

Fast Break 3V3

Objective – forward first fast

GameFocusResetProgression

Description

Blue attacks red by running a ball in from the 23m line.

1. If blue score – Red start and attack Yellow
2. If Blue lose the ball then Red attacks the opposing goal

Each team swaps out when a goal or over the back line

Attackers

1. Speed of attack
2. Drag the defence
3. Move to space

Defenders

1. Double team
2. Deny and dictate
3. Pressure on the ball

On completion of loss or win then losing team swaps out and starts with a ball from the sideline

1. Each team gets 5 balls
2. Time to score
3. Vary the number of

