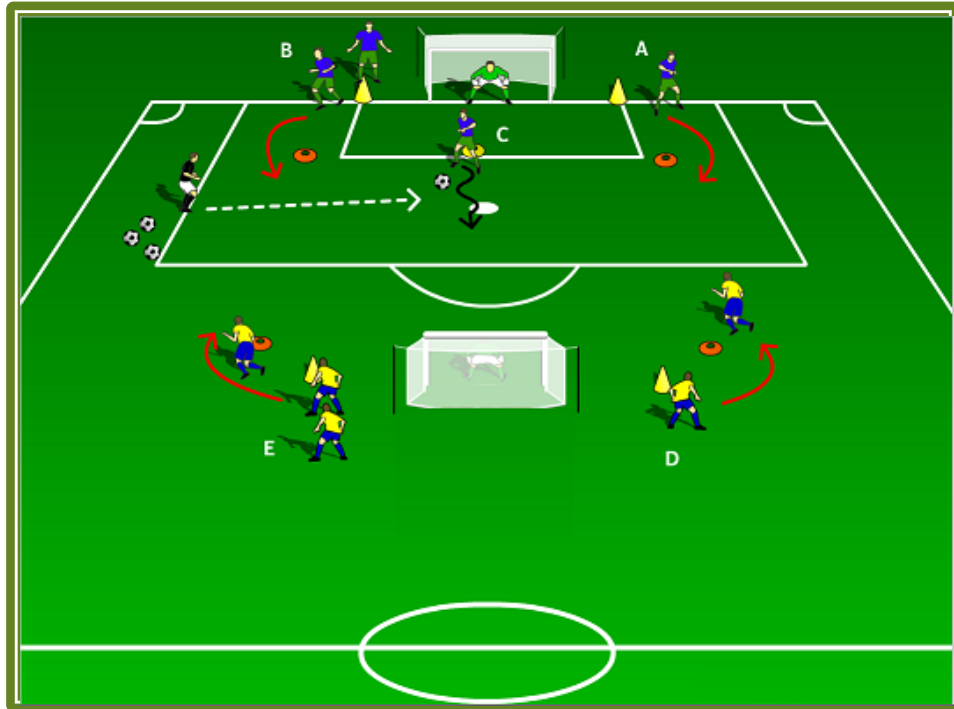


## Overload shooting - Advanced

Area: 30 x 40 with two goals. The teams are divided into defenders (yellow) and attackers (blue) with two goalkeepers. Attacking players are split into 3 groups, A, B and C, while defenders are in two groups either side of the goal, D & E.



1. Three attackers get ready. Play starts from the coach who chips the ball to player C.
2. As soon as the pass is played, players A & B, D & E run around the outer cones.
3. Player C attacks the opposite goal and will be joined by team mates A & B.
4. A 3 v 2 is played. If the defenders win the ball, they can attack the opposite goal.
5. After 10 minutes, switch and let the yellows play 3v2 v blues.

### **Coaching points:**

The support of player A & player B are crucial. They have to be quick to support player C.

Player C has to entice player D or E towards the ball to create space for their team mates.

Offside rule is in play.

