

# Baseline scoring (right)

## GameFocusResetProgression

1. This is a bit of drill but it is good to get an understanding
2. Red runs baseline and is looking to get a pass back into the P spot or top D (use 3 d if poss)
3. Blue controls the ball and then flicks into the goal

Once you have the sequence then add a keeper

1. Red has to sprint (if able, do it with one hand on stick)
2. Blue has to be low on receive, try to stop the ball far away from body and also in line with right foot

## 1. Next run

1. Add defender/s
2. Add attacker/s
3. Blue does one touch goal
4. Blue moves around the goal to the most appropriate place
5. Use deflections

