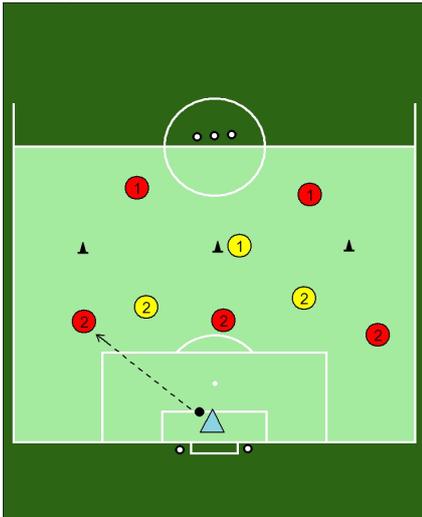




Half pitch 5 v 3



How it works

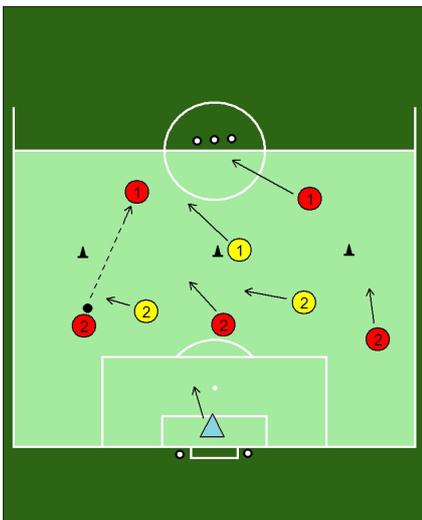
Play is set up as shown in the diagram with 5 v 3 plus a goalkeeper playing against each other within a half pitch area.

A line of cones is placed across the pitch to split it into two zones. Red Player 1s must stay in the zone between the cones and the halfway line.

Red and Yellow Player 2s must stay in the zone between the cones and the goal.

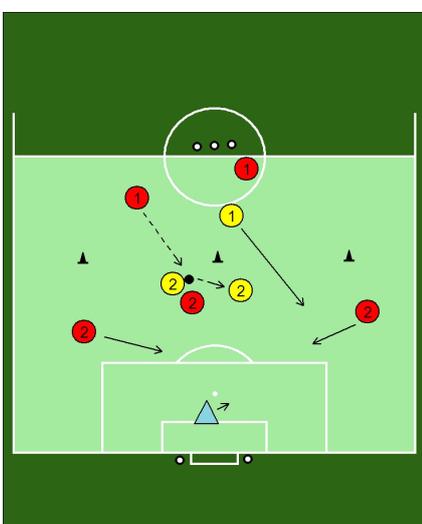
Yellow Player 1 is the only person allowed in both zones.

Play is started with a pass from the goalkeeper to any of the red players.



The red team have to try and pass to each other to keep possession of the ball. This can include passing back to the goalkeeper as in a normal game.

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 goalkeeper or a Red Player 1.



If the yellow team win possession of the ball they can dribble or pass to each other to try and create a scoring opportunity 3 v 3 against Red Player 2s.

If the yellow team score or miss play is restarted by a pass from the goalkeeper to any of the red players.

Change roles and play again keeping score between the two teams. 10 points for a goal from the yellow team and 10 points for a set of ten successive passes from the red team.

Possible changes

When the yellow team wins possession they have 5/10 seconds before the coach signals for Red Player 1s to enter the scoring zone and help the other red defenders.

Play 6 v 3 or 5 v 4 depending on numbers or ability of your group.