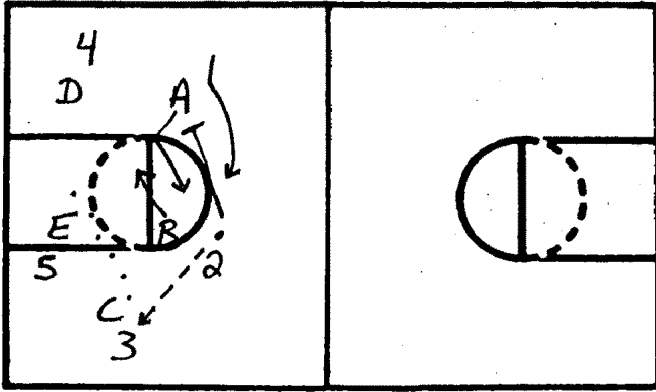
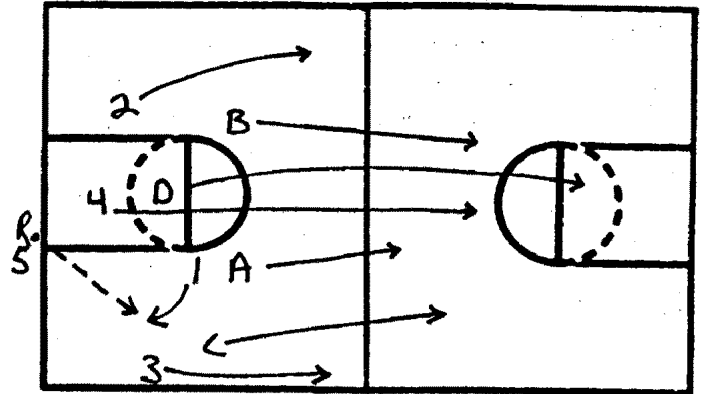


TWO MINUTE GAME

Diagrammed below is a great conditioner and competitive 5 on 5 game.



Team #1 thru #5 is on offense for two minutes and team #A thru #E is on defense for two minutes. The ball is put in play and #1 thru #5 attempt to score. On a made field goal, team #1 thru #5 takes the ball out and quickly breaks to the other end.



On a missed field goal, or turn over, the defense lays the ball on the floor and sprints back to the other end to play defense. The offense picks up the ball and breaks to score. Score is kept for two minutes then team #A thru #E goes to offense. The difference is sprints.