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10x10 box each end with 2 yard middle zone. 5 yellows each end, 3 red defenders, 2 screening the middle zone with 1 pressing the end zone. Yellows combine 4 passes and they can go long to opposite box, defender drops into middle zone and 1 of the screeners goes in. After the yellow player makes a pass, as shown with the 4, he sprints round any pole to the cones and back, cones were 15 yards away. Overload begins 5v1 but reduces quickly as players leave the area to complete their run, putting increased pressure on their side to retain possession. Session progressed by going with 2 defenders straight away, second progression was 1 touch with 1 defender bad final progression was no pass restriction and was played in sets of 4 minutes with number of switches made = number of full length runs for reds, less than 10 in 4 minutes was 5 full length runs for yellows.