



CIRCLE PERMIT

- Teams of 5 players lined up at each end of court.
- On 'Go', one player from each team runs to collect their ball from the centre circle. Other team players can then spread out over their half of the court.
- First pass must be made in centre third of the court.
- Ball is passed to all team players and then a shot for goal is taken.
- Once a goal is scored, the team pass the ball back amongst themselves and place it back in the centre circle.
- The whole team must then run back to their starting positions.
- First team back scores 2 points.