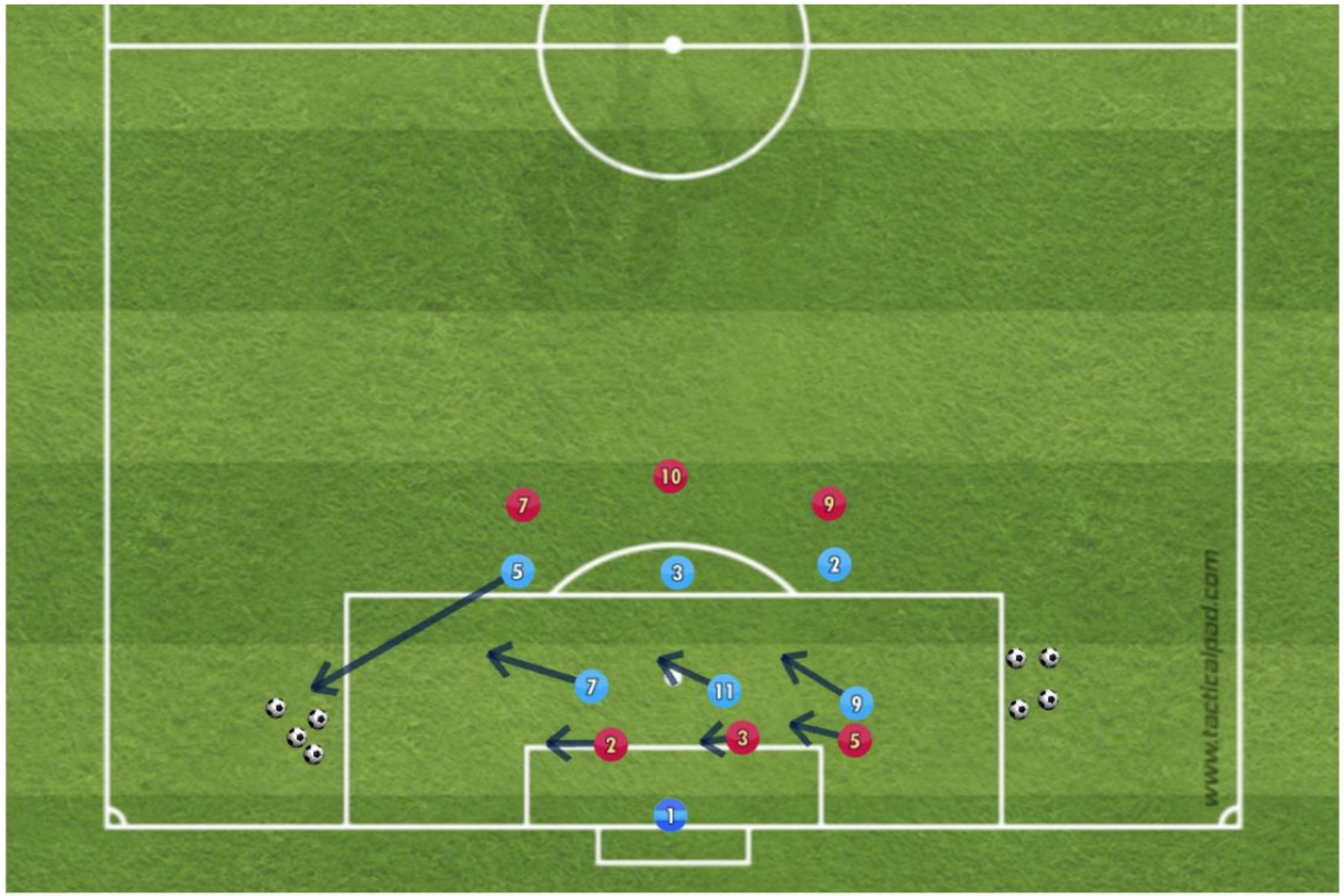
THROW INS



High intensitiy drill subjects the players to high pressure during the both phases of attack and defense. The play starts on the sides with THROW-IN which forces the receiving player to control the ball. And the game goes on with multiple transitions and changes.