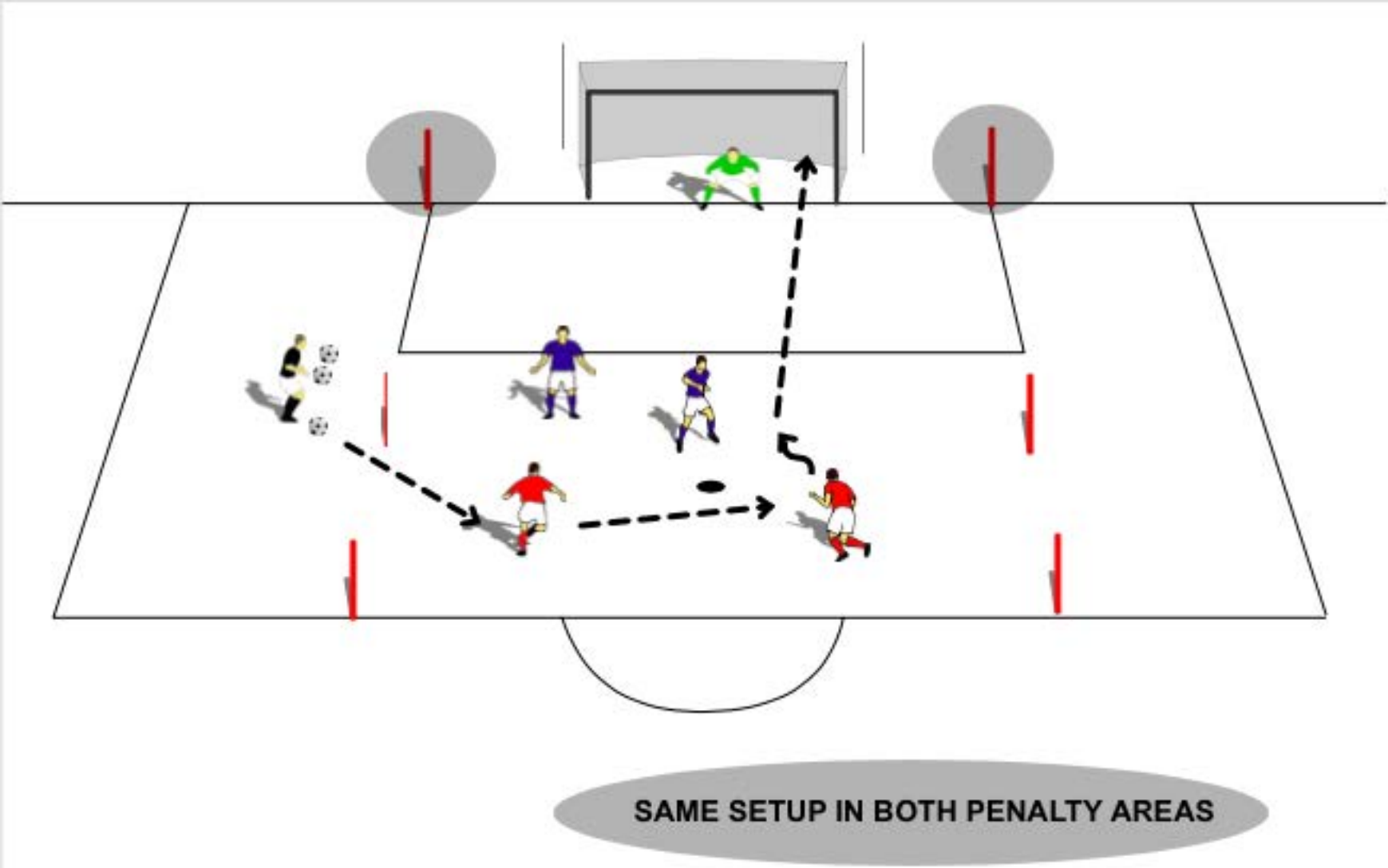

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Setup as shown, play is 2v2 to goal, transitions in play and players have 10 seconds to work an effort on goal. At the end of the 10 seconds all players sprint round highlighted poles and into opposite penalty area to begin another 2v2.