



THEME 05:

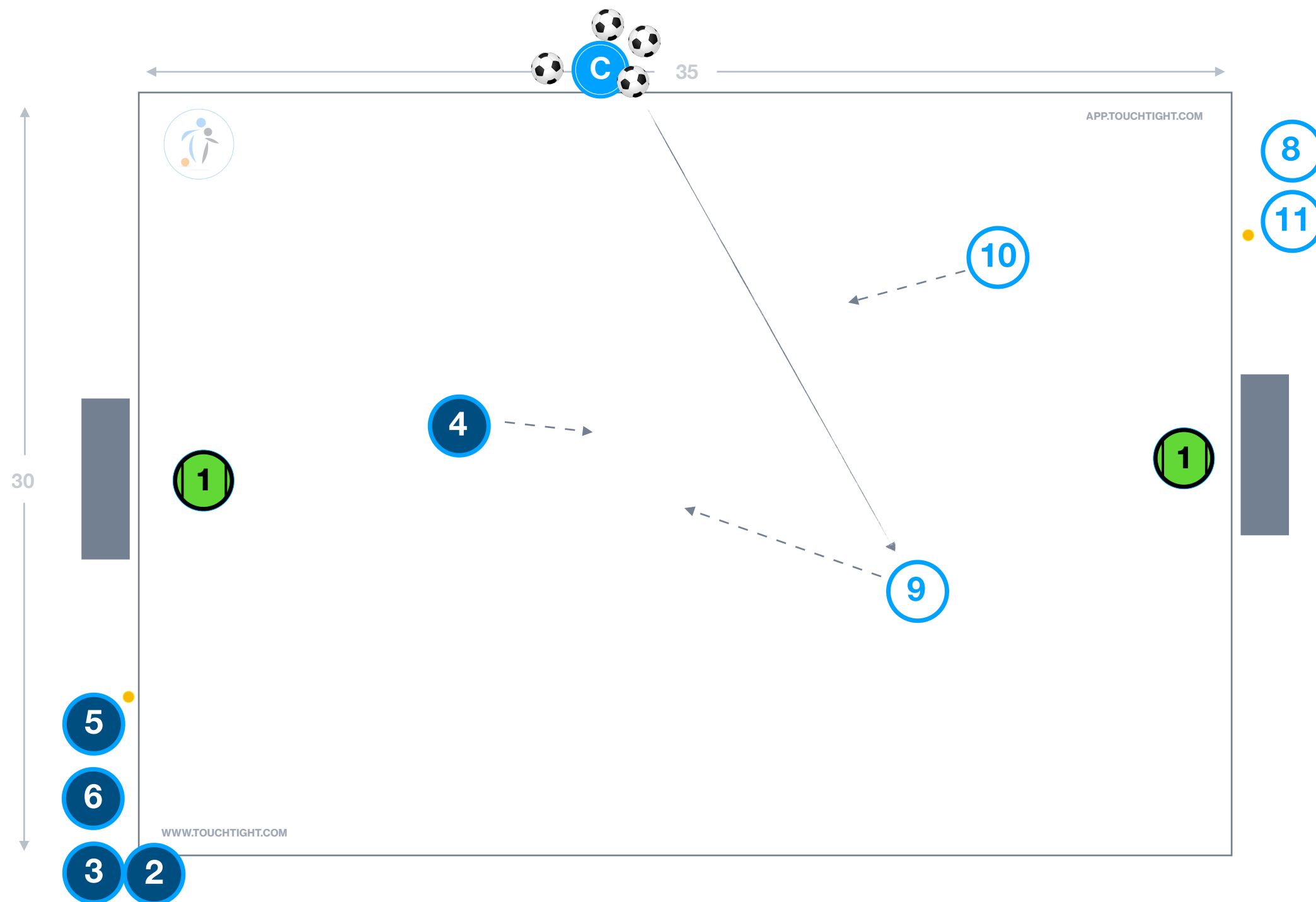
# DEVELOPING SUPPORT PLAY

## PRACTICE 03: SMALL NUMBER OVERLOADS

AGE GROUP: 8 TO ADULT

Title	Date	Start Time	Duration	No. of Players	Area Size

### HOW TO SUPPORT ATTACKS TO OVERLOAD



#### ORGANISATION:

This is practice 3 of Theme 5 Developing Support Play and begins with the coach passing a ball into an attacking player who attacks a single defender and goal, with the support of a teammate in a 2 v 1 attack. If the attacking pair scores, an extra player joins in, creating a 3 v 1 overload. If the defender does not concede, an extra defender joins to create a balanced 2 v 2 outfield situation. We can progress this with numbers to a 4 v 2 or 4 v 3 depending on success.

#### KEY COACHING POINTS:

Focus on the following key points:

1. Passing quality speed and accuracy to beat defenders
2. Width to create space to exploit
3. Draw defensive pressure to play through
4. Clinical final pass and finish



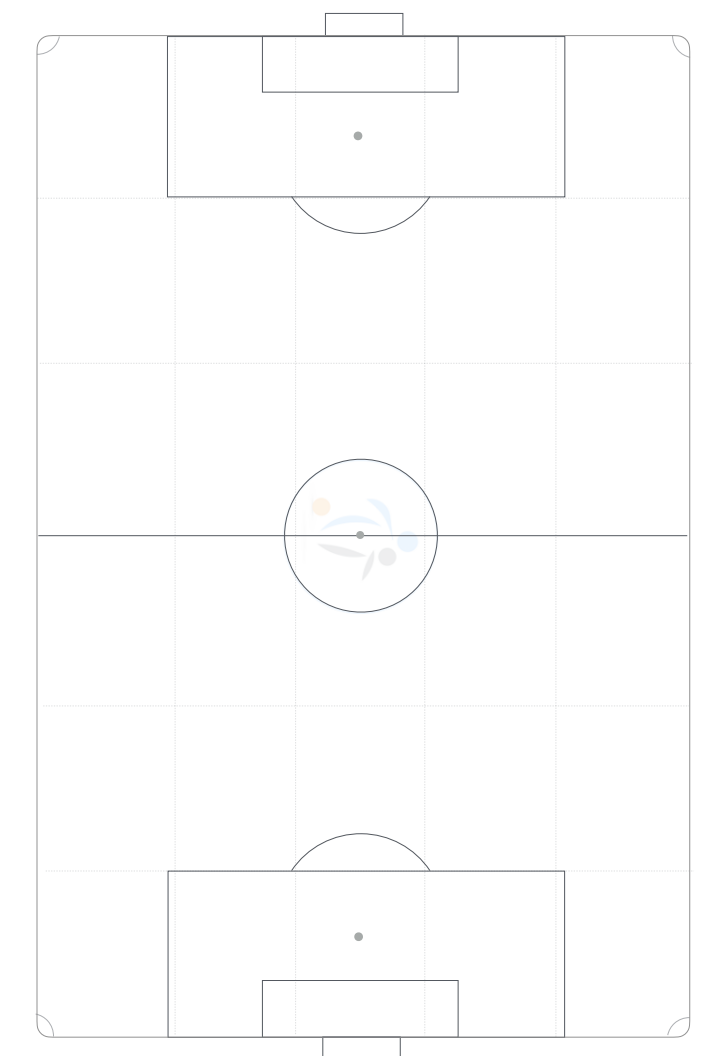
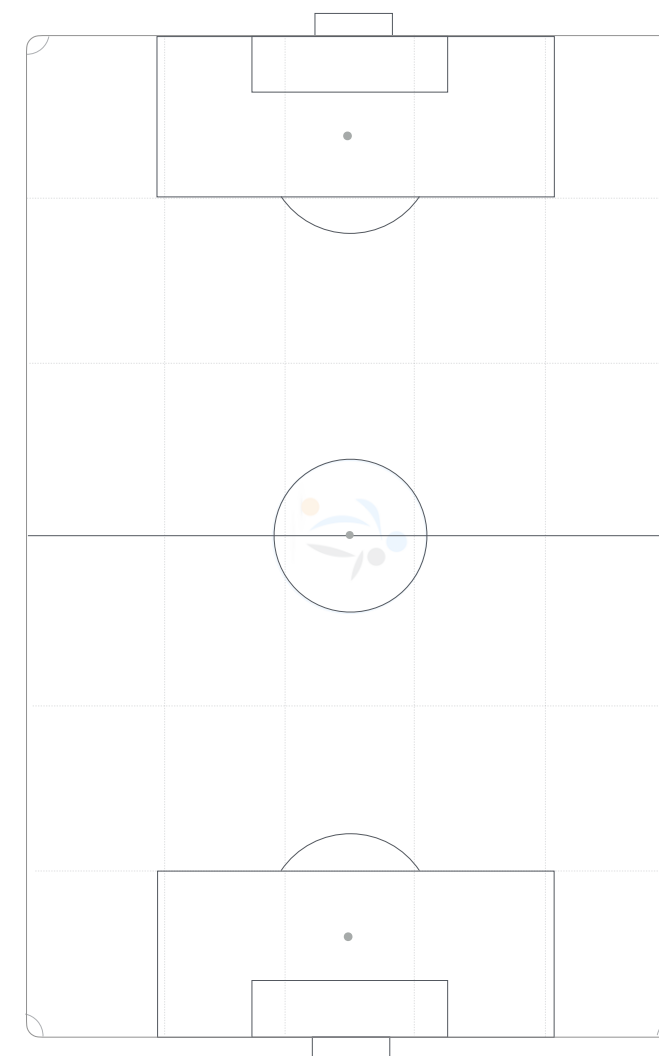
## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## ADDITIONAL INFORMATION:

## COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

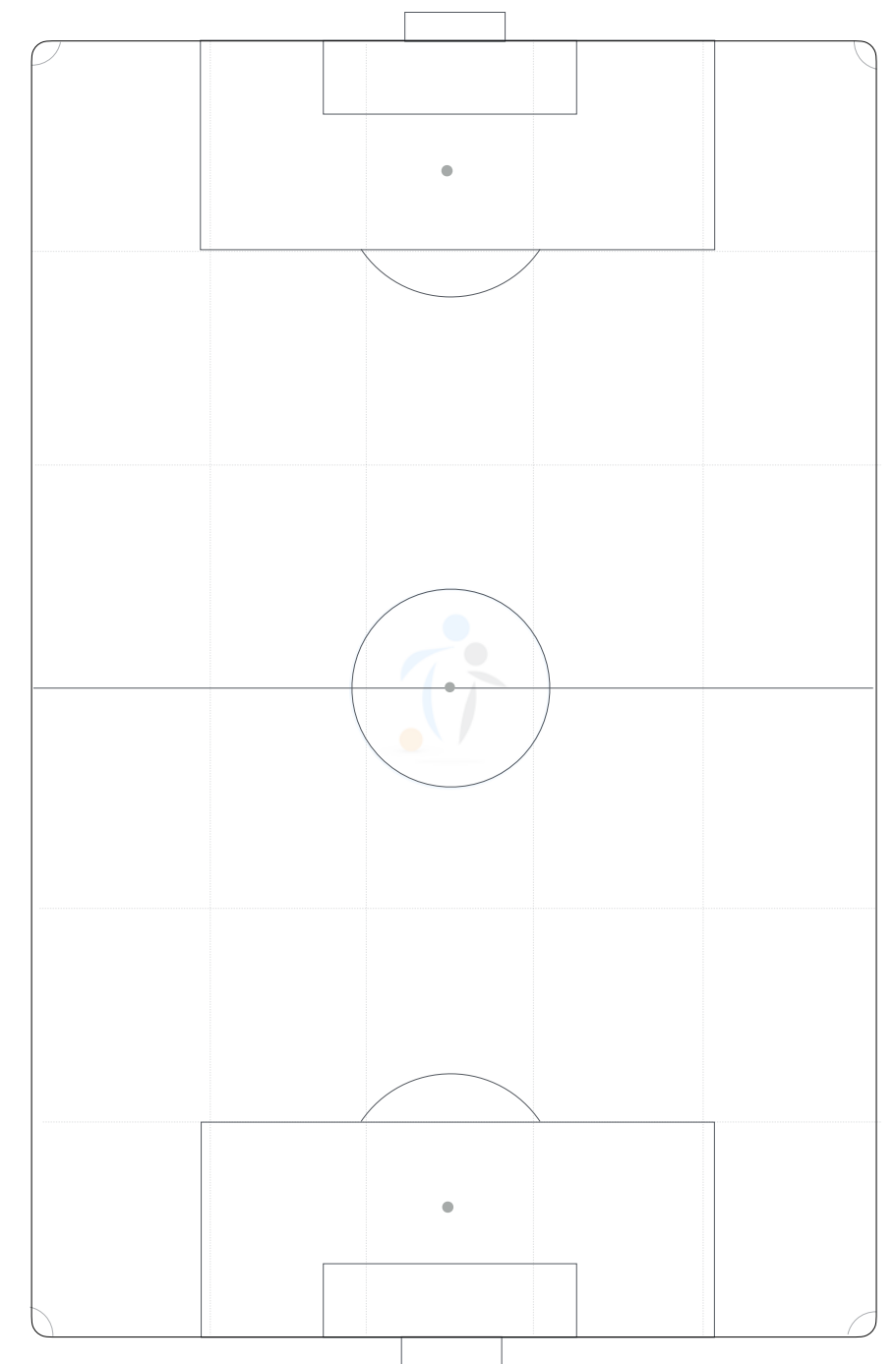
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

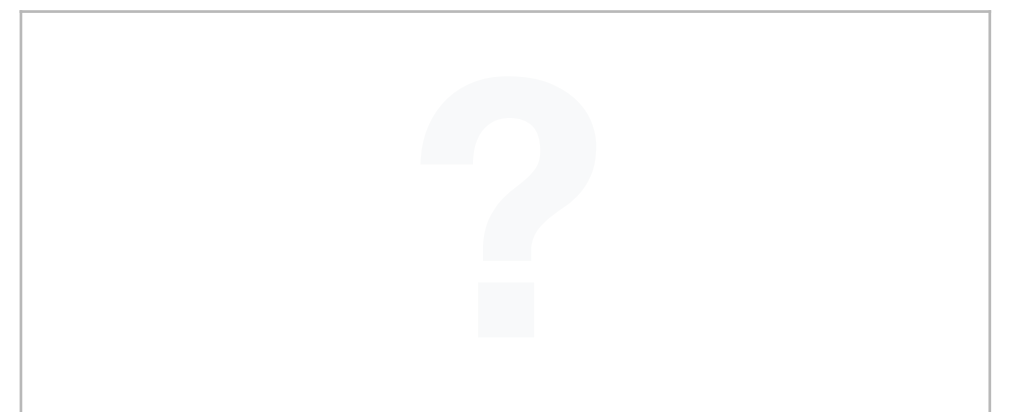
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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