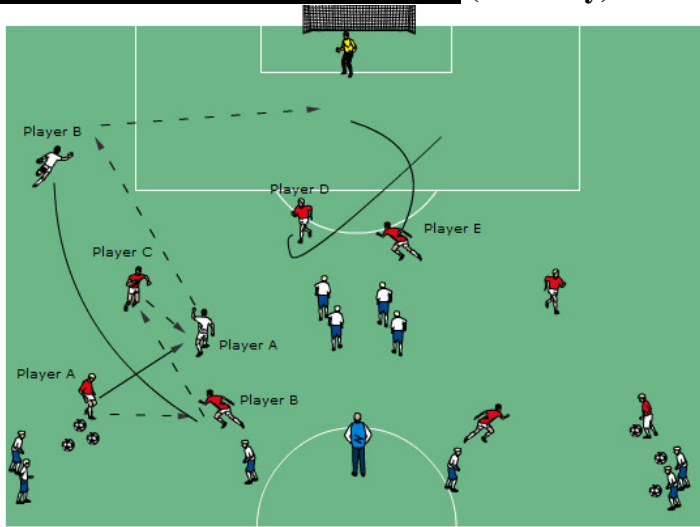


Full Team Overlap Circuit to Goal (U14 only)



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 A plays the ball out wide for

Player B. Player B serves the ball across to Players D & E.

Coach should make sure Players D & E time their runs and don't run in straight lines.

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!

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Chain Passing Warm-up
Full team Circle Warm-up

Progress to:

Full Team Overlap Circuit w/Forward entry
7v7 Win by One