

End to End Targets



- 4vs4
- The blue team plays top to bottom to the target Y1, Y4. The red team plays left to right to the targets Y2, Y3.
- The aim is to transfer the ball from one target player to the other target player to score a point.
- The target player who plays the ball into the central area can join in with the attack to create an offensive overload and enter the main grid. This player must immediately retreat to a supporting position on loss of possession.