

2-BALL ROUTINE (VARIATION 3): One-Two, Pass in Behind + Cut Back After Overlap Run



NOTE: The cut-back after overlap run is used against deep defences positioned on edge of the box.

Practice Description

- BALL 1:** Player A passes to B.
- Player B passes back to A (lay-off).
- Player A plays a through pass for the well-timed run of Player B in behind.
- Player B tries to score.
- BALL 2:** The Coach (or an extra player) passes a new ball to Player C (or D) as soon as B has had his shot. Player C receives the new ball and there is a variation with an overlap this time.
- Player C passes for the well-timed overlapping run of another wide player.
- The player receives high up the flank and cuts the ball back (7a) or crosses to back post (7b - blue).
- Players A and D make well-timed runs into the penalty area to try to score from the cross.

Player Rotation

- Player A moves to B's position and Player B moves to position A.
- Player C and D continue working out wide, as does the player who makes the overlapping run.

Coaching Points

- Players A and B focus on weight and accuracy of pass, with good lay-offs (take the weight off it).
- Quality finishing (see Chapter 7 for specific finishing training).
- Wide players receive on the front foot, engage the mannequin, and release their pass at the right time for the overlapping player.
- Quality final ball into the box (cross or cut-back).

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