

Double D – PCD

GameFocusResetProgression

1. 4-6 players per side
2. Score as normal
3. Start game with free hit from corner
4. Objective is to get PCD
5. Once you have the PCD then 1 minute to take PCD

1. Speed and width of attack
2. Regroup if necessary
3. Take risk
4. Protect feet from faults

1. Restart when goal
2. Substitute if more than 4 players

1. Call numbers in each team
2. Limited game duration
3. After x passes add an attacker (or defender)
4. Widen the pitch

