

Escape the box

GameFocusResetProgression

1. 2 teams of players
2. Attacker passes to fellow attacker in the box
3. Attacker has to pass or run out and score
4. Defenders have to close down, win and score in mini goal

Initially to get activation do it unopposed see video

1. Zonal Defence
2. Escape from zonal defence
3. One touch pass
4. Draw and pass

1. Reset if no action in 2 mins
2. Reset if the ball goes off the pitch

1. Fixed number of balls per team
2. Time to score



