

# 3 team attack

**Objective** – scramble/delay defence – attack + retain to score

GameFocusResetProgression

1. Defenders send ball to one box
2. Attackers in that box attack
3. On turnover defenders pass to other box
4. On loss over side or backline then defenders start with ball again and send to other box

## Scoring

1. 3 points for short corner
2. 5 points for goal
3. If defenders pass to other box then 5 points

## Defenders

1. Do not dive
2. Delay
3. Force roll out
4. Approach the tackle as far from central box as poss
5. Keep pinned

## Attackers

1. Retain
2. Spread out
3. Draw the defender
4. Baseline player
5. Post player

None required move through sequence

# Progressions

- 5 balls for each attacking box
- Time to score
- Overload/Underload

