



Overlap Activity

Category: Tactical: Combination play
Difficulty: Moderate

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Individual-Adult Member

Description

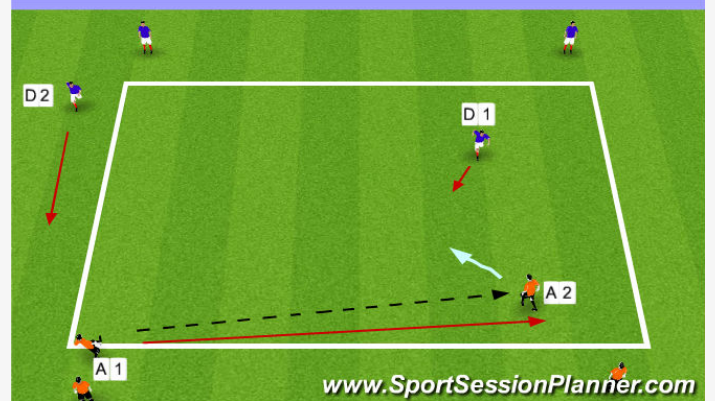
Purpose of activity is to demonstrate effective overlap techniques including communication and decision making.

Overlap start

2v1 setup in 20 x 20 grid

Activity starts when A1 passes to A2. D1 enters grid as lone defender. D2 jogs to opposite end of grid

A1 then sprints behind A2 and calls for the ball loudly when they are directly behind A2



Overlap finish

A2 decides between the following 2 actions

PASS in front of A1 in order to beat D1

Fake pass to A1 and dribble past D1

Either is successful overlap

Coaching Points:

- A2 needs to create space for A1 to overlap (dribble to left of D1)
- A1 needs to communicate EARLY to A2 so that A2 can execute leading pass behind D1

