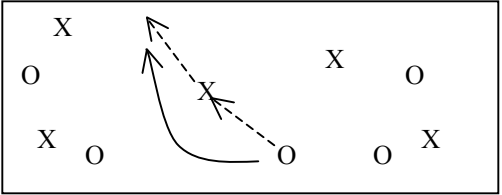
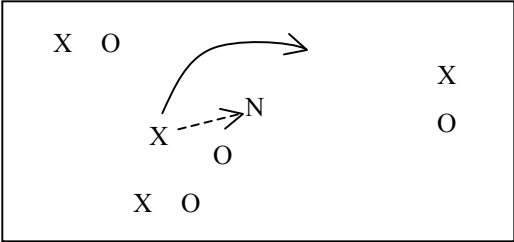
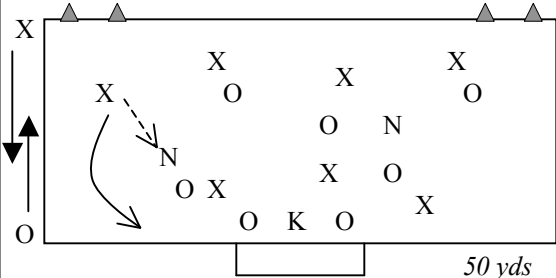



Name: Arsenal - Alex Mason

Topic: Coaching the "over lap"

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>-(X) player receive pass from (O), (O) will run around (X) to receive ball back from (X)</p> <p>* STRETCH</p>	<p>Organization</p>  <p>20 yds 30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> -weight of pass -direction of run -eye contact -communication - over lap can be either side of player with ball
<p>Match Related Activity 15 min.</p> <p>4 v 4 + 1</p> <p>-game of possession team scores a point if they go through (N)</p>	 <p>20 yds 30 yds</p>	<ul style="list-style-type: none"> -look to beat a player -play with speed -eliminate an opponent -player receiving must shield ball
<p>Match Related Activity 20 min.</p> <p>7 v 7 + 2 keeper starts game</p> <p>-possession game first team to achieve a over lap can go to large goal</p>	 <p>30 yds 50 yds</p>	<ul style="list-style-type: none"> -speed of play -change of pace once ball has been played back from receiver
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	 <p>full field game</p>	<ul style="list-style-type: none"> -player using the over lap to eliminate a player to gain field advantage
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	