



∴ EACH TEAM ATTEMPTS TO SHOOT AS SOON AS POSSIBLE.

∴ PLAYERS CAN MOVE FORWARD ONE ZONE TO ATTACK BUT CANNOT MOVE BEYOND THEIR STARTING ZONE TO DEFEND.

∴ FOCUS = NATURAL PLAY, FITNESS, FUN

O X O

O O X
X O O

O O X
X

O O O
X O X X

X X X
O

O O
X X X