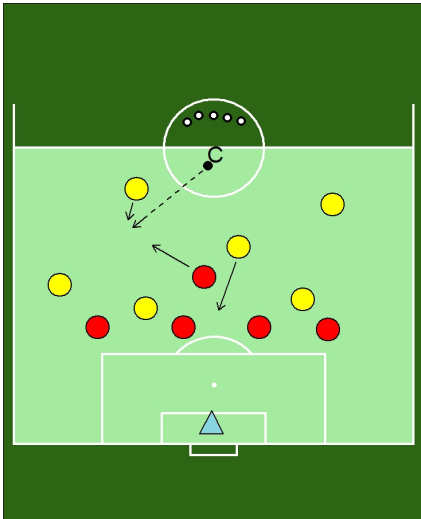




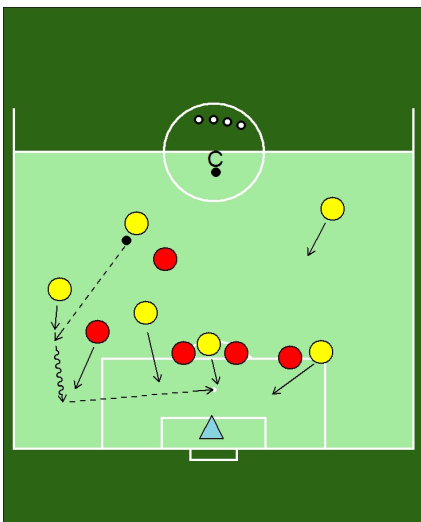
### Half pitch overload



#### How it works

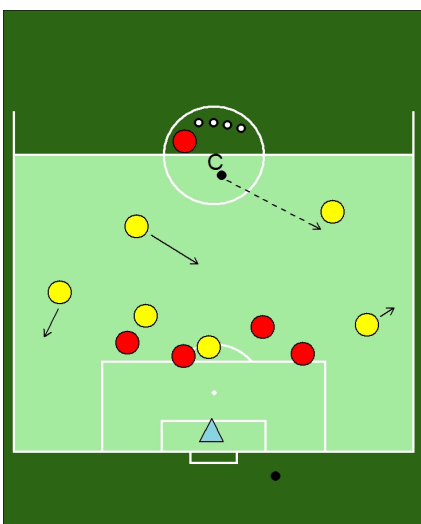
Play is set up as shown in the diagram with 6 v 5 plus a goalkeeper playing against each other within a half pitch area.

Play is started with a pass from the coach to any of the yellow players.



The yellow team must try and combine to create goal scoring opportunities, possibly trying to put into practise attacking moves or combinations they have earlier rehearsed.

If the ball goes out of play at any time play can be restarted with a throw in from the side. If the ball goes out of play at either end play is restarted with a pass from the coach.



If a goal is scored then play is restarted with a pass from the coach and play continues 6 v 5.

However, if several plays occur without an attempt on goal then a defender is removed and the attackers have an overload advantage of 6 v 4. Another defender can be removed if the attacking team are still unsuccessful to make it 6 v 3 or can be put back if a goal is scored.

#### Possible changes

The coach could allow the red defender back into the game after 5/10 seconds to try and encourage the attacking team to take advantage of the overload situation before it is too late.