



**ANYTIME THE BALL LEAVES
THE AREA A PLAYER FROM THE
TEAM IN POSSESSION MUST
SPRINT OUT A TAKE A NEW BALL**



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Penalty area as shown. Three teams of 6. Play is 6v6+6, neutrals are in one touch. Teams play sets of 5 minutes and attempt to finish as shown. Neutrals can be used to set and link play. Ball leaves the area and one player sprints out, grabs a ball and restarts the game.