



DRILLS AND GAMES

- 1 Overlap Shuttle, #3
- 2 Overlaps to Goal
- 3 5 v 5 v 5

4 3 v 2 → 2 v 2 → 2 v 3

5 Free Play, 9 v 9

Notes: Play the starting outside backs with the starting outside mids in 3, 4, and 5.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Create enough time and space for the overlap.
- 2 Beat the 1st defender completely with the combo.
- 3 Time the run so that play continues at high speed.

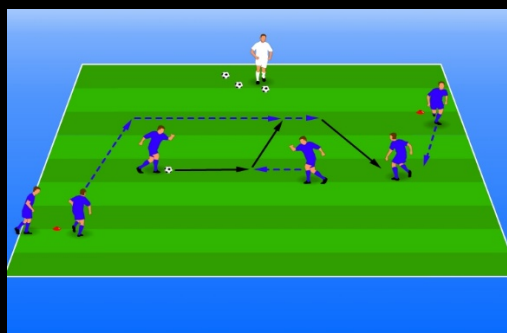
COACHING POINTS

- 1 Use feinting moves to hold the defender.
- 2 Strike the pass when the runner is square to you.
- 3 Lead the receiver onto the pass. Make him sprint.

QUESTIONS/TOPICS/NOTES

Is there enough time and space for an overlap? Does the first attacker fake the defender away from the pass? Is the run timed correctly? Does the pass speed up play or slow it down?

1



2



3



4

