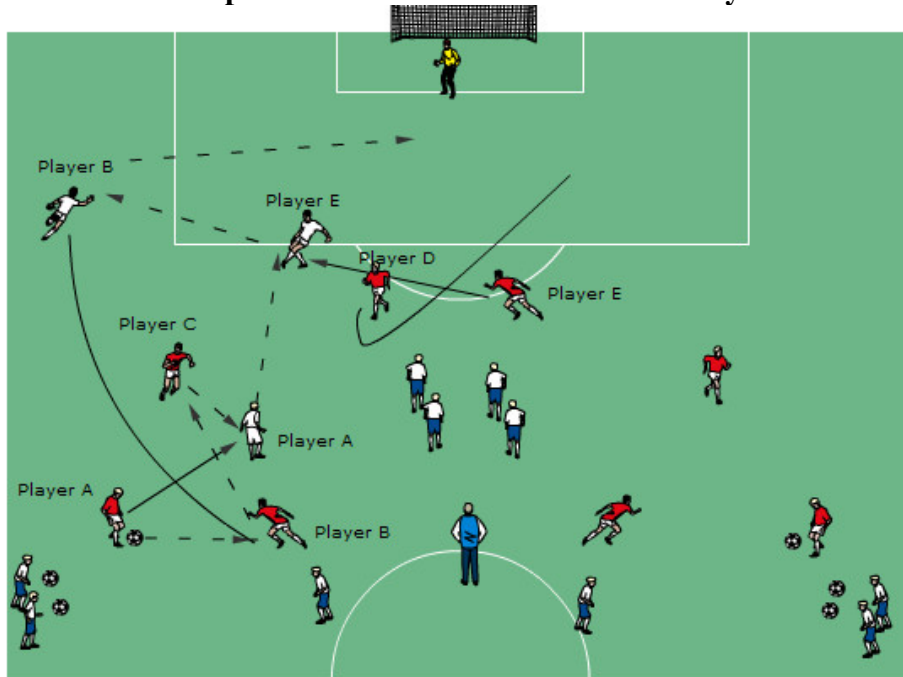


Full Team Overlap Circuit to Goal with Forward Entry



The Set-up: as pictured. The players in the white shirts, blue shorts are resting.

The Exercise: Player B drifts away (not pictured) and “checks back” to player A. Player A passes to player B and begins to move centrally up field. Player B passes to the player C and makes a long overlapping run. Player C drops the ball centrally into the path of player A. Player D drifts toward player A and makes a bending run to the far post. Player E cuts inside to fill player D’s initial position. Player A plays the ball into the path of the oncoming Player E. Player E plays the ball wide for Player B. Player B serves the ball across to Players D & E. Player A can continue a forward run (not pictured) to offer an additional option for player B to serve the ball into.

Coach should make sure Players D & E time their runs and don’t run in straight lines. Player D shouldn’t move to early. After Player E plays wide he or she should move quickly to take up a position in the box.

Note: Once the ball has been served on the left side (as pictured) the same movement should start up on the right. It is important that you have 6 strikers (3 pairs) to keep the exercise flowing. This is a very demanding exercise that incorporates several attacking principles: Passing, moving, crossing, and finishing!

Coach should demand that everything is done at speed and players call for the ball!