



“Overlap Flip-Flop”

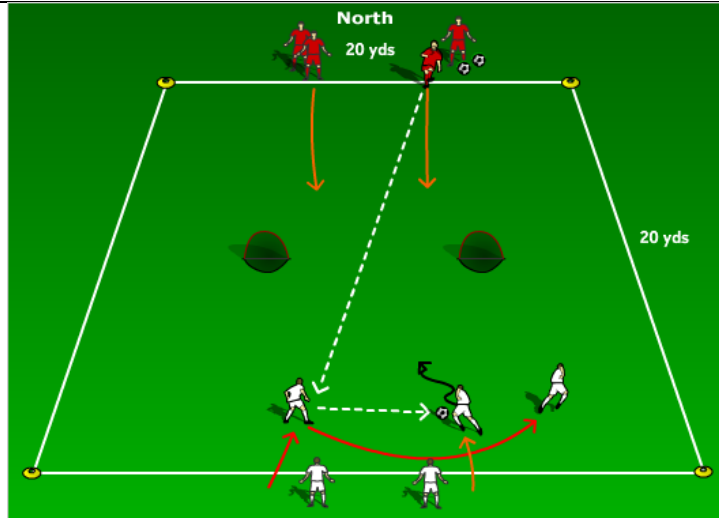
East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To build multiplayer attack skills in an environment that fosters creativity.

Duration: 10 minutes

The Basics



Organization

20yd x 20yd grid, cones at corners, 2 small goals in the middle of the grid, both goals facing North.

Group split into 2 teams (w/ pinnies), North team has supply of balls.

Activity

- The 1st 2 red players begin by serving a pass to the 1st 2 white team players. Red is not allowed to begin defense until white touches ball.
- Player that receives ball must one-touch ball to 2nd teammate, then execute an “overlap”. 2nd teammate should dribble toward the middle to begin creating width for the overlap.
- Attacking players can then execute a “takeover” pass, or continue with other 1v1 moves and passing, trying to score.
- If defenders steal the ball they can score by shooting into the back side of either goal.
- Play is dead when goal is scored, ball goes out of grid, or play bogs down (coach’s call).
- Play for 5 minutes, then switch attackers/defenders.

Coach Pts

- Encourage communication between attackers.
- Remind players *they aren’t open unless they’re moving and open*. No standing still, calling for the ball.
- Encourage players to move wide when overlapping to confuse defenders.
- Encourage players to try the takeover pass.

Mods

- If attacking team is succeeding too easily, challenge them by removing 1 goal.
- Further challenge attacking team by requiring goals be scored via 1-touch shots.
- If defending team is succeeding too easily, move goals to defenders endline and turn them to face attackers.

Progression

None