2 goal scoring

GameFocusResetProgression

- 1. 2 teams of 3/4 players plus a joker (pivot player)
- 2. Split the D in half with goal in each half
- 3. Keeper covers both goals
- 4. Teams look to score

Rules

- 1. Players can move between sides
- 2. Ball cannot go across the separation line
- 3. NO hitting
- 4. Ball must stay inside the dotted line around the D
- 5. Number of goals in a time frame

1. Attacking principles

- 1. Stick to stick
- 2. Face the play
- 3.7m game
- 4. Find time and space
- 5. Width and Depth

2. **Defenders**

- 1. Transition and reshape
- 2. Press after loss
- 3. Channelling
- 4. Defenders to press the ball and the channel
- Reset if ball is out joker restarts by sending the ball to the non-offending team
- 1. On turnover defenders have to exit the 5 yard line to attack and roles swop

2. Limited no of balls per team to reduce wastage

