

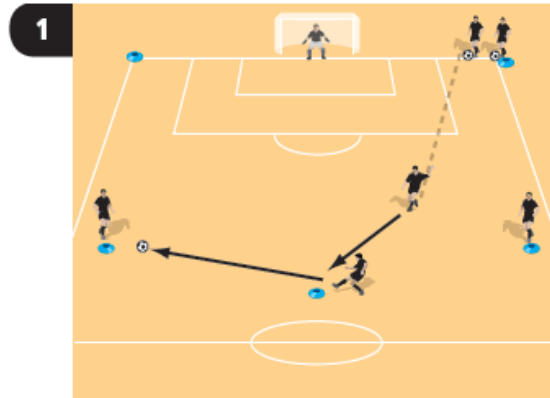
# Overlap movement to score

By Michael Beale

This is a great session to encourage combinational play in matches.

If you can get your players to use the movement in this overlap drill they should have no trouble pulling any opposition defence apart. Timing the overlap is vital to the success of the drill.

You need to use half a pitch with five cones, one goal, a goalkeeper and six outfield players.



The starting player dribbles onto the pitch and the ball is moved wide.



The central player makes an overlapping run as the wide player dribbles inside.



The central player crosses for the wide player who has continued his run into the box.



## How to play it

1. To start, the first player dribbles the ball and passes to the central player. The central player then passes out to the wide player and makes an overlapping run.
2. The wide player now dribbles inside and makes a reverse pass to the overlapping player.
3. The overlapping player crosses the ball in for the wide player to score.

## Rotation

- The first player becomes the new central player.
- The central player takes the place of the wide player.
- The wide player rests and waits for their next turn as the starting player.