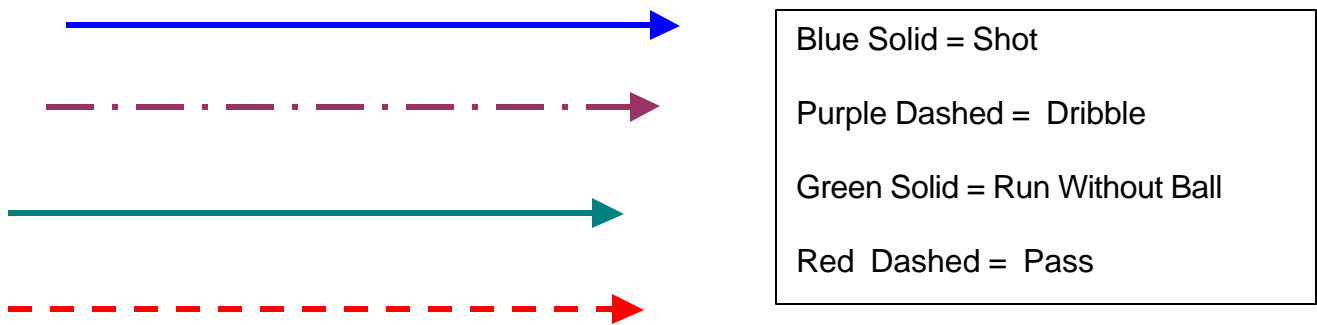


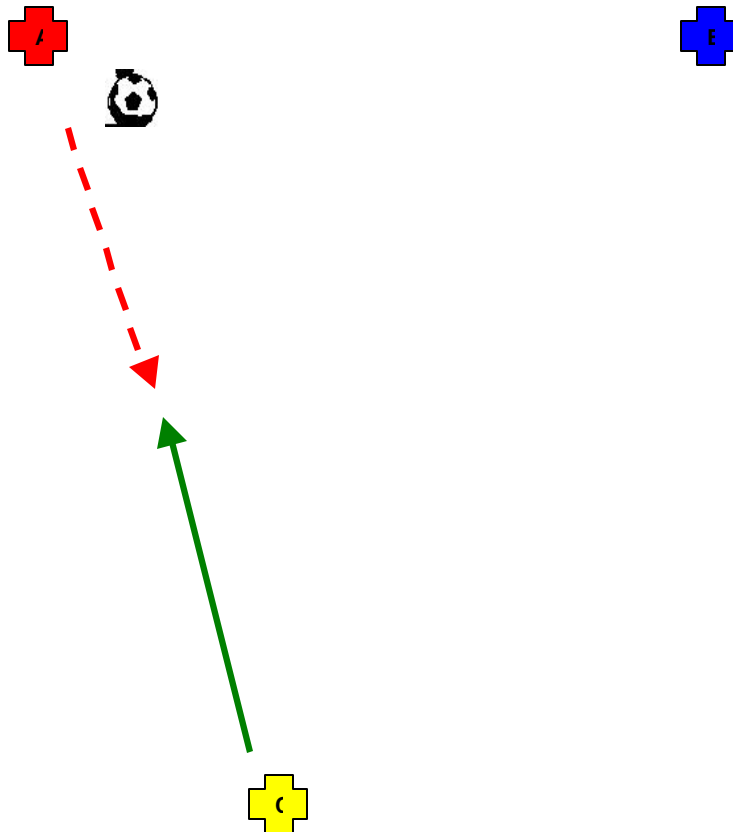
Wing Back Overlap Shooting Pattern

Here is a pattern of play that can be used in a shooting practice. By playing the initial pass before the prior group has finished with a shot you will keep play going in a continuous flow

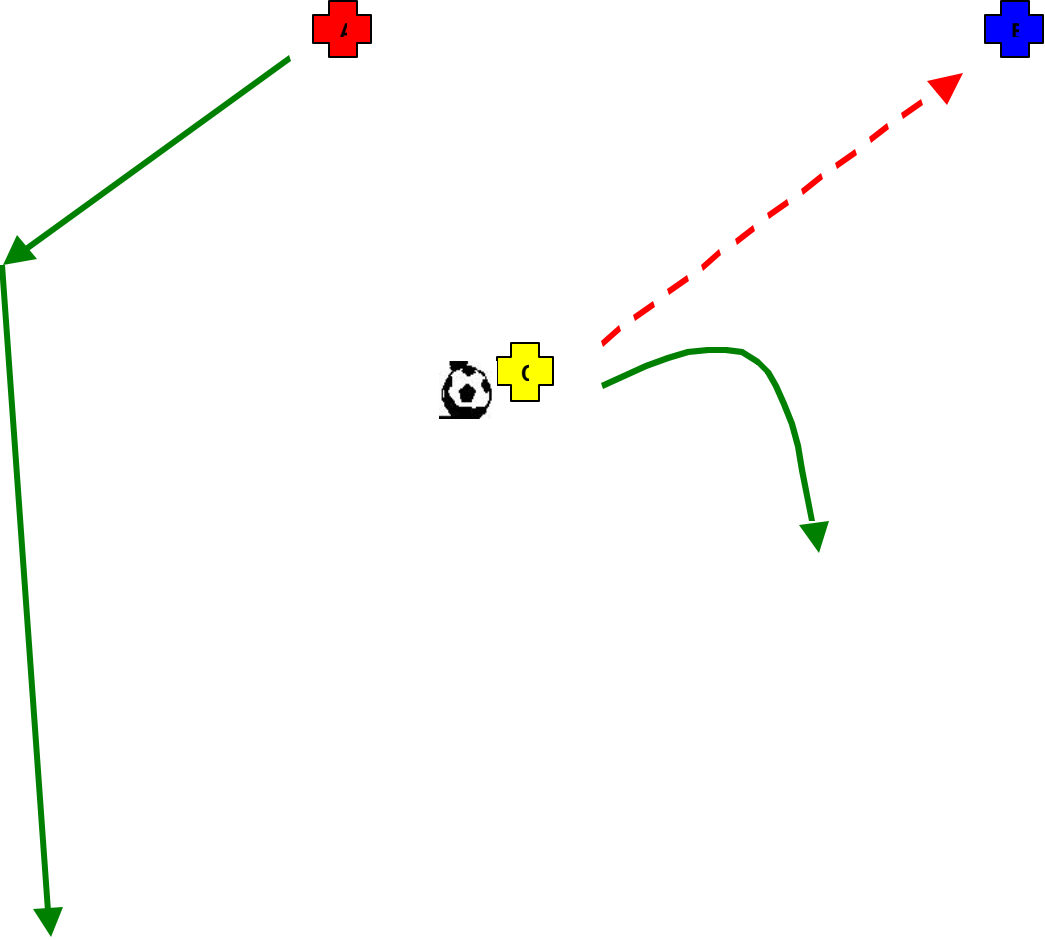
The following convention is made.



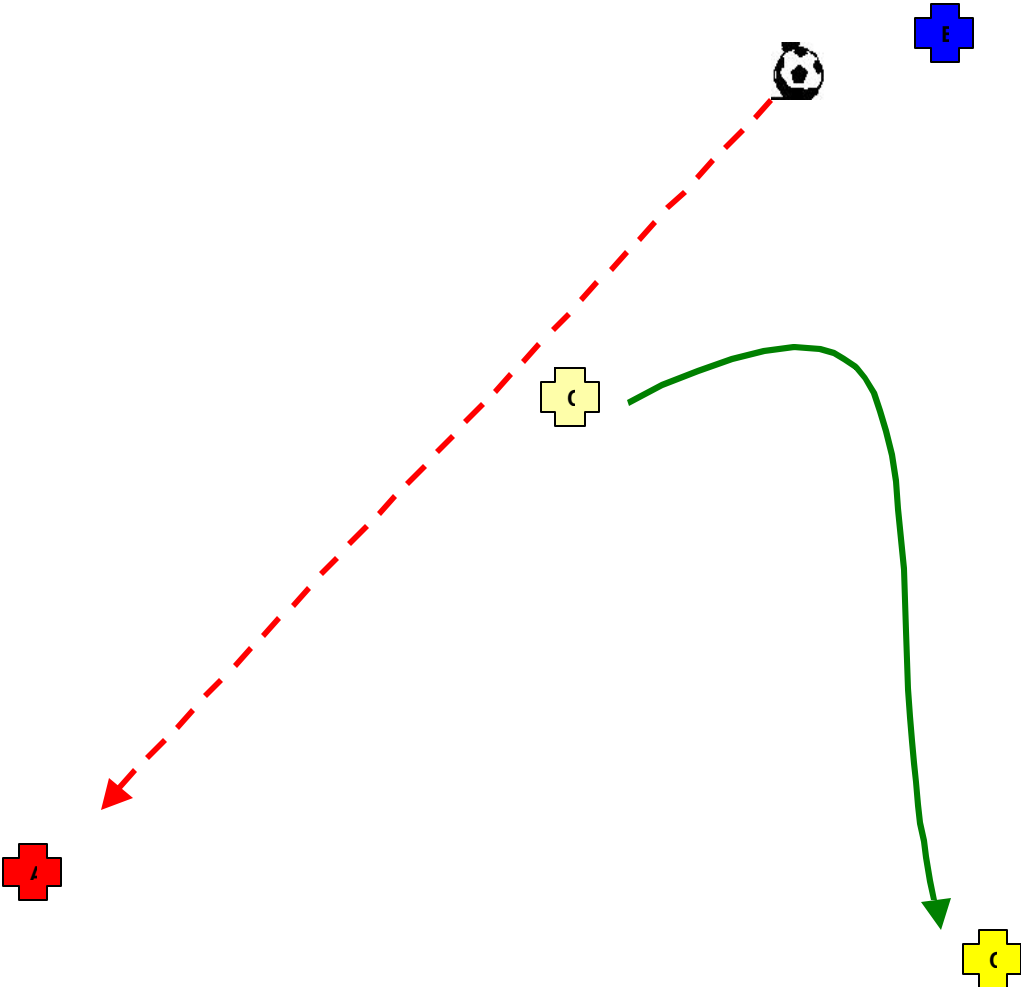
Player C (center mid) checks to the Player A (Defender) A plays to C



A then makes a run down the touch; C drops to player B (center back) and spins out



B plays a long ball over the top to the corner for A to run onto.



A carries the ball towards the near post along the goal line; C makes run on goal 12-18 yards out, as A plays back angle; C shoots.

