

# High Ball Fast

## GameFocusResetProgression

1. Coach passes ball to one of the teams on the 1/2 way line
2. They have to score as fast as possible
3. Can only score when in D "block"

1. Move the ball high fast
2. Attacker movement off the ball – create opportunities
3. Attacker to create opportunity in D "block"
4. Defenders to do "Ds"
5. Body position, turn and go

1. Goal or ball over sideline then reset

1. Can add more players by pivoting
2. Faster goals get higher points
3. More players in D block gets more points

