



STEP RULE:

- A 'Step' is measured as the width of your shoulders.
- Starting position is 3 yards off line in line with penalty spot.
- Aggressive start is 5 yards off line when attacker inside 14m box.
- You only need to move the number of steps shown below.
- When ball/attacker is entering the **KILL ZONE** you attack it with everything you've got.

