Attack, Defend, Rest

Objective — transition, speed of response

GameFocusResetProgression

- 1. 3 teams of 4 or 5 players
- 2. Objective is to score in goal
- 3. When attackers score they become defenders in which case the defending team rotate to top of pitch and new team attack
- 4. If defending team win the ball then they jump back to high zone and sub out with attackers and old attackers become defenders
- 1. Counterpress
- 2. Hi lo wide we go
- 3. Outletting

If from backline then pass from defender to furtherest away attacker

- 1. Limited number of goes per team
- 2. Different way of scoring deflection etc

