



Defending against opponents movement in the defensive third:
 3v3 in each end zone - players are 'locked in'. Neutral players can play anywhere
 Game starts with the target player, who plays out to the attackers (blue)
 The attackers keep the ball away from the defenders and attempt to play out to the neutral players
 Neutral players then turn and play the ball into the other end zone creating a 5v4 in the attackers favour.
 If the defenders win the ball, they play to the neutral players who then attempt to play to the target man or score in the mini-goals