5v5 + Scoring Zone

Objective — Create goal scoring opportunities, 1v1 with keeper

GameFocusResetProgression

1. 5v5 (or more)
2. Std hockey rules
3. Only 1 player vs keeper in zone
4. If no keeper then can have defender in zone

Attacker

1. Use central area to test the opposition
2. Look to free a player to attack
3. Drag defenders out of position

Defender

1. Do not commit
2. Force attackers back
3. When in defence the mark hard

1. Sideline ball to non-transgressing team
2. Backline ball feed in from keeper

1. Time limit
2. Ball limit
3. Turn and burn