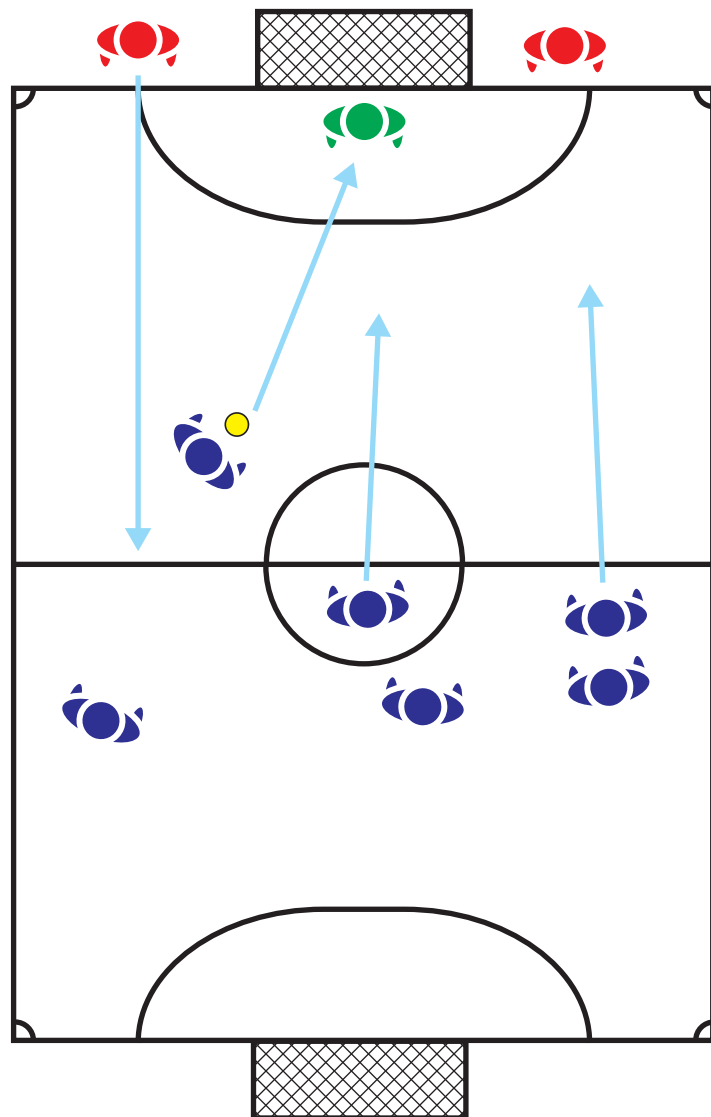


Session Title: Maximising The Overload

Date: 03/12/23



Games:
Only 1 goal per player - once get to 4, can't score again, must keep the ball 6min games

Phase	Week 6 - Using The Overload & Finishing Pace/Movement/Patience/Depth/Width
Time	6 min games then change teams round
Players	Multiple players on rotation
Organisation	Red defender plays ball to any Blue, who in 3's try and score while Red defends the goal. If Red gets ball, can they lift in far goal. Make sure players move realistically! Prog 1 - Make is 2v3 with 2 defenders Prog 2 - Go 1v1 on each side - when ball goes dead it becomes 2v2
Key Coaching Points	Right pass at the right time Don't run in straight lines Finish the attack Attack the space Play at pace, make it realistic!

1st Hour - CC/ET/EE fun warm-up
2nd/3rd Hour - AW warm-up
4th Hour - CC/AW warm-up
Max time for warm ups 15mins
Include EE, ER & EST when available

