

TOPIC: To Improve Overlap

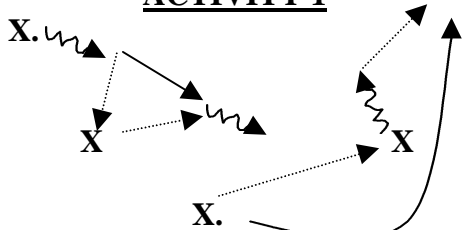
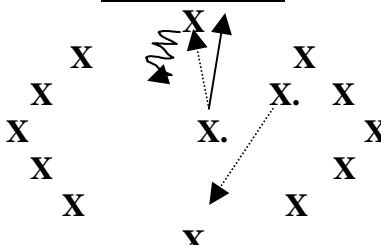
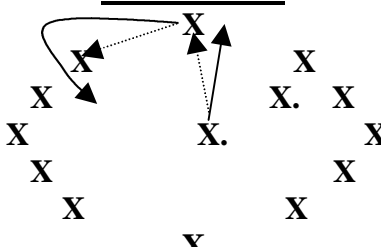
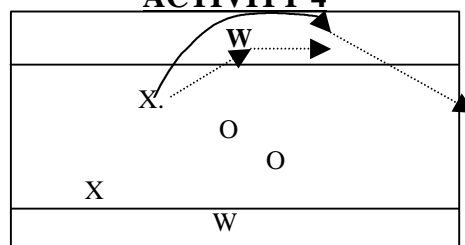
Key:

Running without the ball

Running with the ball

Pass

Coach Name: _____

<p style="text-align: center;"><u>ACTIVITY 1</u></p> 	<p style="text-align: center;"><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> • In 2's pass and receive. • Create environment with combinations including overlaps 	<p style="text-align: center;"><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> ✓ Weight of pass = speed of run ✓ 1st touch ✓ Communication
<p style="text-align: center;"><u>ACTIVITY 2</u></p> 	<ul style="list-style-type: none"> • Pass and follow from center of circle to player on outside and switch with that player • Increase intensity with additional balls 	<ul style="list-style-type: none"> ✓ Body shape for receiving ✓ Visual Q's ✓ Communication ✓ Support = options ✓ Anticipation (tactical) vs. reaction (ball watching)
<p style="text-align: center;"><u>ACTIVITY 3</u></p> 	<ul style="list-style-type: none"> • Include overlap: player that receives the ball on the outside plays to either player on left or right, follows pass and overlaps that player and gets ball back. • Passer becomes passive defender 	<ul style="list-style-type: none"> ✓ Vision ✓ Decision making ✓ Awareness when not in the game "always think the ball is coming to you"!!
<p style="text-align: center;"><u>ACTIVITY 4</u></p> 	<p>2 v 2 2 v 2 + Neutral player 3 v 3</p> <ul style="list-style-type: none"> • Must create overlap to score point • Add Neutral player for success. 	<ul style="list-style-type: none"> ✓ Combinations ✓ Decisions ✓ Overlaps vs. underlaps ✓ Defending positions