



ACTION:

Players work the ball amongst themselves to create an 'opening' to pass across the opponent's zone to their teammates. A point is scored for each successful pass between zones. When passes are intercepted, possession changes and the team with the ball work to score.

TIPS:

Defending teams should work to block opportunities for the attacking team to pass

Attackers need to move the ball around quickly to create openings to pass.

NOTES:



GROUP PLAY

SET UP:

40 x 30yd area set out as shown
Up to 16 players, four in each area
One ball