

Sweat Box

Objective –

GameFocus onTransition/ResetProgression

- Balls start in the defending corner of each team.
- Score in the defending teams half – Can choose scoring rules based on ability of players
- Any sideline/baseline restart is a ball from the teams defensive corner whos ball it would be (don't play sideline balls)
- Players must get their own balls – NO CHEATING!!
- Aim is to set up pressure early as well as set up to attack quickly.
- Play 3 minutes then 1 team will rotate out – teams will play twice and rest once.

Players per team: 3

Time per set: 3 minutes

Rest time: 3 mins whilst off

Scoring

- 3pts for a goal
- 1 pt for a “PCA” (award a Stroke)
- 1pt if they score the Stroke

Attacking focus

- Find ways to score when under pressure
- Keep the ball in play and value each attack

Defending focus

- Organise quickly on restarts
- Manage the threat in the scoring zone

GK focus

- Save and clear off the sidelines
- Organise the team when the other team is restarting



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