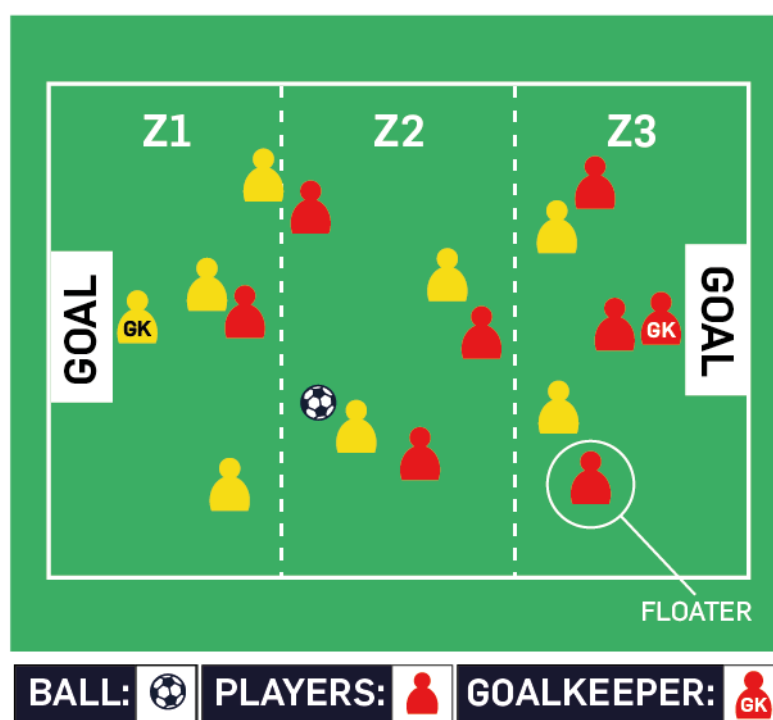


**THIRD ZONES**

Got one team that's more skilled than the other? This activity uses an overload to help less-skilled players to keep the ball. It also increases the challenge for your more-skilled team.

**SET IT UP**

- Split your area into three equal zones.
- Divide your players into two teams.
- Assign players from each team into the three zones.
- Assign a player from the less-skilled team as a 'floater'.

**GET PLAYING**

This is a normal game of football, with a few differences. Apart from the floater, players can only move within their assigned zones. The floater can move anywhere on the pitch. This gives the less-skilled team an advantage.