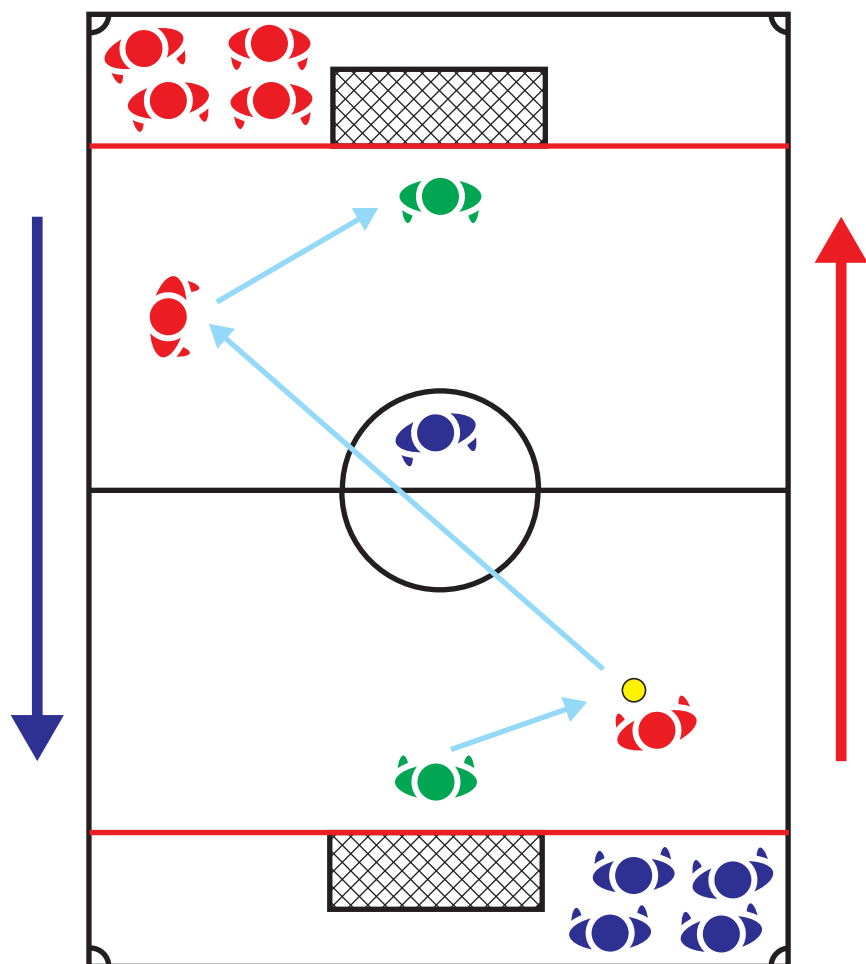


# Session Title: Dealing With An Overload

Date: 21/04/24



<b>Phase</b>	Week 22 - Dealing With An Overload Pressure/Passing/Recovery/Work Rate
<b>Time</b>	Until the ball goes dead
<b>Players</b>	Split teams equally - rotate around
<b>Organisation</b>	Goalkeeper passes to RED at, a 2nd RED enters at the opposite end, PIVOT, they play until ball goes dead. Reset with the BLUE starting. NOTE - Allow 1 kick-in if ball goes dead quickly Prog 1 - GK can pass directly to PIVOT Prog 2 - Start 2v2 with 1 extra to make 3v2 Prog 3 - Start 3v3 with 1 extra to make 4v3  Last ATT touching ball becomes DEF, DEF becomes PIVOT
<b>Key Coaching Points</b>	Why should DEF get pressure on the ball? Why should they make it 1v1? Why should DEF stop dribbling with the ball? How can the DEF GK help? What does DEF do if they win the ball?

**Games:**  
Keep 2 players in oppositions half at all times - double goals if transitioning player scorers.

1st Hour - CC/LP fun warm-up  
2nd/3rd/4th Hour - AW/PW warm-up  
Game - 6mins  
Max time for warm up 10mins  
Include EE, EST, LP & others when available

