

# St. Mary's Youth Soccer Training Series

**Topic:** Overlapping Runs  
**Age/Level:** U-12 and up  
**Type:**

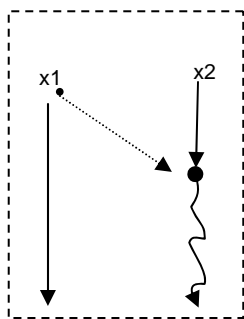
→ Run    ..... Pass    ●~~~~~ Dribble



**Notes:**  
 This session is designed to progress the players through a session covering overlapping runs.

Thanks to Pete Sariogwu

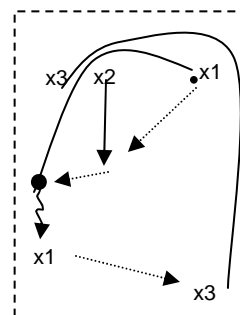
**Progression:** (Warm-up)  
**Exercise:** Leading Pass in the Path of Teammate  
**Time:** 5-10 Minutes



In a 5x15 grid, place 2 players with 1 ball. X1 passes a diagonally leading ball to X2, who dribbles to the endline while X1 runs beside X2 to the endline. Repeat in the reverse direction, with X1 and X2 changing roles.

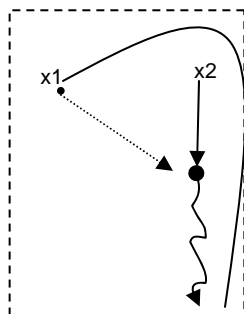
Emphasize hitting the ball in the middle with the inside of the foot, passing the ball on the ground and in the running path of the teammate, and X1 tries to beat X2 to the endline.

**Progression:** 3  
**Exercise:** Passing, running to overlap, and using a third player as a target  
**Time:** 10-15 Minutes



In a 20x30 grid, place 3 players and 1 ball. X1 passes the ball on the ground diagonally to X2. X1 overlaps X2 and X3 overlaps with a slight delay. X2 passes into the run of X1. X2 then holds the run while X1 passes to X3. Repeat in the reverse direction with roles changing in a clockwise direction. Start the play on the left side of the field. Emphasize good passing, communication, X1 looking up when he or she receives to the ball from X2 to find the target of X3's run, timing of runs.

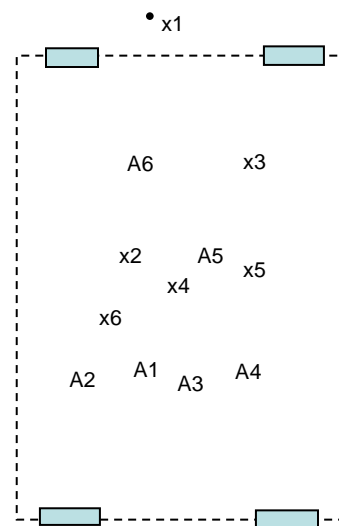
**Progression:** 2  
**Exercise:** Passing and Running to Overlap  
**Time:** 10-15 Minutes



In a 10x20 grid, split the place 2 players with a ball. X1 passes the ball on the ground diagonally to X2, who runs to the ball while X1 overlaps X2 and sprints straight ahead to beat X2 to the endline. Repeat in the reverse direction with X1 and X2 changing roles.

Variation: Overlapping from the left. Emphasize good passing, communication, the overlapping player must maintain a higher speed than the player with the ball, the overlapping player should be able to see the ball, and timing of the runs.

**Progression:** 4  
**Exercise:** Small Sided game 6v6 Game  
**Time:** 30-40 Minutes



In a 50x60 grid, play 6v6 with 2 small goals on each endline. Start the game from the middle of the endline. The attacking team tries to score by overlapping and creating numbers for the attack, while each team is responsible for defending its 2 goals. Two points when an overlapping player scores or assists a goal. When balls go out of play, the team with possession starts from the center of their endline, where there should be some balls.

Emphasize good passing, patience in possession, surprising opponents by using explosive overlapping, communication and timing of runs.

Variations: Attacking team can score only with the players who have overlapped. Five points when players who overlap cross to a teammate who scores on a header. Only 2 players can defend in the opponents half.