



Attacking Overloads — When We Have More Than They Do

Session 31 • Attacking and finishing • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Two Against One

0:10 – 0:25 • 15 MIN

Three Against Two

0:25 – 0:40 • 15 MIN

Find the Spare Man

0:40 – 0:55 • 15 MIN

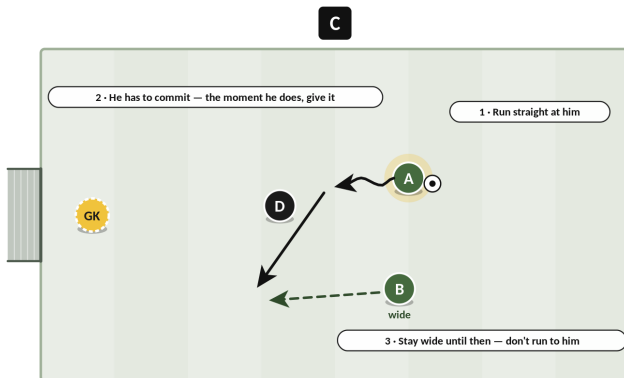
Overload the Side

0:55 – 1:00 • 5 MIN

Questions and homework

31.1 TWO AGAINST ONE

Warm-up • 10 min



AN EXTRA PLAYER IS ONLY USEFUL IF SOMEBODY IS BEING OCCUPIED

SET UP

- 32 × 18 m with a full goal and goalkeeper at one end.
- Two attackers against one defender, starting 20 m out.

RULES

- The ball carrier must carry it at the defender. A pass played before he engages scores nothing.
- The spare player must stay wide until the pass is made — no drifting inside.

COACH IT

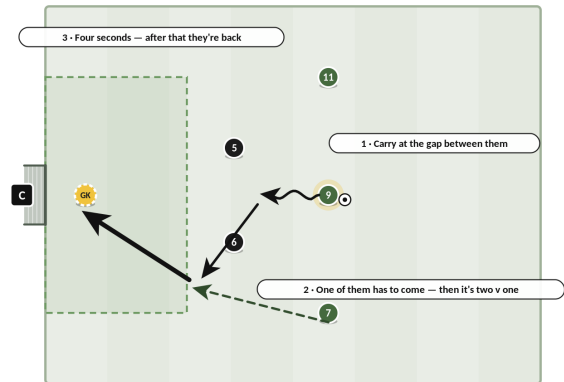
- Technical: Carrying with the ball far enough from the feet to travel, close enough to change direction. The pass is usually a short side-foot ...

SAY

- The default. He hadn't moved yet. Take him on.
- Stay wide. If you come to me, he can defend us ...

31.2 THREE AGAINST TWO

Technical practice • 15 min



SET UP

- 42 × 32 m with a full goal and goalkeeper, the box marked.
- Three attackers against two defenders, starting 25 m out.

RULES

- Four seconds from the first touch to the shot; three seconds from minute 10.
- 1 point for a goal, 2 if a defender was committed first.

COACH IT

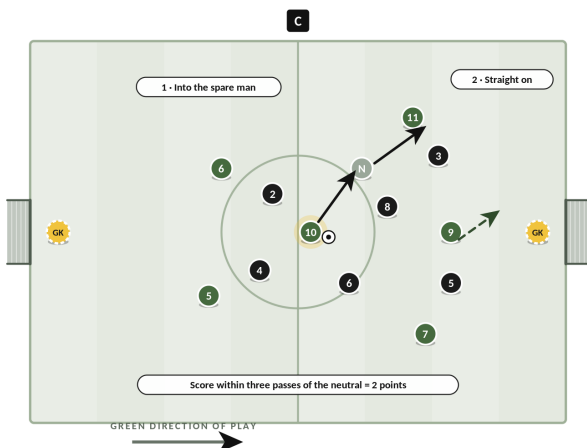
- Technical: Carrying at speed and passing while moving. Almost no under-12 practises the pass played mid-stride, and it is the pass this ...

SAY

- The rule bans it and the score punishes it, but say it once as well: sideways doesn't beat anybody.

31.3 FIND THE SPARE MAN (6 v 6 + 1)

Skill game • 15 min



SET UP

- One pitch, 42 × 30 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus one neutral in grey who plays for the team in possession, plus two goalkeepers ...

RULES

- The neutral always plays for the team in possession and has two touches maximum.
- A goal scored within three passes of the neutral touching the ball = 2 points.

COACH IT

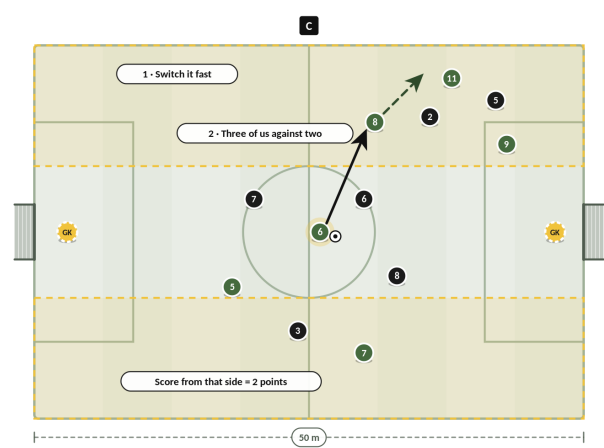
- Technical: Receiving on the half-turn under no pressure — the neutral's whole game — and the pass that arrives quickly enough to keep the overload ...

SAY

- Seven against six and you didn't use him. Say it once per occurrence and it stops.

31.4 OVERLOAD THE SIDE (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes.
- Two wide channels marked 11 m in from each touchline, running the full length.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- Three attackers against two defenders in a wide channel, then a goal from that side = 2 points.
- From minute 7: the goal must come within eight seconds of the overload existing.

COACH IT

- Technical: The switch of play — a firm, accurate pass of 25 m or more, usually driven along the ground at this age rather than lofted.

SAY

- The natural under-12 instinct, and the opposite of what creates an overload.