

Over Lapping Runs - It is important for the supporting player to understand when to support in advance of the ball and when to hold their position. In general, if the player on the ball is facing the opponents' goal with their head up, then the support is needed in advance of the ball. If the player on the ball is facing the supporting player, then the supporting player should offer assistance behind the ball.

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Example of an over lapping run from a wide midfield position.