

5v5+3 Sidelines

Objective – Use the width and overloads to score

GameFocusResetProgression

1. 5v5 with a magic player
2. 2 sideline players that cannot be tackled
3. Use either to help score

Constraints

1. 5 secs to play
2. Instant free hit

1. Width
2. Height
3. Corners

1. Start from keeper or backline
2. Sidelines as in game

1. Each side gets limited balls to encourage possession
2. Time to score
3. Turn and burn

