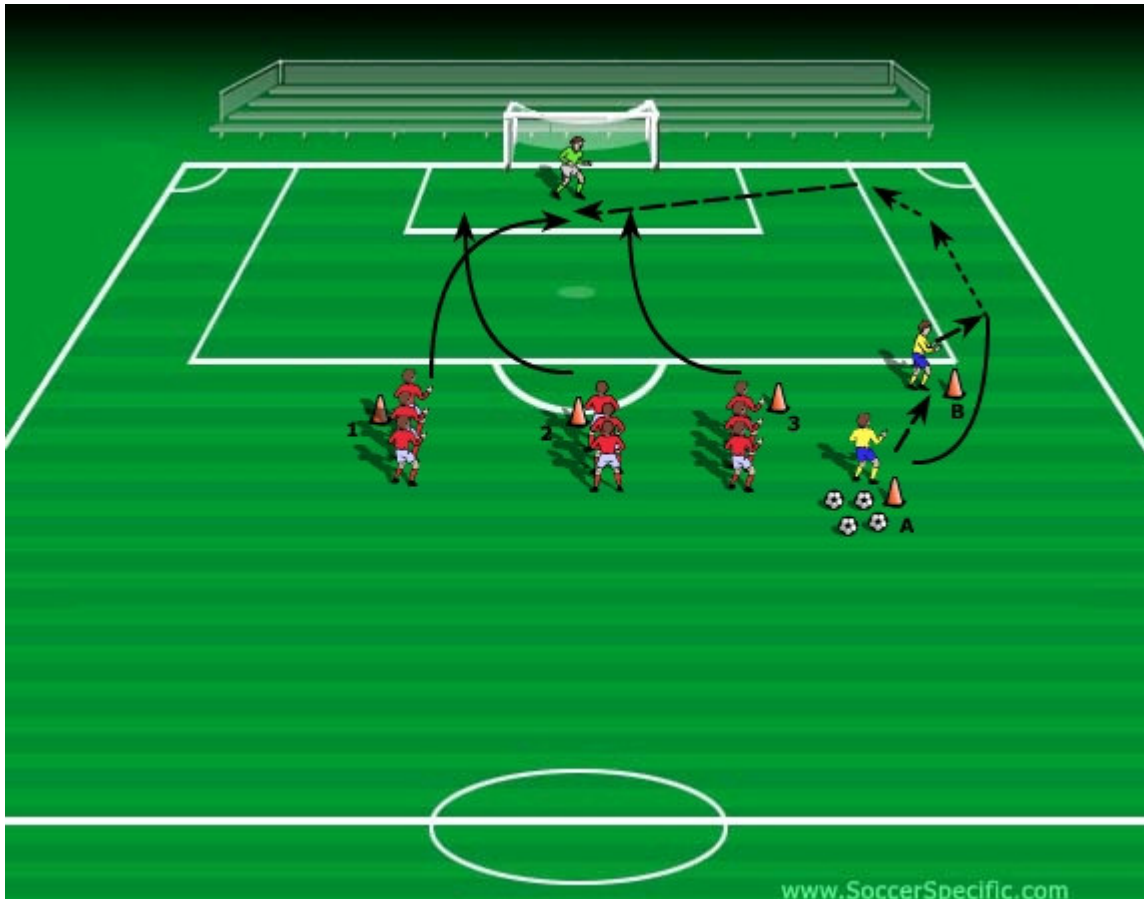


Overlap And Three Runs In

Emphasis: Dealing with three runners in the box, crosses



Set-up:

The goalkeeper is in goal. Place three cones twenty five yards from goal, one in the middle of the D and the other two even with the corners of the six yard box. Place two more cones 8 yards apart from each other and on a diagonal from the corner of the penalty box.

Objective:

Server A plays it on the ground to Server B. Server A does an over lapping run around the cone and up the side line. Server B lays the ball off in the path of server A's run. Server A dribbles the ball down and crosses it trying to find runner's 1, 2, or 3. All three runners bend their run to the far post, near post, and middle of the 6 yard box. Repeat on the left side of the field.

Progressions:

1. Add defenders.
2. Server B can shoot or go 1v1 to goal as well as lay it off for server A.

Coaching Points:

- The closer server A gets to the end line, the farther the goalkeeper can come off his/her line to cover more area.
- Decide early to punch the ball in traffic.
- Follow the path of the ball and continuously cut off the angles.

“It is a rough road that leads to the heights of greatness” -Seneca-