



Ball starts at the base line & passed hard & flat around the circle. The final pass from the opposite side of the circle leads from the goal to the edge of the circle & passes it back to player that just passed it to him/her. This player then has a shot on goal. All other players lead into the circle to pay out any rebounds.

This is designed to be fast & sharp plus adding smart options in the circle if rebounds are in play.

Can swap sides.