

Sweatbox

GameFocusResetProgression

1. Even number of players per game (ideally more than 4)
2. Coach calls number and colour (2-1-green)
 1. Colour denotes which team has ball
 2. First number = attackers
 3. Second number = number of defenders
3. Attackers try to score – if lose ball then defenders score in other goals
4. Can score as soon as over halfway line

1. Speed of attack
2. Drag defenders and get commitment
3. Eliminate with pass
4. Switch direction – Change it
5. Defenders to stop the “go forward”

1. When ball leaves pitch then coach throws new one
2. Game restarts on goal or back line loss

1. 30 secs to score
2. 5 balls and see which team scores the most

