



Overlaps and Underlaps — Making It Two Against One

Session 10 • Combination play • 14-16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Rotation Square

0:10 – 0:25 • 15 MIN

Overlap or Underlap

0:25 – 0:40 • 15 MIN

Make It Two v One

0:40 – 0:55 • 15 MIN

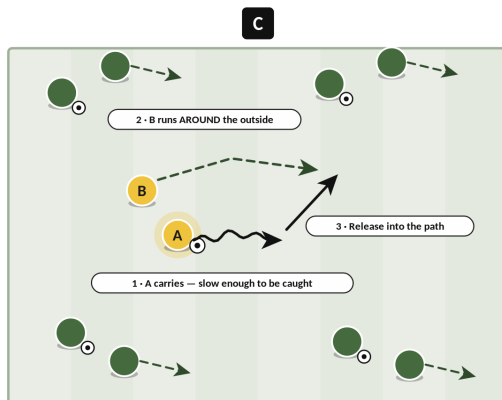
Overlap Match

0:55 – 1:00 • 5 MIN

Player-led review

10.1 THE ROTATION SQUARE

Warm-up • 10 min



THE RUNNER GOES OUTSIDE • THE BALL WAITS UNTIL HE IS PAST

SET UP

- 28 × 20 m grid marked with flat markers.
- Pairs, one ball between two. The carrier travels with the ball; the partner overlaps.
- No obstacles inside the grid — pairs must avoid ...

RULES

- The runner goes on the outside, never through the middle.
- The ball is released only when the runner is level or past the carrier.

COACH IT

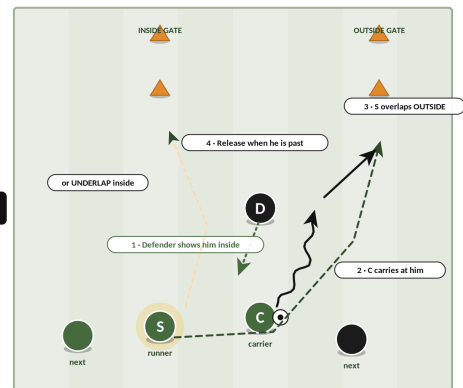
- Technical: Carrier: ball out of the feet, travelling at a controlled pace — too fast and the runner can never get past. Runner: wide arc on the ...

SAY

- Slow down. You're not trying to get away from him, you're waiting for him.

10.2 OVERLAP OR UNDERLAP

Technical practice • 15 min



ROTATION: carrier → runner → defender → back of the line

SET UP

- Three stations, each 24 × 20 m, with 4 m between them.
- Per station: an outside gate and an inside gate, both 3 m, on the far line; one ball plus a spare ...

RULES

- 2 points for going through the gate the defender has NOT closed. 1 point for getting through the closed side anyway. 2 points to the defender for stopping both routes or winning the ball.

COACH IT

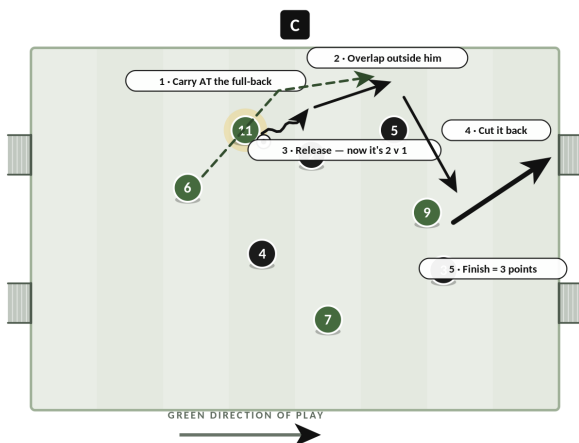
- Technical: Carrier: ball on the outside foot, travelling at the defender, ready to release or to go inside. Runner: wide arc for the overlap, sharp ...

SAY

- Go AT him. He can't be beaten if he never has to make a decision.

10.3 MAKE IT TWO v ONE (4 v 4)

Skill game • 15 min



GREEN DIRECTION OF PLAY

SET UP

- Two pitches, each 32 × 22 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- Goal = 1 point. Goal after an overlap or underlap = 3 points. A completed overlap run = 1 point on its own (from game 3).
- A run counts only if it goes beyond the ball ...

COACH IT

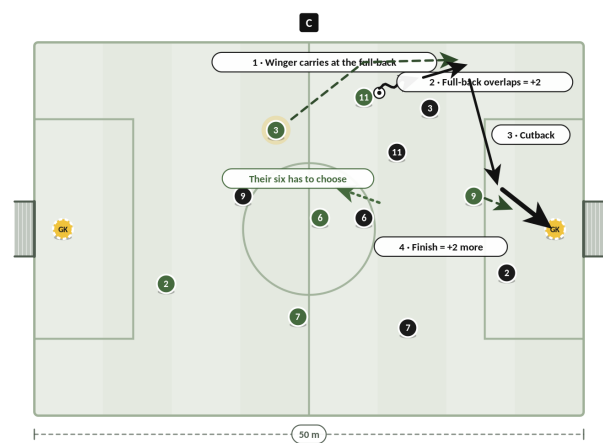
- Technical: Carry at the defender, release into the path, cut back along the ground. The delivery from the overlap is almost always a cutback rather than ...

SAY

- Ask: Which points haven't we scored? Then introduce the run bonus early if needed.

10.4 OVERLAP MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. No extra markings.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15-16, play 8v8 or roll subs every 90 seconds.

RULES

- Goal = 3 points. An overlap that creates a free player = +2. A goal originating from an overlap = +2 more.
- The run must go beyond the ball carrier to count.

COACH IT

- Technical: Carry at the full-back, release into the path, cut back along the ground. The finisher arrives on the move.

SAY

- One intervention: When he gets it, you go. Every time. I'll tell you when to stop.