



Defensive Overlapping Drill

Objective:

The Defensive Overlapping Drill is a great drill to teach fullbacks to overlap midfielders and getting the defenders into the attack. This is a great starting point to teaching defensive overlaps.

Setup

1. Use half of the field with a full-size goal.
2. Place a keeper in the goal.
3. You will need two attackers, a central and outside midfielder, and a defensive player.
4. Set the players up as shown in the diagram. Adjust the spacing to make the drill flow according to the field size and player skill set.
5. The defensive back should start with the ball.

Instructions

1. The ball will start with the right fullback player (1) who passes to the ball to the right midfielder player (2).
2. The right fullback (1) makes an overlapping run around the outside midfielder player.
3. The right outside midfielder player (2) passes to the checking forward player (4).
4. The forward player (4) drops the ball off to the center midfield player (3) who plays a ball towards the right corner flag onto the run of the right defensive player (1).
5. The right defensive player should prep the ball and cross the ball into the two forwards (4) & (5) who have advanced towards the face of the goal.
6. Continue on both sides of the field.

Coaching Points

- Quickly get into attacking half of field.
- Good timing of runs.
- Precise passes and 1 and 2 touch passing.

Variations

- Add players to run the same pattern on the left side of the field.
- Add passive defensive players to simulate pressure on the attackers.

Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 6+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Soccer Balls | Full-Size Goal