

5v5 + Using The Height

Objective – Use the base line to help an attack

GameFocusResetProgression

1. 5v5 (or more)
2. One player has to be on the attacking base line to receive the ball
3. Normal hockey

Attackers

1. Split the defence left and right (run off the ball)
2. Look for the high ball
3. Post player
4. P spot player

Defenders

1. Protect the l2g
2. Diamond defense
3. Pressure on the ball
4. Instant transition

Pass ball in if infraction and pass to non-offending team

1. Turn and burn forcing adjustment for high player
2. Increase goals if score in time frames
3. Heavily penalise infractions

