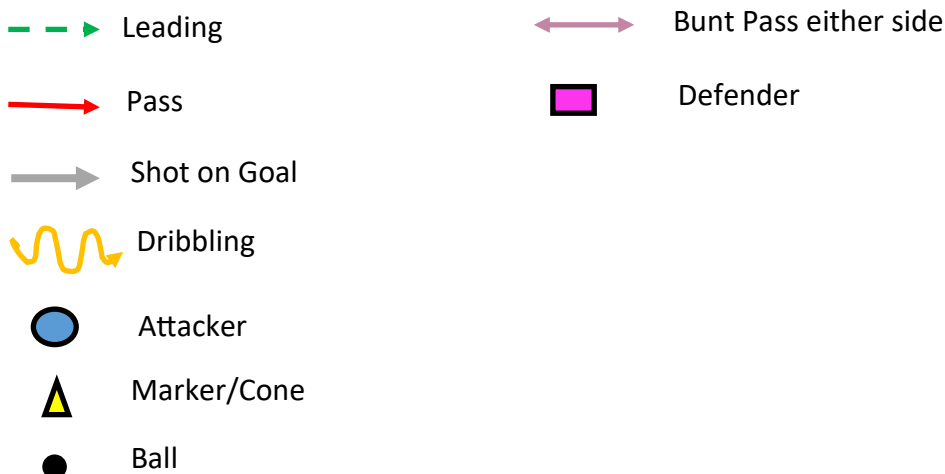
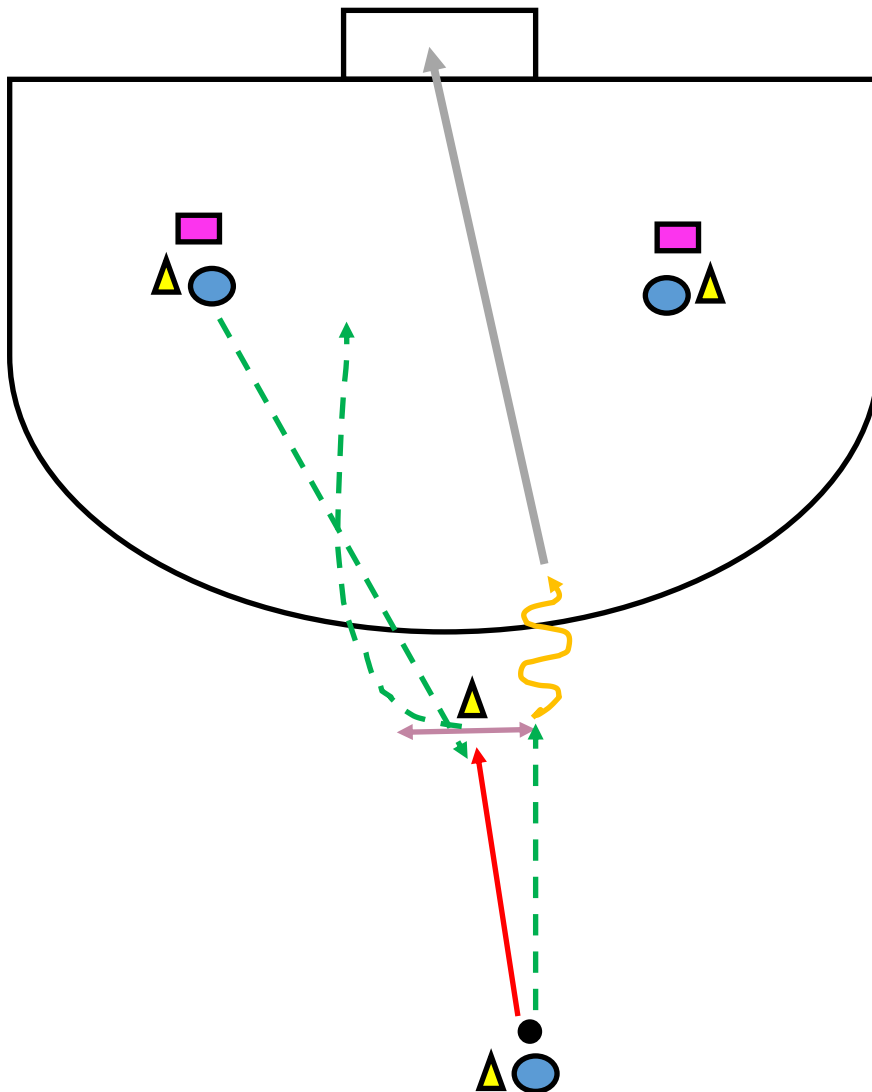


A1 plays 2 v 1 with D1, once the play breaks down (either A1 scores or D1 dispossess & clears), then A2 starts with the ball to play 2 v 1 with A1 against D2. Once this play breaks down A3 starts with the ball with D2 immediately joining to play a 3 v 2.

Can also have 2 sets going with the other ready on the other side, work one side for a period of time then change sides.

Change defenders.





Player leading off a cone inside the circle to the cone at the top to receive a pass from the player on the cone around the 25m line. The player leading to the top bunt passes to either side for the passer to run onto it for a shot on goal, the leader/bunt passer hoop leads for a rebound. Alternate sides.

Can change it up by adding in a defender coming off the same or opposite cone or two defenders , one coming off each cone.

Both cones, 1 putting pressure on the receiver while the other covers to take the leading player receiving the bunt pass.

- - - > Leading
< > Bunt Pass either side
- > Pass
 Defender
- > Shot on Goal
- ~ ~ ~ > Dribbling
- Attacker
- ▲ Marker/Cone
- Ball