

Pin to corner

GameFocus/ObjectivesTransition/ResetProgression

Game makeup

1. 1/4 pitch with an area in each corner
2. 12-14 players players 2 teams (2 subs)
3. Objective for defense is to channel and contain in corner
4. Objective for attacker is to go through box and cross
5. Normal hockey rules
6. If attackers contained in "area" for more than 15 secs then turnover ball
7. Subs come on when player loses the ball
8. Attackers get 2 goals if scored from cross from channel

Attackers

1. Speed of attack
2. Move defenders to get long passes
3. Speed
4. Possession
5. Width

Defenders

1. Pin attackers on wings
2. Close channels
3. Do not dive
4. Hunt in pairs
5. Force mistakes

Transition/Reset

1. Std rules

2. If attacker is pinned for more than 15 secs then turnover ball

Progression

1. Add/remove players
2. Up the scoring ante
3. Green card for loss of ball
4. One/two touch
5. Time in possession

