



Set-up:

Four offense lines at half field.

3 defensive players start around the goal.

Play starts on whistle.

Fours attack the goal and try for a goal.

After shot or steal: defense must get the ball from the clear, pass or run, over half field line without losing possession; offense wants to keep them in the pit.

If the offense regains possession from defenders trying to make it to half field, then the play is done and next offense comes out.

The defensive trio must continue playing until they get out of the pit.

