



Phase of play covering balance/covering and when to drop when to squeeze

3/4 pitch reds are defending blues attacking. Magic box for blues outside 18 yard blue player is unopposed if he receives ball in box(can't stand in it)

Blue CBs/FBs are on 3 touch and will act as servers(dont come over line)

Reds CF can only screen and not drop in and tackle

Blues score 5 points for a ball over top resulting in a goal 3 points for a goal playing through magic box

Reds must defend high and look to squeeze ball and hold line. Reds score by getting ball into blue CBs and in turn playing a 1/2 with red CF

Coaching points. Decision to drop/squeeze. Body position. 1 v 1 defending skills. Communication between individuals/units. CBs mark outside when ball wide. CMs must take up positions to be able to screen CF and get close to ACMs. Good distances between individuals and units -close spaces