Squeeze

GameFocus/ObjectivesTransition/ResetProgression
Game consists of

Back 4 + CH and Inside forward

Objectives

1. Defenders — Try to get ball to halfway line to attacker in different bib
2. Attackers — score

What is the game purpose?

How to deal with turnover when out of shape

Principle — stop the go forward

1. Press the ball
2. HIP (hunt in pairs)
3. Channel