



A1 passes to A2 leading back, A2 passes back to A1, when the ball is played from A2 to A1, D4 & D5 run back to the hats then runs back in cover defence to play out. 4 Attackers v 5 Defenders.

Once this breaks down or a goal is scored, A5, A6 and A7 join to play 7 Attackers v 5 Defenders.