

STOKE CITY
Paul Lambert
Creating attacking overloads

SET-UP
AREA
Up to 40x36 yards
EQUIPMENT
Balls, bibs, cones, 4 target goals
NUMBER OF PLAYERS
12 players
SESSION TIME
Build or break: 10mins
Switch play: 10mins

Overview
This training session is all about creating overloads in attacking situations, whether that be while playing out from the back, attacking in wide areas, or attacking in the final third. It challenges players to play in tight areas and encourages them to be creative and positive at all times. It also has them probing defences and keeping pressure on the opposition. We would run this session

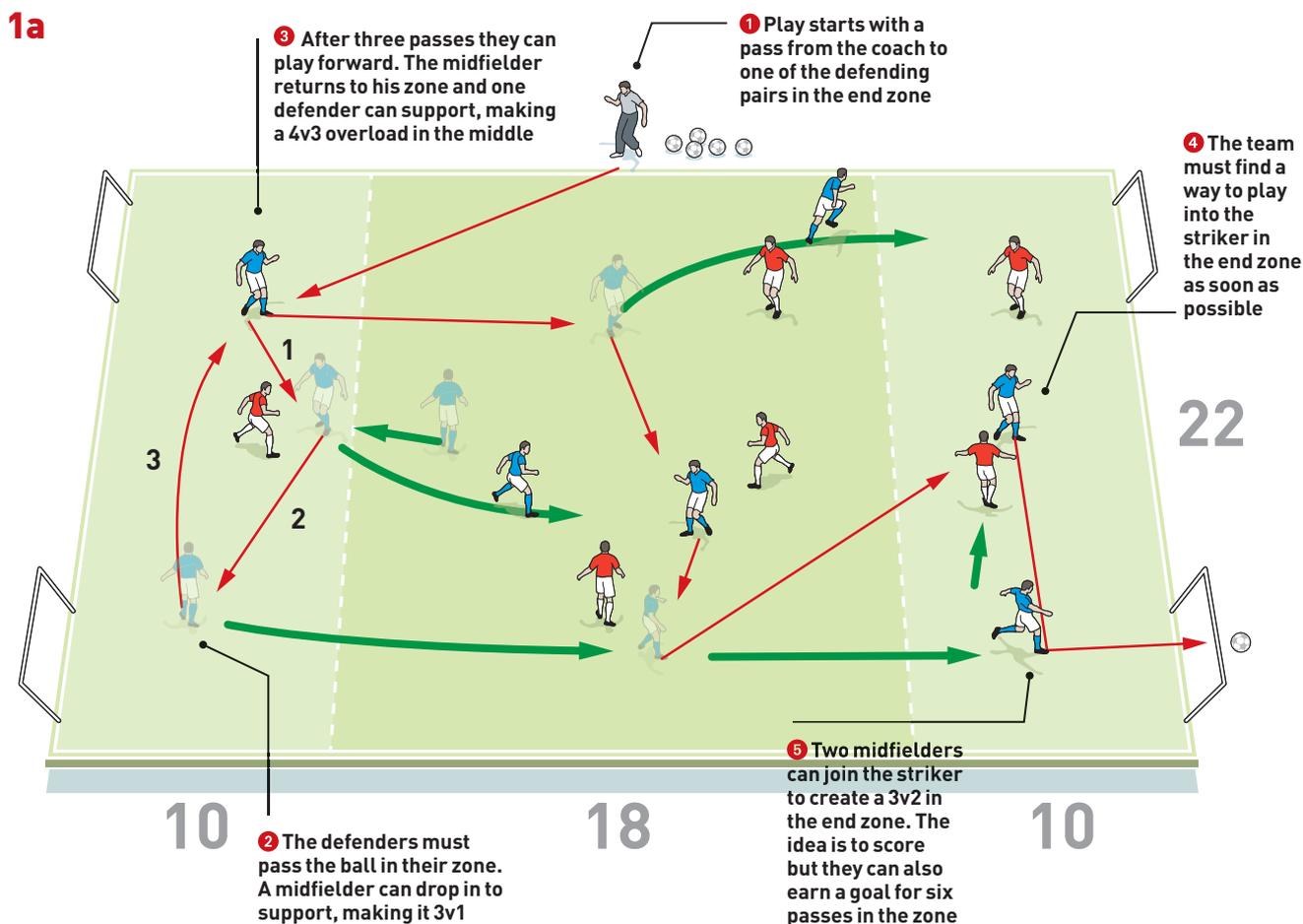
regularly, so that players learn they should always give passing options to their team mates when in possession.

What do I get the players to do?

Build or break

We set up an area of 38x22 yards with two target goals and a 10-yard defending zone at each end. We're using 12 players, split into two teams; each team has two defenders,

KEY
Ball movement →
Player movement →
Dribble - - - - - →



three midfielders and one striker positioned in their appropriate zones. The coach starts play by passing to one pair of defenders and they must string three passes together under pressure from the opposition striker, as shown [1a]. One midfielder can drop into the end zone to assist the defenders and to give

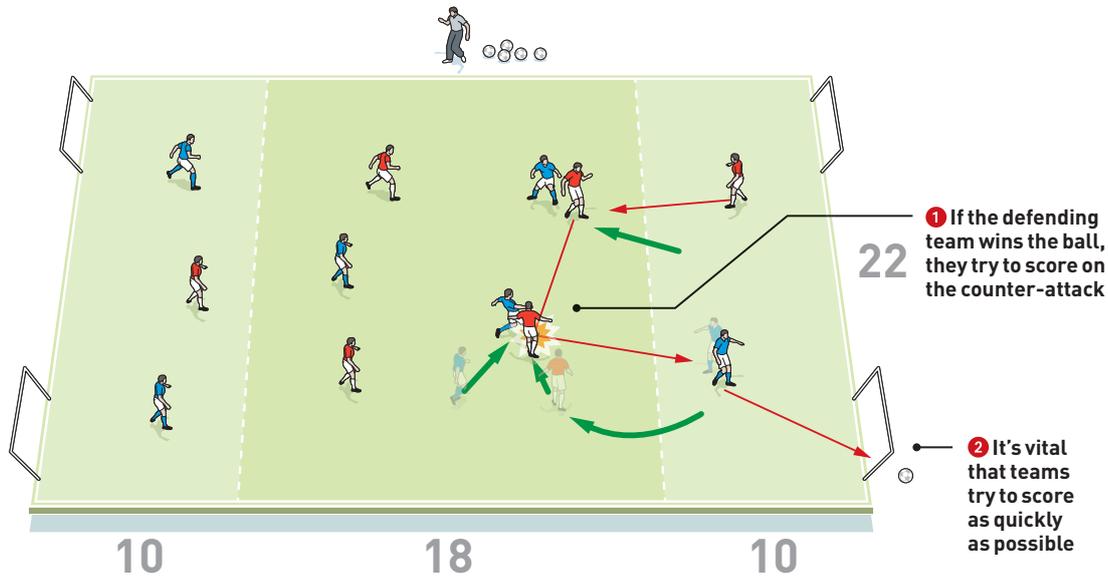
them a 3v1 overload. This will encourage players to play out from the back and give them confidence playing in tight areas. After three passes have been made, they can then pass forwards or drive with the ball into the midfield zone. The midfielder returns to his zone along with one defender, creating a 4v3

overload in the midfield zone. They must play into the striker in the attacking zone as soon as possible. Two midfielders can join the striker to create a 3v2 attacking overload and the idea is to score in one of the unguarded target goals. If they cannot find the net, every six passes will score them one goal. This will encourage them

to keep the ball in the end zone and pile pressure on the two defenders. The same basic rules and principles apply if the defending team win the ball back, as shown [1b]. After regaining possession, they must try to score on the counter attack, creating overloads and by building play or breaking fast.

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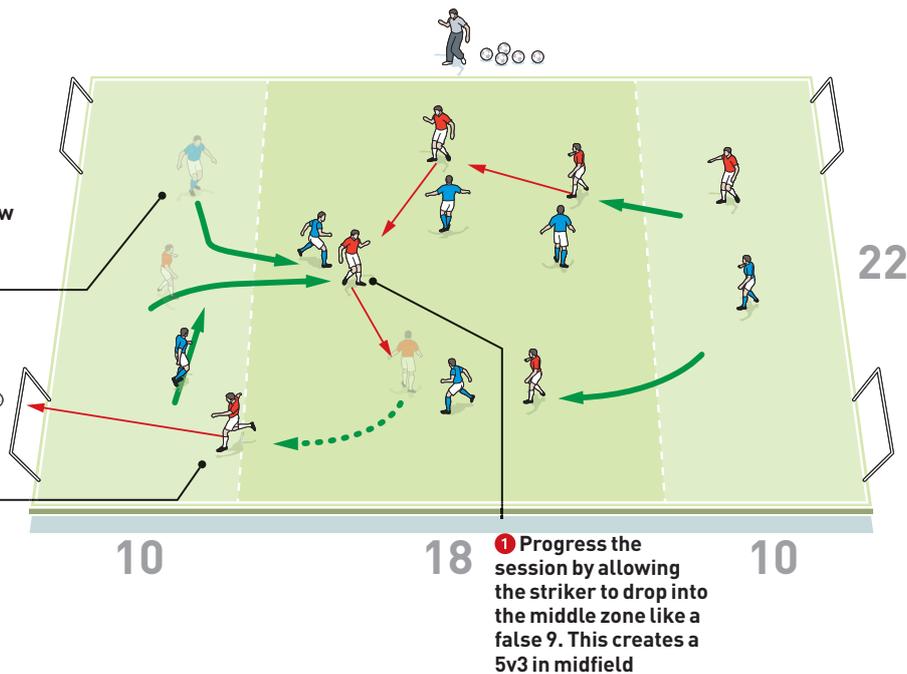
1b



1c

2 If it's too easy for the attacking team, allow a defender to follow the striker into the midfield to create a 5v4

3 Look for midfielders to make runs into the space that the defender has vacated



We would play two four-minute games but times could be adjusted depending on our schedule and how close to match day we are.

How do I progress the session?

To progress the session, we would allow the striker to drop back into the middle zone like a false 9, as shown [1c]. This creates a 5v3 midfield

overload in favour of the team in possession. To progress the session further, and to challenge the previous progression if it makes the practice too easy for the attacking team, we would encourage one of the defenders to follow the striker into the middle zone, making it 5v4 in favour of the attackers. Now we are looking for midfielders to make runs in behind and into the space in the end

zone that the defender has just vacated. As it progresses, the session becomes more like a normal game, with players making their own decisions about when to drop based on what the opposition are doing. But they must always follow the same underlying principles: can they create an overload in every area of the pitch and can they score as quickly as possible?

What do I get the players to do next?

Switch play

We set up an area of 40x36 yards with an eight-yard channel on each side. We're again using four target goals, one positioned at each end of the wide channels. We're using 12 players, with two teams of five in the middle zone and two neutrals who play for the team in possession, one in each

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channel, as shown [2]. The coach starts play by passing to one of the teams in the middle zone. The game is directional and teams must try to score at the end they are supposed to be attacking. Teams must get the ball out to a neutral player in one of the wide channels, with one attacker and one defender

allowed to join the play in the channel, creating a 2v1 in the wide areas. The aim is to score in that goal, but if the chances don't come, encourage teams to come out of the channel and recycle the ball in order to score in the other channel. If the team in possession can string 10 passes

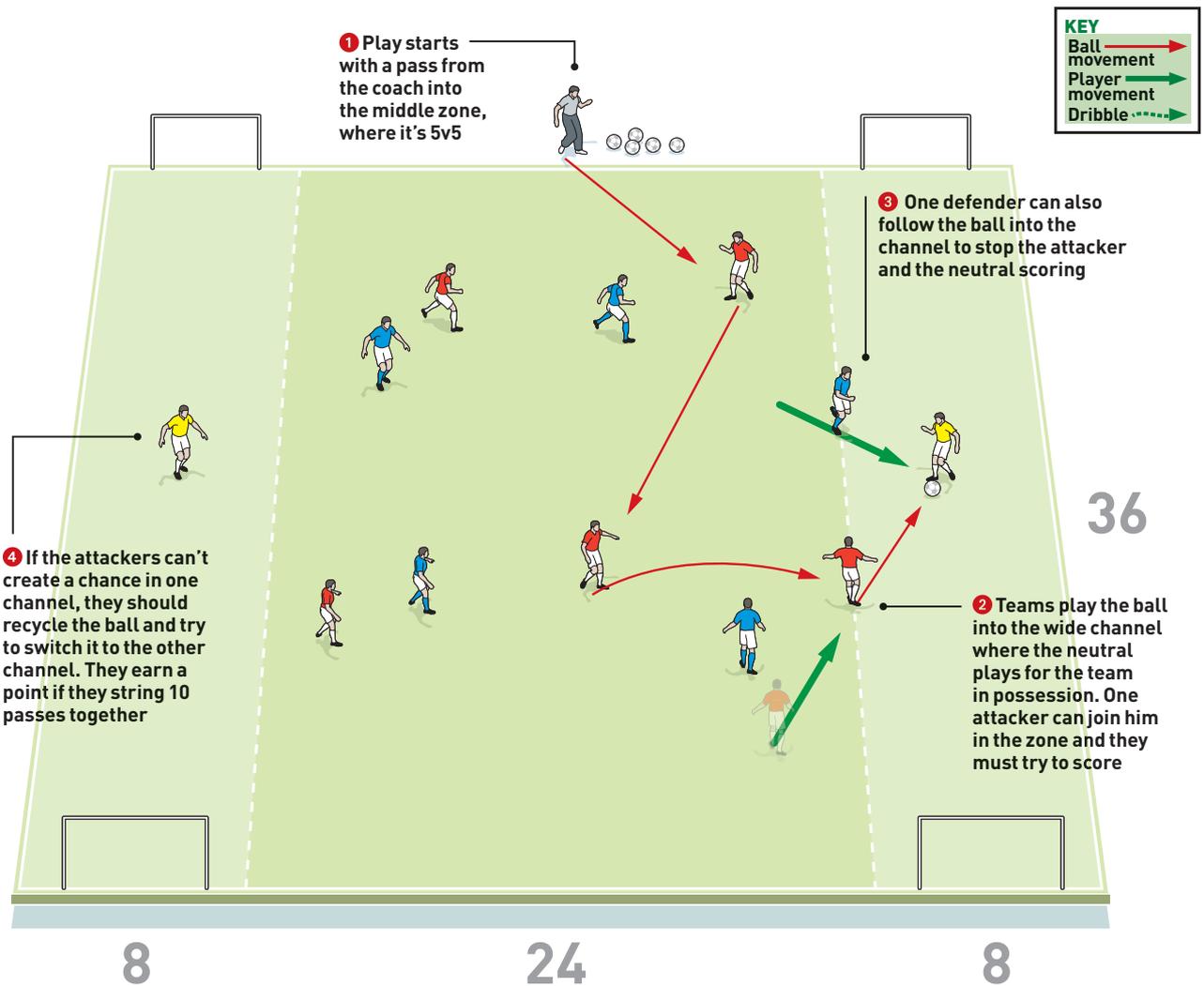
together, it is awarded one goal. This will encourage the defending team to come out and put pressure on the ball. We would play two four-minute games.

quality of the pass and the type of pass being made: is it positive and what is the immediate outcome? Also, the movement of players is crucial to the success of this session. They must be aware of the spaces left by opponents and how they can punish the opposition immediately.

What are the key things to look out for?

We would look at the

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