Elimination to score

GameFocus/Objectives Transition/ResetProgression

Game makeup

1. Thin strip of pitch — 15-20 m wide
2. 3 zones
3. Defender in each zone — NOT ALLOWED TO MOVE OUT OF ZONE
4. Attacker looks to score by eliminating defenders

Attackers

1. Ball control
2. 3d, fast runs
3. Dummys

Defenders

1. Block tackle
2. Hunt in pairs
3. Watch for attacker overrun
4. 2nd Phase
5. Patience wait for mistake

Transition/Reset

1. Restart when ball is lost or goal scored

Progression

1. 2v1 not 1 v1
2. Time to score