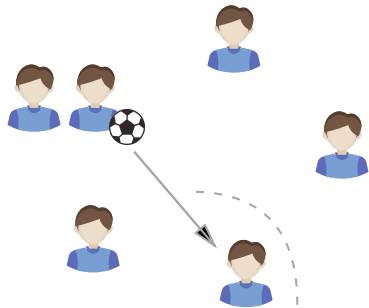


# Overlap

U10+

## Warm Up



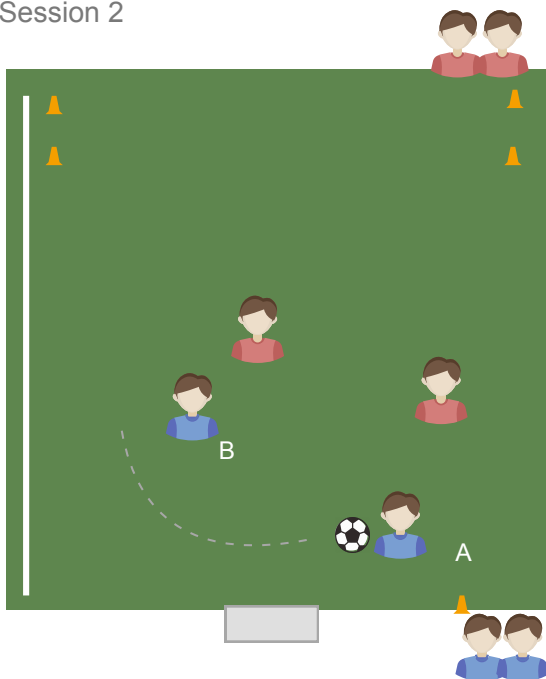
4 or 5 players plus 1 extra at position 1

30 yard square depending on size of players

player dribbles half way towards man across from him, passes the ball and then follows around to that players spot

repeat

## Session 2



This drill should be played along the sideline

A will pass to B and overlap in the same motion as warm up

Start with 1 defender to get the idea.

Enhance to 2 defenders and allow B to pass or not pass

Goal is to get into the endzone 30 yards away