

YEOVIL TOWN

Terry Skiverton
Overload attacking

Overview:

This session is based on a small-sided game with overloads producing overlapping attacking play.

It's a great session for attackers and defenders and is played at high intensity, because this promotes a competitive edge in training. The tight playing area is good for concentration levels, with strikers encouraged to work for angles and develop proficient timing of runs and passes.

At Yeovil Town, we will work on this session once a week and frequently witness the rewards in matches. In this season's FA Cup, we went 2-0 up in our second round match at Hartlepool United when Ed Upson successfully utilised the type of overlapping overload as practised in this move, to finish well past the goalkeeper.

"We are looking for the team of three to get a man on the overlap."

OVERLOAD ATTACKING: MAIN SESSION

SET-UP

AREA

40x20 yards

EQUIPMENT

Ball, cones, goals

NUMBER OF PLAYERS

12 (2 teams of 6)

What do I get the players to do?

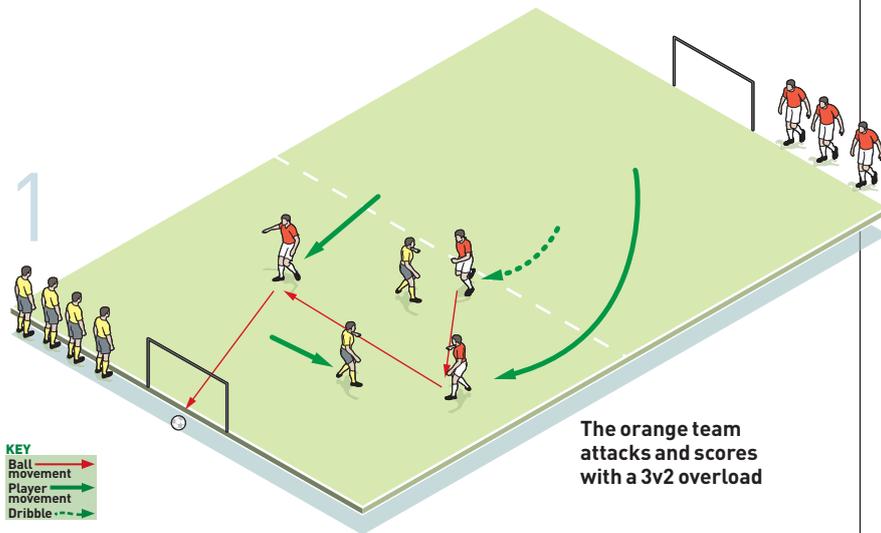
With a target goal at each end, we begin with a 3v2 scenario. The orange team of three starts from the defensive 'dead ball' line, attacking with an overload and looking to score in the goal protected by the yellow team. If a yellow player wins possession, play goes back the other way. If an orange player shoots, whether successful or not in scoring, he leaves the playing area. His teammates on the pitch are now defenders.

The two yellows also leave the area to be replaced by three teammates – these are now attackers; with play switching back in the other direction as a new 3v2 attacking overload.

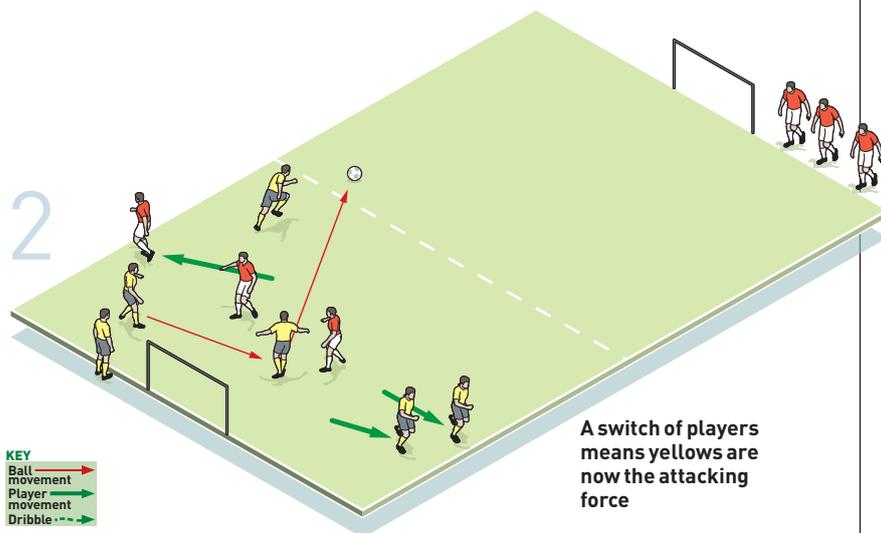
After each successive shot on goal, or if the ball goes out of play, players leave and join the area in a continuous round-robin format. We play this for three rounds of four minutes.

What are the key things to look for technically/tactically?

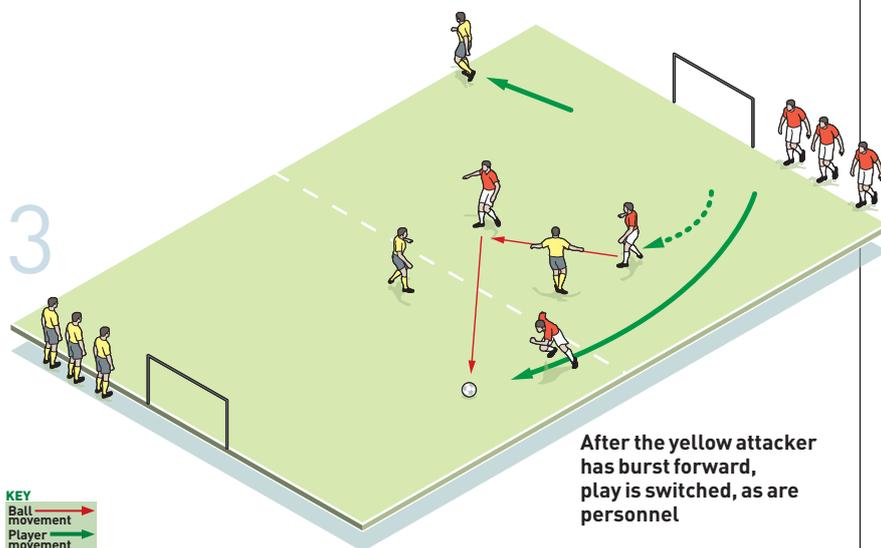
When on the attack, we are looking for the team of three to get a man on the overlap because this is a great



The orange team attacks and scores with a 3v2 overload



A switch of players means yellows are now the attacking force



After the yellow attacker has burst forward, play is switched, as are personnel



**Terry Skiverton
YEOVIL TOWN**

Terry Skiverton has been manager of npower League One side Yeovil Town since February 2009.

A determined and faithful servant as a player, Skiverton made over 350 appearances for the Glovers in the heart of the defence, after earlier spells at Wycombe Wanderers and Welling United.

Upon landing the role at Huish Park, the former Chelsea trainee's impact as a manager was as impressive as it had been as Club captain, securing back-to-back survival campaigns for the Somerset club despite operating with one of the division's smallest wage bills.

In his playing days, Skiverton performed an influential role in Yeovil's rise from non-league to the brink of the Championship, leading the club to the Conference and League Two title, as well as scooping the FA Trophy. He began his coaching career with Yeovil as coach of the Under-15 Academy side before taking charge of the first-team.

OVERLOAD ATTACKING: PROGRESSION

rehearsal for counter-attacking play and instinctive finishing. The player on the ball should always run at the opposition so as to draw a defender in, enabling team-mates to overload against one remaining defender. If the defender chooses to drop off, the attacker can shoot himself.

A defender's priority is to try to show opposition players wide, narrowing potential shooting angles. Decision-making must be swift and exact, and the more a defender tightens play, the more time he creates for himself and his team mate.

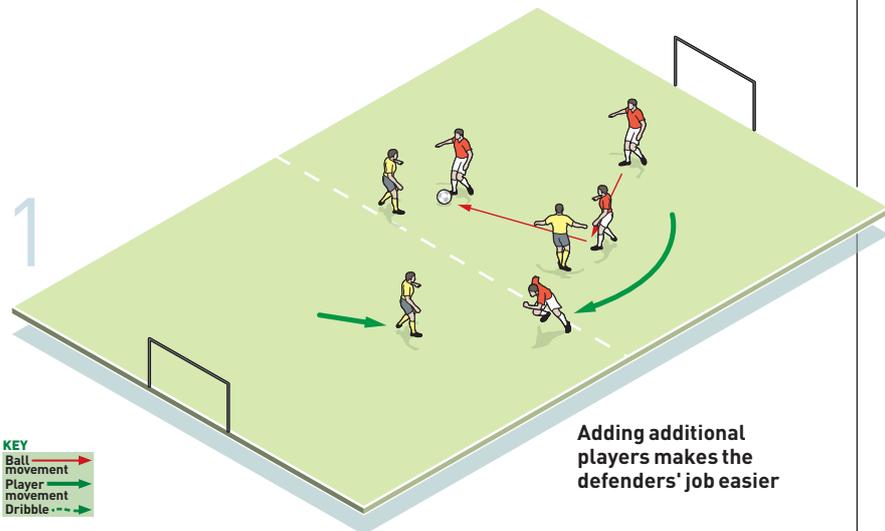
How do I progress the session?

We add in an extra player on each team to make the practice more difficult for attackers, since they have only 33% more players in a 4v3, compared to 50% in a 3v2.

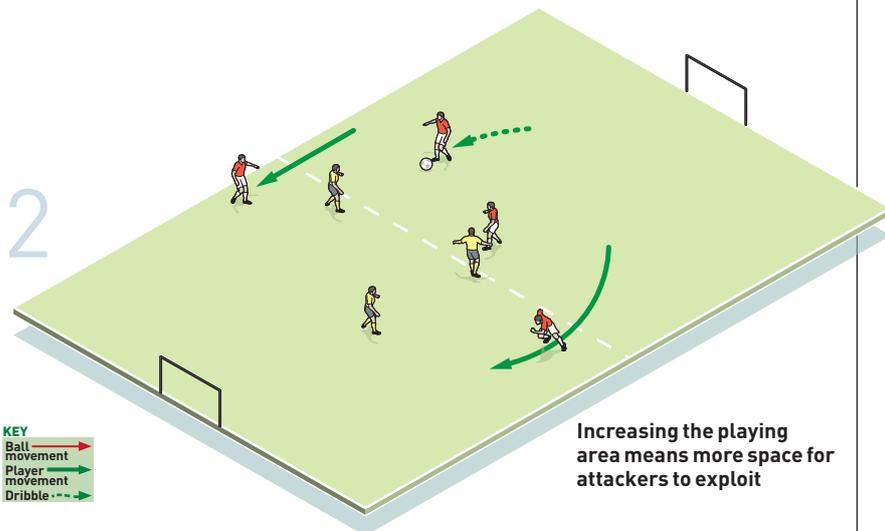
To make it more difficult for defenders, we increase the playing area, offering greater scope for attackers looking to use and break into space, both on the wings and in behind the defence.

How would you put this into a game situation?

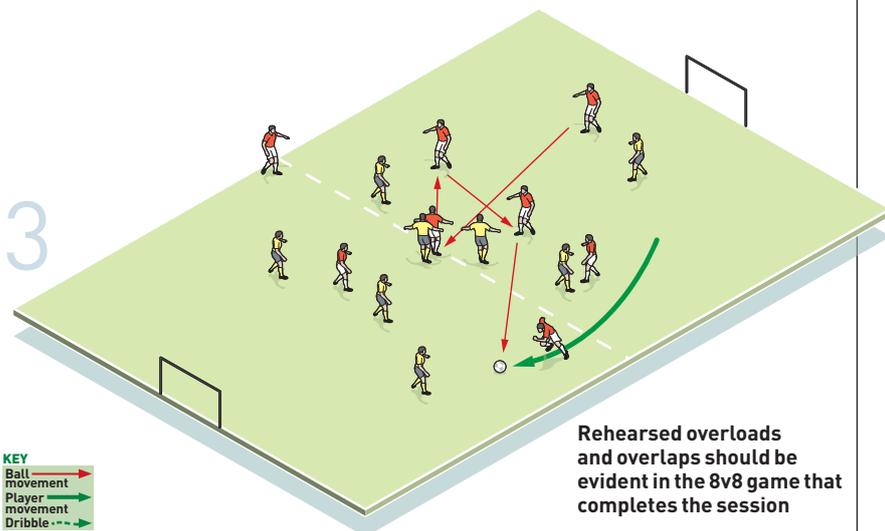
We finish the session with an 8v8 game on a pitch measuring 60x40 yards, with no keepers. Players must illustrate the use of overloads and overlaps as rehearsed.



Adding additional players makes the defenders' job easier



Increasing the playing area means more space for attackers to exploit



Rehearsed overloads and overlaps should be evident in the 8v8 game that completes the session