

# 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 furthest away attacker

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

