

TRAINING SESSION EXAMPLE 5

ATTACKING OVERLOADS

Key Before Training:

1. Everything would be ready for when the players enter the training pitch i.e. Cones, poles, mini goals, mannequins etc.
2. ALL stations are ready (no interval and no set-up time needed).



4. Conditioned Three-Zone 7v7 (+1) Small Sided Game with Attacking Overloads

8-10 min



FIRST 2 BALLS: If blues win the ball, they play straight to the forward and try to score (counter including LP).

BALL 1

- The practice starts with the Coach's pass to the GK in the low zone, who passes to a defender. The reds have a 2v1 situation and aim to move the ball into the middle zone. 3v1 can be created with the GK or if the link player drops back.
- There is a 4v3 situation in the middle zone with the aim of moving the ball to the final zone.
- 2 players move into the end zone to create a 3v2 for final stage of the attack and reds try to score.

BALL 2

- When the first phase finishes, the Coach plays a new ball to a red player in the middle zone. The reds try to react quickly and score.

BALL 3

- When the second phase finishes, the Coach plays a new ball to a blue forward or midfielder. They launch a quick counter attack and try to score.

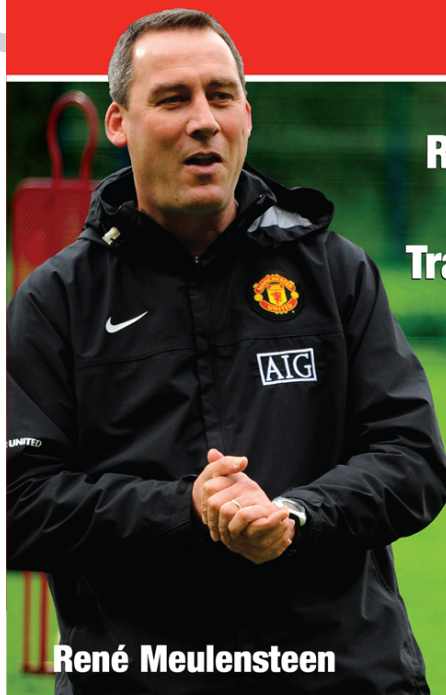
Coaching Points

1. Open pitch up big in low zone and play 3v1. Get away quickly and play into midfield with quality.
2. Create angles in the middle zone with 4v3 or 5v3 advantage with defender dribbling forward.
3. Drag players out of position to create overloads and find the spare man.
4. Which side are we going to attack? Does the defender press early, delay, or retain position?
5. Create 3v2 or 4v2 to score in the end zone.
6. 2nd Ball: Keep momentum and score quickly.

SOURCE: René Meulensteen's Manchester United training sessions at Carrington Training Ground, Manchester - 2007-2013

RENÉ MEULENSTEEN & MAN UTD METHODS OF SUCCESS (2007-2013)

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