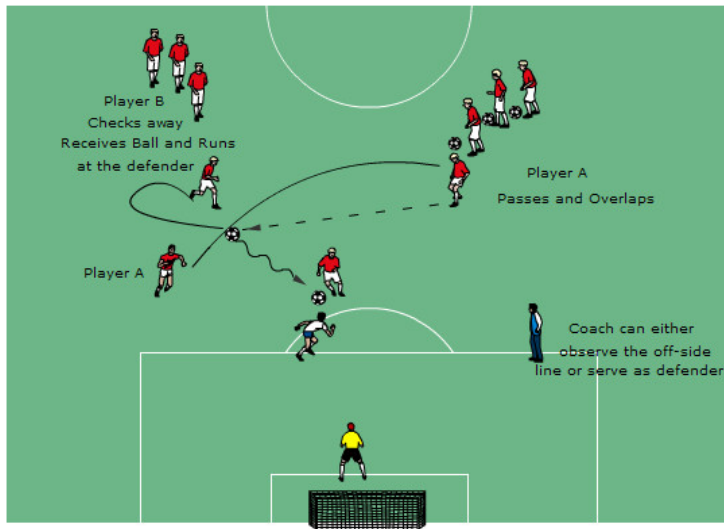


## Basic Overlap Circuit to Goal



**The Exercise:** Player B “checks away” and comes back quickly for the ball. Player A passes the ball to player B and makes an overlapping run. Player B should run at the defender to “fix him”.

If the defender commits to the player with the ball, Player B should release the ball into the path of the on running Player A. If the defender takes away the passing lane, Player B

should continue to attack the goal himself.

**Note:** The coach may want to begin the exercise as the defender and make the attacker on the ball's choice clear, i.e. over commit to the ball or deliberately take away the passing lane early. This will teach the player on the ball how to recognize the visual cues the defender gives away.

**If you enjoy this exercise Coach Donahue recommends:**

**Possible Warm-up:**

Full Team Circle Warm-up

Passing in Pairs with Basic Movements

**Progress to:**

2v1 becomes 2v3 to Goal

US National Team Finishing Game