

# Central Reservation

## GameFocusResetProgression

1. Normal 7 a side In2 style game with a central line of flats
2. The ball is not allowed to cross the central reservation
3. Players can go where they wish

1. Width from 16s
2. Speed on transition before the channels can be closed
3. Explode
4. Height
5. Width

1. Normal game so no rest

1. 2 goals at each end to encourage switching
2. Score in the next minute = 2 goals
3. You can cross with aerials

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