



## Overlap Offensive Shape

**Category:** Tactical: Attacking principles  
**Difficulty:** Moderate

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### Circle Rondo (15 mins)

#### Organization:

- Circle 15 x 15
- 8 vs 3 depending on number of players

#### Instructions:

- Classic Rondo passing
- Defender try steal the ball
- Who loses the ball becomes the defender

#### Coaching Points/Questions:

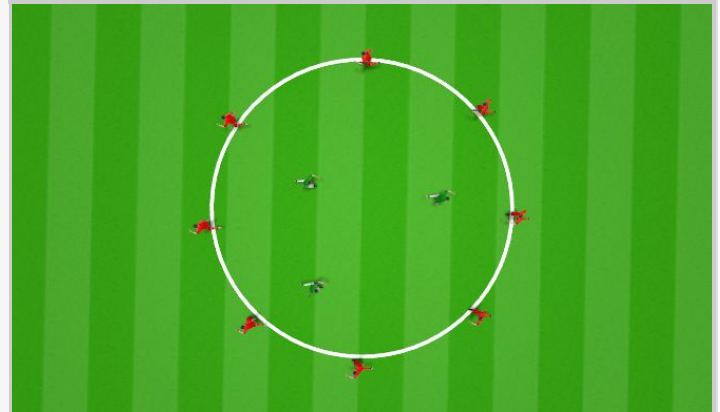
- Passing receiving
- Quick making decision
- Get open and use space

#### Progressions:

- Cannot pass to neighbor
- Cannot pass back to the player you received the pass from

#### Regressions:

- Remove a defender and add to offense



### 2 vs 1 Overlap (20 mins)

#### Organization:

- 35 x 20
- 1 big goal, 2 small goals
- Goalkeeper + 1 vs 2

#### Instructions:

- Ball starts from the goalkeeper, pass to one of the two attackers.
- Defender presses attacker 1.
- Second attacker, #2, runs and performs an overlap.
- Attacker 1 decides whether to pass or continue dribbling to shoot.
- If goalkeeper or defender steals the ball, try to score in one of two small goals.
- Once counter attack has ended, the ball goes back to the goalkeeper for them to play to an attacker

#### Coaching Points/Questions:

- Dribble towards the defender.
- Quick overlap.
- Make a decision when the defender presses, pass or continue dribbling to the goal.
- Get Open after passing and be ready to score
- Don't watch your pass

#### Progressions:

- 3 vs 2

#### Regressions:

- 3 vs 1



## Goalkeeper + 2 vs 3 (35 mins)

### Organization:

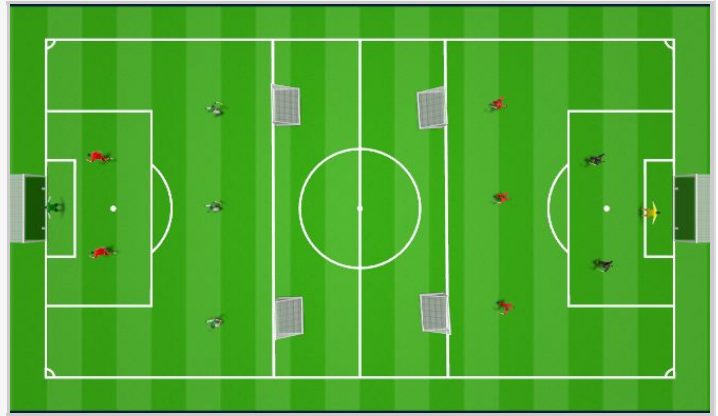
- 2 fields, 35 x 35
- Goalkeeper + 2 vs 3

### Instructions:

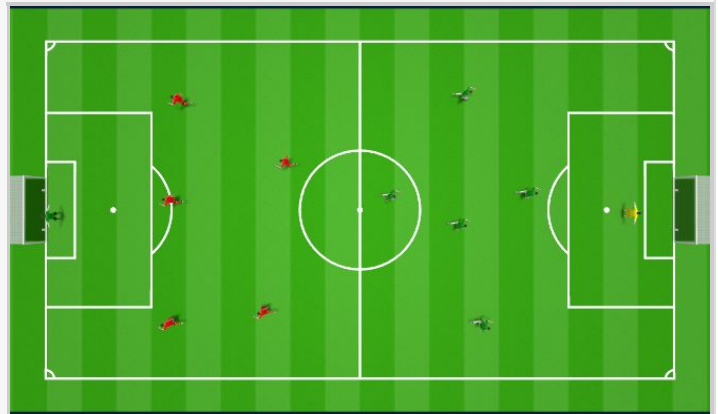
- Regular game rules
- Team of 3 players score in the big goal
- Team of Goalkeeper +2 can score in either of the 2 small goals
- Goalkeeper can only throw or roll the ball

### Coaching Points/Questions:

- Create 2 vs 1 situations and overlap.
- Pressure, balance shape for the defenders.
- Goalkeeper help his team when they have a ball, be part of the play
- Quick decision making



## Scrimmage (25 mins)



## Coaching Practice Review and Reflection

### What went well...

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### Even better if...

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