



Ball goes from centre half into midfield, fed back to wide player who comes in off the line and line and diags to the left sided player who boxes for the three on the middle, immediately on the ball going dead, second phase attack and the player on the cone slides the new wide player down the line to fire into the middle for the three attackers. Timing of run of wide players, quality of balls into the box, type and timing of run of attacking players. When second. Ball goes dead, all players sprint to any of the orange cones and sprint two full widths.