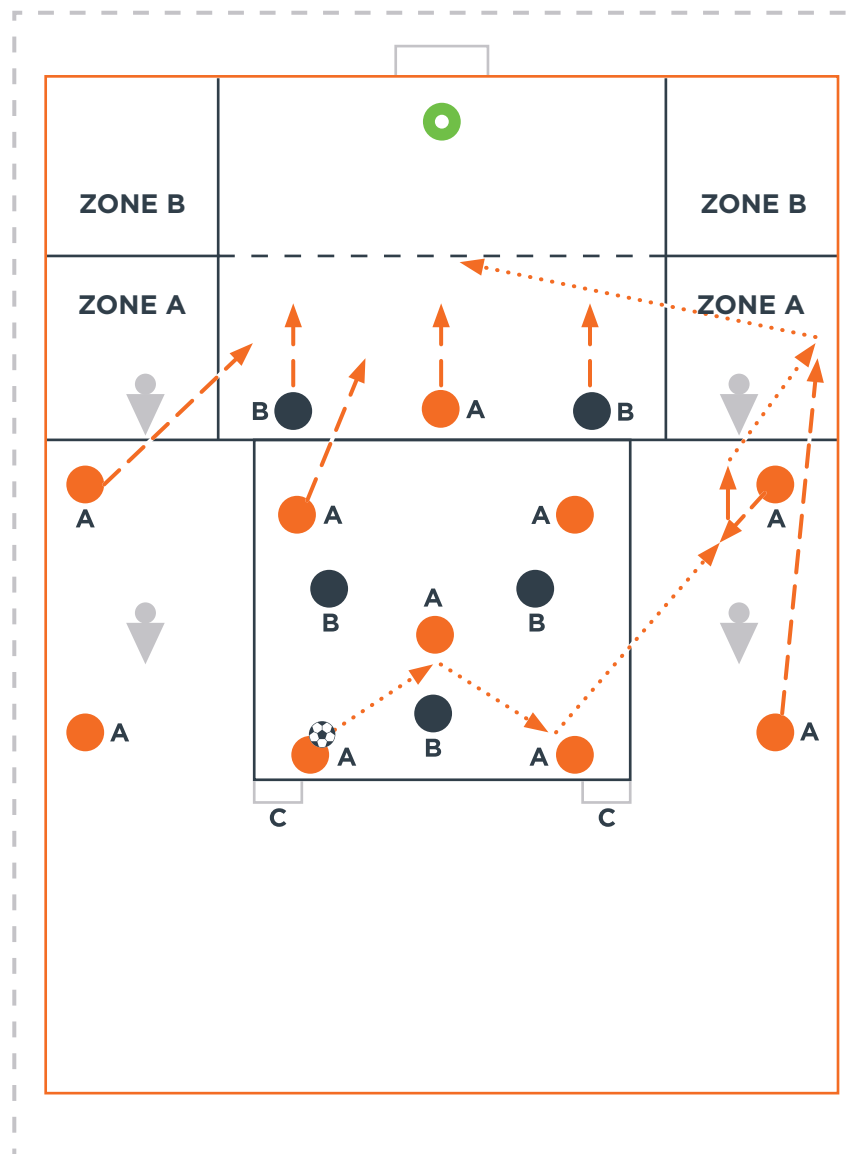
- This is a large-sided game in which the playing area is conditioned by two crossing zones in each of the four corners of the field.
- The practice requires a group of 22 players split up into two groups of 11 players.

KEY



FUNCTION

- The exercise begins with a 5v3 in the central zone, with **Team A** in possession.
- **Team A** must connect **2 passes** inside the central zone before playing out to one of the wingers positioned to receive between the lines.
- If **Team B** recovers possession, they should quickly aim to score in one of the two small goals (**C**) at the edge of the central zone.
- The full-back on the ball side overlaps the winger to execute a 2v1 against the mannequin.
- Once the ball progresses beyond the mannequin, the play becomes a live 5v2+GK situation with the normal offside rule in effect. The attacking five is comprised of forward, the ball-side winger and full-back, the far-side winger and the far-side attacking midfielder from the central zone.
- **Team A** has **6 seconds** to cross the ball into the box.
- Scoring directly from a cross from Zone A is worth **3 goals**. Scoring directly from a cross from Zone B will be worth **2 goals**. Scoring off a second ball will be worth **1 goal**.
- Once there is a goal, a long clearance or the ball goes out of bounds, a new ball will begin in the central 5v3 situation.



COACHING DETAIL: TECHNICAL

BALL POSSESSION

- Maintain quick ball circulation in the 5v3 situation to rotate possession from side to side.
- Execute passes to teammates' back feet to allow a clean first touch and crisp pass into the wingers receiving between the lines.

WINGERS' MOVEMENT

- Both wingers should provide maximum width on the back shoulder of the mannequin.
- While the ball is circulating in the 5v3 zone, they must remain visually connected to the play and time their movement to receive between the lines when their teammate is ready to play the pass.
- The ideal is to receive side-on facing forward, ready to attack.

2v1 DETAIL

- As the pass is travelling to the winger, the full-back must begin their overlapping action to create the 2v1 situation.
- The winger must take a clean first touch towards the mannequin to 'fix' them, giving time and space for the full-back to receive cleanly to execute the cross.
- The pass from winger to overlapping full-back must be played at the moment the full-back is one step ahead of the winger. This stops the opposing full-back having time to recover their defensive position.

TIMING OF RUNS

- As the 2v1 situation is developing, the forward, attacking midfielder and far-side winger must be anticipating their runs to join the attack.
- As the winger plays the pass to the overlapping full-back, they should be accelerating to beat their direct mark towards goal in order to be another option to receive the cross and score.

CROSSING TECHNIQUE

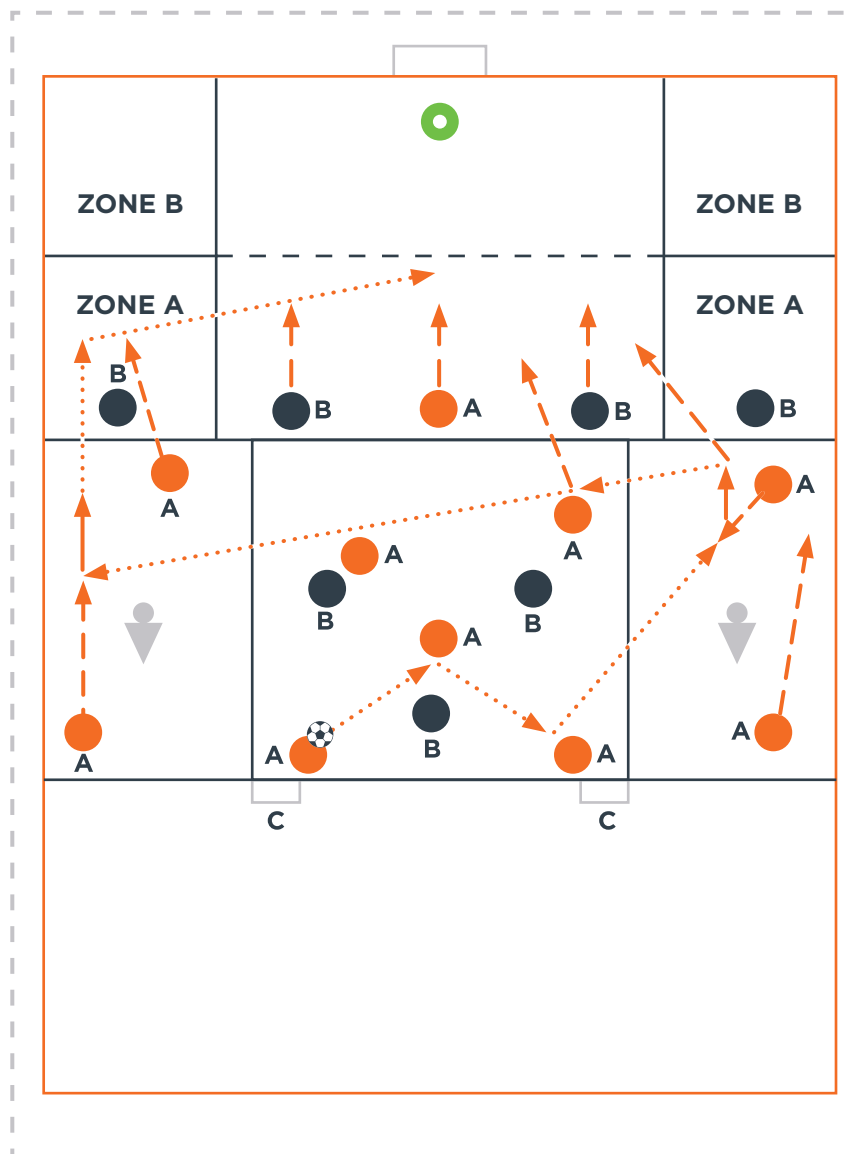
- As the full-back is overlapping, they must look up to identify possible targets in the box.
- Prioritise two techniques: a whipped ball on the ground in behind the defensive line, if there is a large space between that line and the goalkeeper; or a driven cross to the second post.

COACHING DETAIL: MANAGING THE OPPOSITION

- Defending in the 5v3 situation should be aggressive, in order to recover the ball and score quickly in one of the two small goals.
- Defenders should drop quickly to defend the crossing situation while holding a tight offside line (ie. move forward if the ball is passed backwards).

FUNCTION

- The exercise begins the same as in Part 1, with the in-possession **Team A** having possession in a 5v3 situation in the central zone. This time, however, **Team B** now has full-backs in what is a 10v7+GK set-up.
- Once the ball crosses the black line, the defending full-backs can defend normally in the 2v1 situation.
- Now the wingers on **Team A** must decide to execute the 2v1 situation or circulate the ball back through the middle, initiating a switch in play for the opposite winger and full-back to execute a 2v1 situation on the other side – as pictured in the diagram.
- The players inside have the option to circulate to the opposite side or rotate the ball back to the winger who initially received it.
- As in Part 1, once the ball progresses beyond the black line, **Team A** will have **6 seconds** to execute a cross in a 5v4 situation with the normal offside rule in effect.
- If one of the defending full-backs recovers possession of the ball in Zone A, they quickly attack forward and try to score in one of the two small goals (**C**).
- The same scoring rules are in effect: scoring directly from a cross from Zone A is worth **3 goals**, directly from Zone B is worth **2 goals**, and scoring off a second ball is worth **1 goal**.
- Once there is a goal, a long clearance or the ball goes out of bounds, a new ball will begin back in the original 5v3 situation.



COACHING DETAIL: TECHNICAL

BALL POSSESSION

- Maintain quick ball circulation in the 5v3 situation to rotate possession from side to side.
- Execute passes to teammates' back feet to allow a clean first touch and crisp pass into the wingers receiving between the lines.

WINGERS' MOVEMENT

- Both wingers should provide maximum width on the back shoulder of their full-back.
- While the ball is circulating in the 5v3 zone, they must remain visually connected to the play and time their movement to receive between the lines when their teammate is ready to play the pass.
- Look to receive side-on facing forward, ready to attack.

2v1 DETAIL

- As the pass travels to the winger, the full-back must begin their overlap to create the 2v1 situation.
- The winger must take a clean first touch towards the full-back to 'fix' them, giving time and space for the full-back to receive cleanly to execute the cross.
- The pass from winger to overlapping full-back must be played at the moment the full-back is one step ahead of the winger. This stops the opposing full-back having time to recover their defensive position.

RECIRCULATE THE BALL

- If the opposing full-back denies the 2v1, circulate the ball back through the middle to switch play towards the other full-back in full width, allowing the winger to run diagonally behind the opposing full-back in another 2v1 situation. The midfielders must quickly reposition and lose markers in order to be a passing option.

TIMING OF RUNS

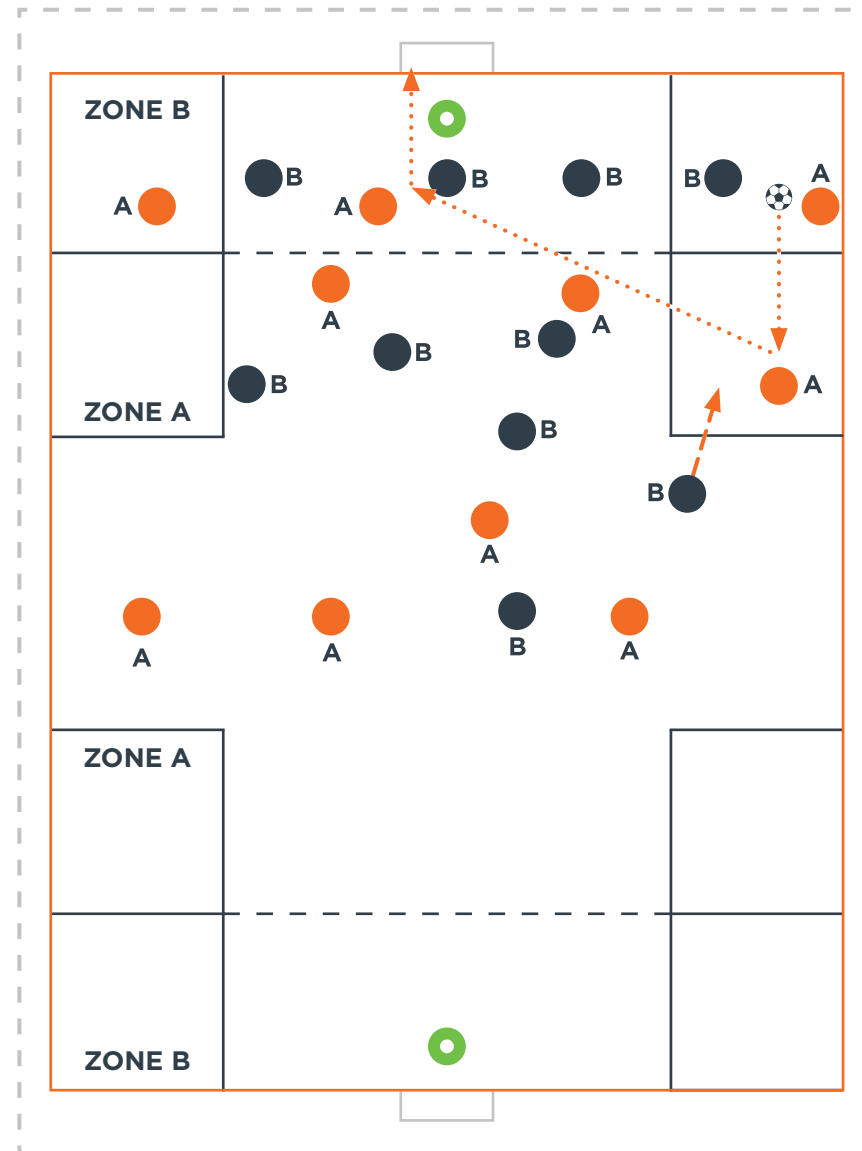
- As the 2v1 situation is developing, the forward, attacking midfielder and far-side winger must be anticipating their runs to join the attack.
- As the winger plays the pass to the overlapping full-back, they should be accelerating to beat their direct mark towards goal in order to be another option to receive the cross and score.

COACHING DETAIL: MANAGING THE OPPOSITION

- Defending in the 5v3 situation should be aggressive to recover the ball and score quickly in one of the two small goals.
- Strong 1v2 defending in the wide areas, denying the option for the winger to run in straight line with ball and forcing play wide.
- Defenders should drop quickly to defend the crossing situation while holding a tight offside line (ie. move forward if the ball is passed backwards).

FUNCTION

- This conditioned 11v11 game is designed to implement the concepts learned in Parts 1 and 2 of the session.
- Both **Team A** and **Team B** will line up in a 1-4-1-4-1 formation in attack, and in a 1-4-4-1-1 shape when defending.
- The game will have a natural flow to it, but there are conditions in Zones A and B.
- When defending, **only one defender at a time** is permitted in either Zone A or Zone B. There can be one defender in each zone at the same time, but two defenders cannot be in the same box at the same time.
- When attacking, **a maximum of two players** can be in each of the zones at a given time. This means the team in possession are always able to create 2v1 situations.
- Similar to in the first two parts of the session, if the team in possession scores directly from a cross from Zone A, it is worth **3 goals**. Scoring directly from a cross from Zone B is worth **2 goals**. Any other kind of scoring is worth **1 goal**.
- The offside rule is in effect as are throw-ins. But if the ball goes out of bounds over the end line, a new ball will begin with the previously defending team's goalkeeper.



COACHING DETAIL: TECHNICAL

BALL POSSESSION

- Maintain quick ball circulation to rotate possession from side to side in order to disorganise the opponent in a 1-4-1-4-1 shape.
- Execute passes to teammates' back feet to allow a clean first touch and crisp pass into wingers receiving between the lines.

WINGERS' MOVEMENT

- Both wingers should provide maximum width, on the back shoulder of their opposing full-back.
- While the ball is circulating, they must remain visually connected to the play and time their movement to receive between the lines when their teammate is ready to play the pass.
- Use feints to lose their markers and create space for them to receive cleanly.

WIDE OVERLOAD DETAIL

- The winger and full-back on the ball side must remain connected in order to take advantage of 2v1 situations.
- The forward and attacking midfielders must be aware of spatial imbalances in the defensive line in order to make diagonal runs behind the full-back.
- After 3-4 passes on one side, the team must have the collective thought to switch play to create a new overload on the other side.

RECIRCULATE THE BALL

- As the ball is recirculating to the other side, the forwards, midfielders and wingers must be aware of opportunities to make diagonal runs 'inside' to earn one goal.
- On the ball rotation, the opposite full-back provides the width while the winger positions 'inside' in order to create the possibility of making diagonal runs behind the full-back.

RUNS IN THE BOX

- In Zone A, the forward, opposite winger and an attacking midfielder must be ready to receive in behind the defensive line.
- In Zone B, the forward should look to position on the back shoulder of the second centre-back, with an attacking midfielder positioning around the penalty spot to receive a cut-back.

COACHING DETAIL: MANAGING THE OPPOSITION

- In defence, teams should set up in a 1-4-4-1-1 defensive block, with aggressive defending in the wide areas.
- Play a tight offside line, pushing the line up when there is a backwards pass.