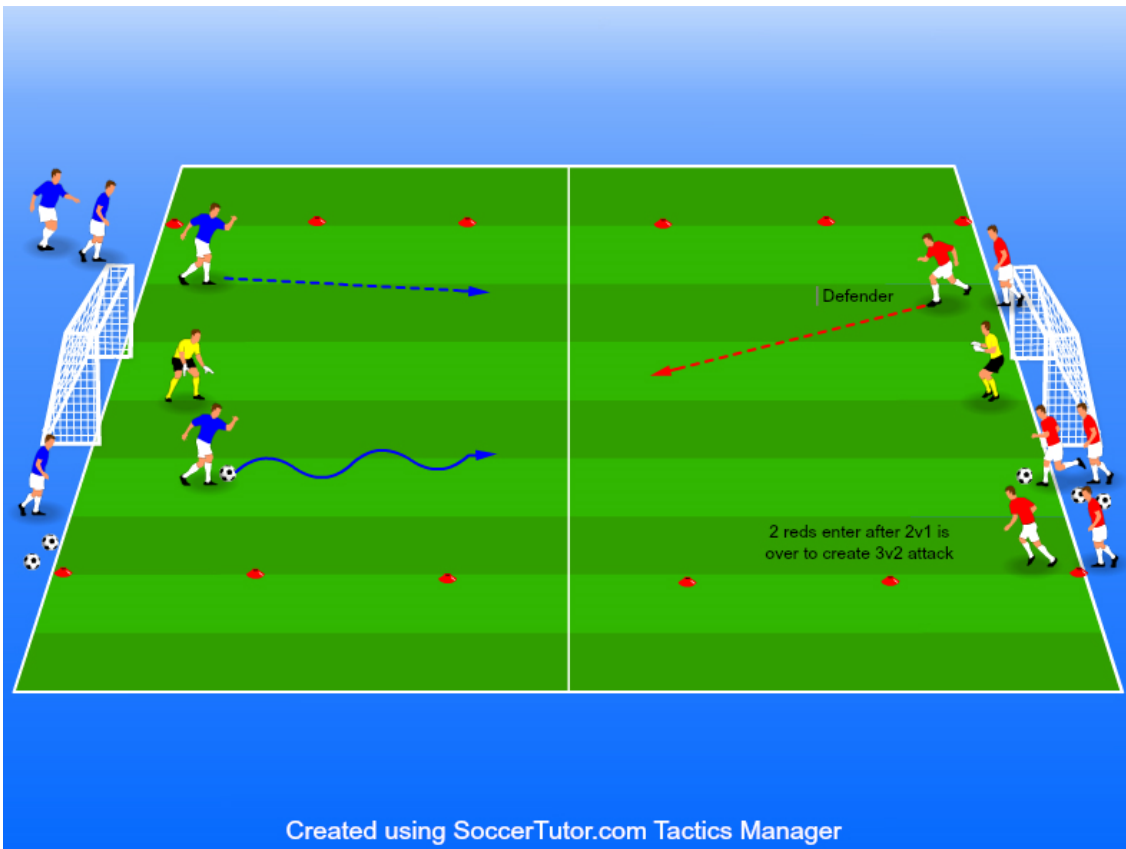




Tactics Manager

Overloads - 2v1 - 3v2



Date:	10/Jan/2022	Measurement:	30 x 40
Time:	N/A:N/A	Players:	14
Duration:	N/A	Level:	U11 - 18+

Objective:

Description:

1. Divide players into two teams
2. Blue team two lines either side of goal (one line with balls)
3. Red team three lines either side of goal (one line with balls)
4. One red line is designated to defend each phase starts

Two blue players enter with a ball vs one red defender.

Blue team score or ball leaves area two reds enter with a new ball to create a 3v2 in other direction. Two blue players who started attack transition to defend. Goal is scored or ball leaves area a new phase starts again with new players.

After set time swap roles (2 red v 1 blue)

Coaching Points:

Attacking

1. Shoot early
2. Player habits - Vision, Positive forward play, receiving to shoot
3. Find the free player

Defending

1. Closest defender close down ball carrier to delay attack
2. second defender covers space behind 1st defender
3. Force ball carrier into wide area to isolate against overload

Progression:

