

THE HOT SPOTS

Offensively

The Hot Spots are seven numbered areas surrounding the 8 meter that are used to balance the field and designate where you want to dodge from, pass to, move to, clear space from, pick to, run a play from, etc.

Defensively

The Hot Spots are used to help defenses communicate the position of the ball, where to slide to, where to double team, where the dodge is coming from, etc.

