

# 1v1v2v3v4v5

**Objective** – Transition – defending overloads

GameFocusResetProgression

1. 1 player attacks keeper
2. On conclusion of their attack they immediately defend against 2 from the other direction
3. On conclusion of hte 2v1 then they defend against 3
4. Etc

Score the game

Video example



## Attackers

1. Communication
2. Speed of reaction
3. Commit the defender

## Defenders

1. Communication
2. Do not commit
3. Deny and dictate

Start the next sequence

1. Time to score
2. Turn and burn
3. Each team gets 5 balls and keeps them each time they score

