

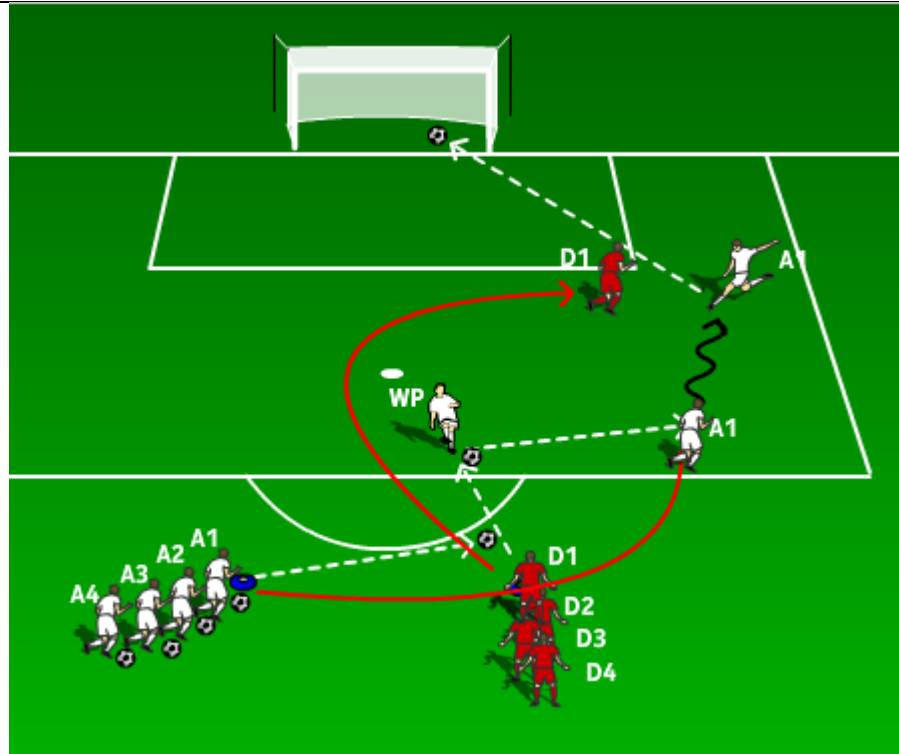
“Wally Overlap”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To teach/imprint/pattern passing plays in a game-like situation

Duration: 10 minutes



Organization

Divide group into 2 teams, Attackers (white) and Defenders (red), and line them up behind a single cone pictured.

Each Attacker has a ball.

The Basics

Activity

Assign an attacker the 1st turn of Wall Passer (WP) and station the person as pictured.

At the coach's signal, A1 serves a leading pass to D1, then overlaps behind D1.

D1 steps forward to receive the pass, 1-touches the pass to the Wall Passer (WP), who lays the ball off for the overlapping A1.

A1 is allowed as many touches as he wants before shooting (2-touch minimum), but D1, after serving the pass to WP, runs around WP to try to prevent a shot.

After A1 shoots, A1 takes the place of the WP, and the WP goes to the back of the attacker line. D1 returns to the back of the defender line. A2 immediately begins the play again.

Allow each attacker at least 4 tries before switching attackers and defenders. Count goals scored by each team and reward the winner.

Switch to the other side of the goal box and repeat.

Coach Pts	<ul style="list-style-type: none">• Encourage quick, crisp play, serving as many passes 1-touch as possible.• Encourage player to pick head up and see/aim for corners when shooting.
Mods	<ul style="list-style-type: none">• Adjust WP position closer to the attacking line if the defender is getting to the overlapping attacker too quickly.
Progression	None