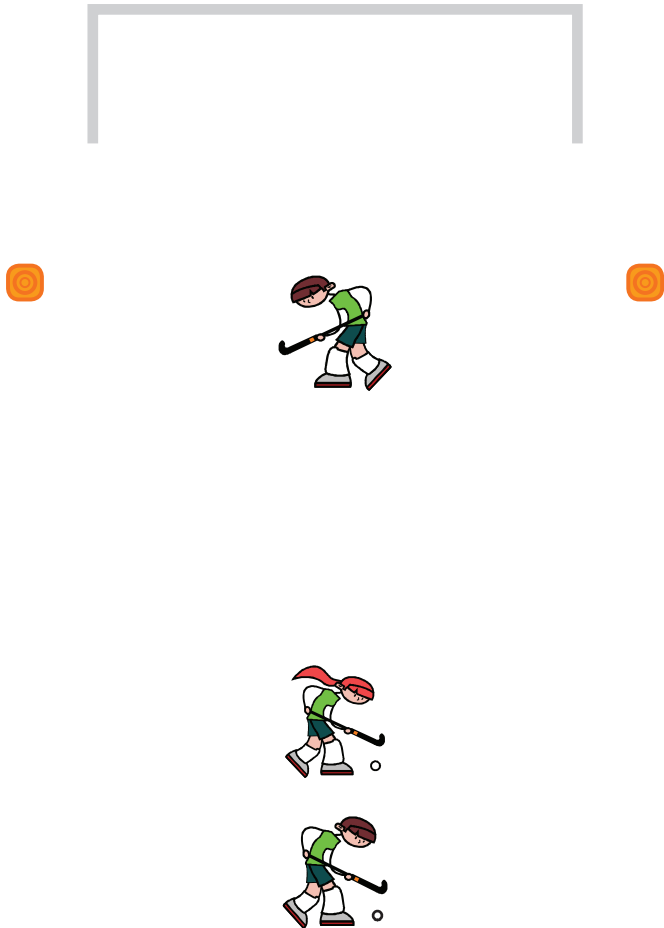
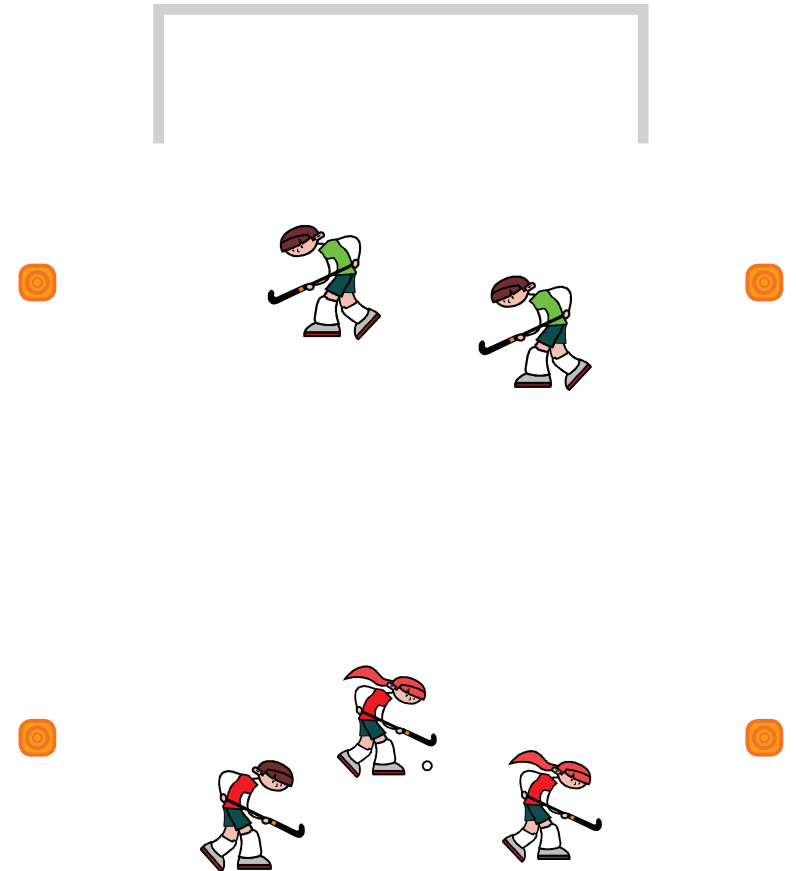


ATTACKING AND DEFENDING



ATTACKING AND DEFENDING DRILL

THE ATTACKER PASSES TO THE DEFENDER, THE DEFENDER PASSES BACK TO THEM, AND THE ATTACKER ATTEMPTS TO GET PAST THE DEFENDER TO SCORE A GOAL. PLAYERS ARE ALLOWED BETWEEN THE CONES ONLY. THE ATTACKER THEN TAKES THE PLACE OF THE DEFENDER



DEFENDING 3 V 2

THE ATTACKERS PASS THE BALL TO THE DEFENDERS IN THE GOAL. THESE TWO PLAYERS ON RECEIVING THE BALL TRY TO TAKE IT UP PAST THE FIRST LINE OF CONES. THE ATTACKERS TRY TO WIN THE BALL AND SCORE A GOAL