3v3 / 4v4

ENDZONE BALL

Pass. Move. Support.

STOP WITH THE BALL



Pass within 5 seconds.

FIND SPACE



Move after you pass. Offer a clear passing option.

SCORE TOGETHER



Catch a teammate's pass in the attacking endzone: 1 point.

DEFEND SAFELY



Intercept passes.

No contact or grabbing.

RESTARTS



Dropped or intercepted ball: possession changes.



Out of bounds: other team passes from the side.



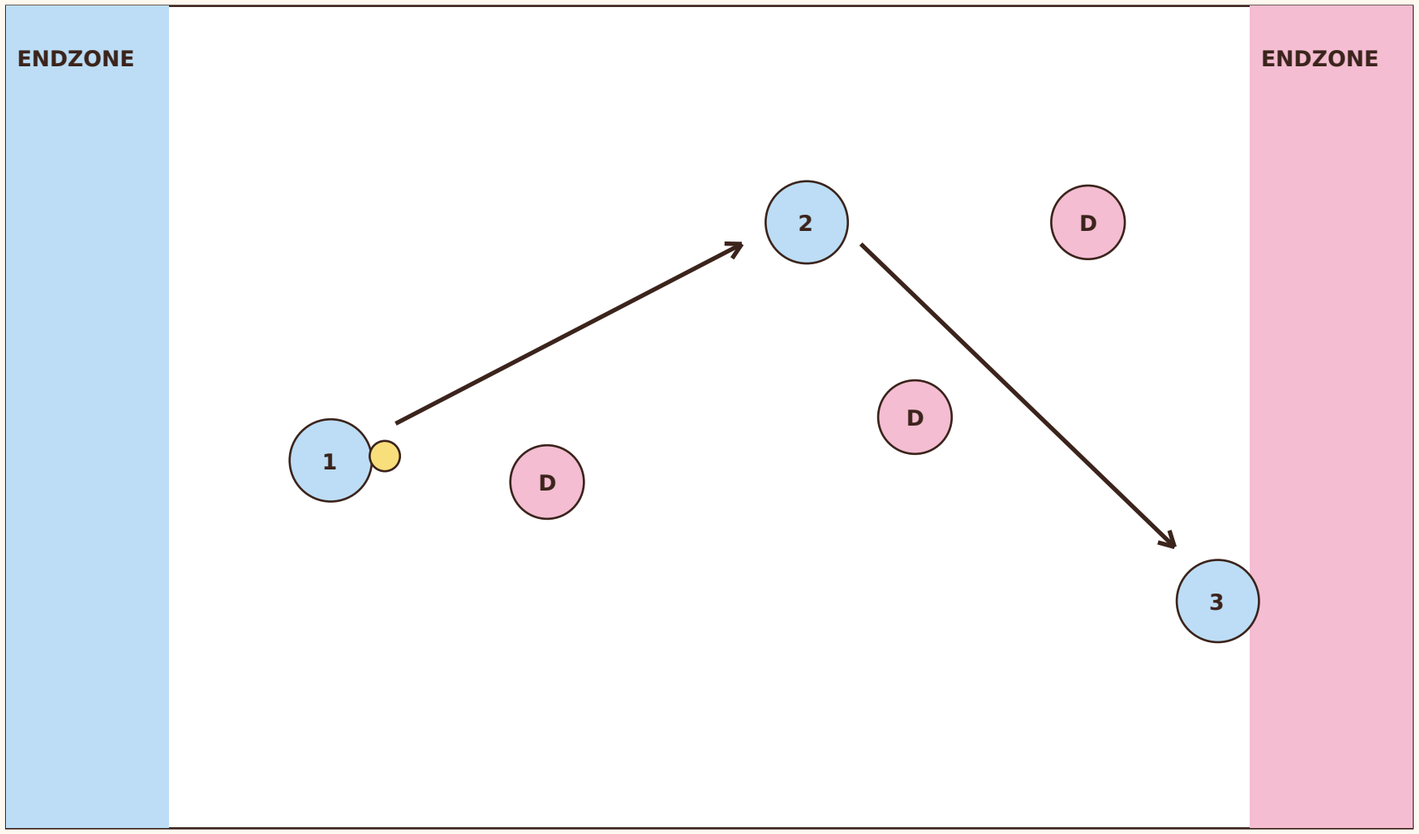
After a score: restart at halfway.

OUR DECISION

What could we change so everyone can take part?

EVERY PLAYER HAS A PART

Roles change as the game changes. Everyone attacks and defends.



Blue attacks right. Arrows show possible passes.

Blue circles: attackers Pink D: defenders Yellow: ball

WITH THE BALL

Stop, look up and find a passing option.

WITHOUT THE BALL

Move into space. Show you are ready.

WHEN DEFENDING

Stay between the attacker and the endzone. Intercept safely.

OUR QUESTION: Where could I move to help a teammate?

OUR GAME. OUR RESPONSIBILITY.

Agree a focus, try it in play, then use what you notice.

INCLUDE

Invite ideas and notice who is receiving passes.

Whose voice have we not heard?

PLAY FAIRLY

Make honest calls. Explain what you saw and listen.

How can we agree a calm restart?

TEST A CHANGE

Adapt one rule, the space or equipment together.

Who did our change help?

REFLECT

Use one example from play to choose the next step.

What will we try in the next round?

Keep safe boundaries and non-contact play. Share decisions that help everyone learn.