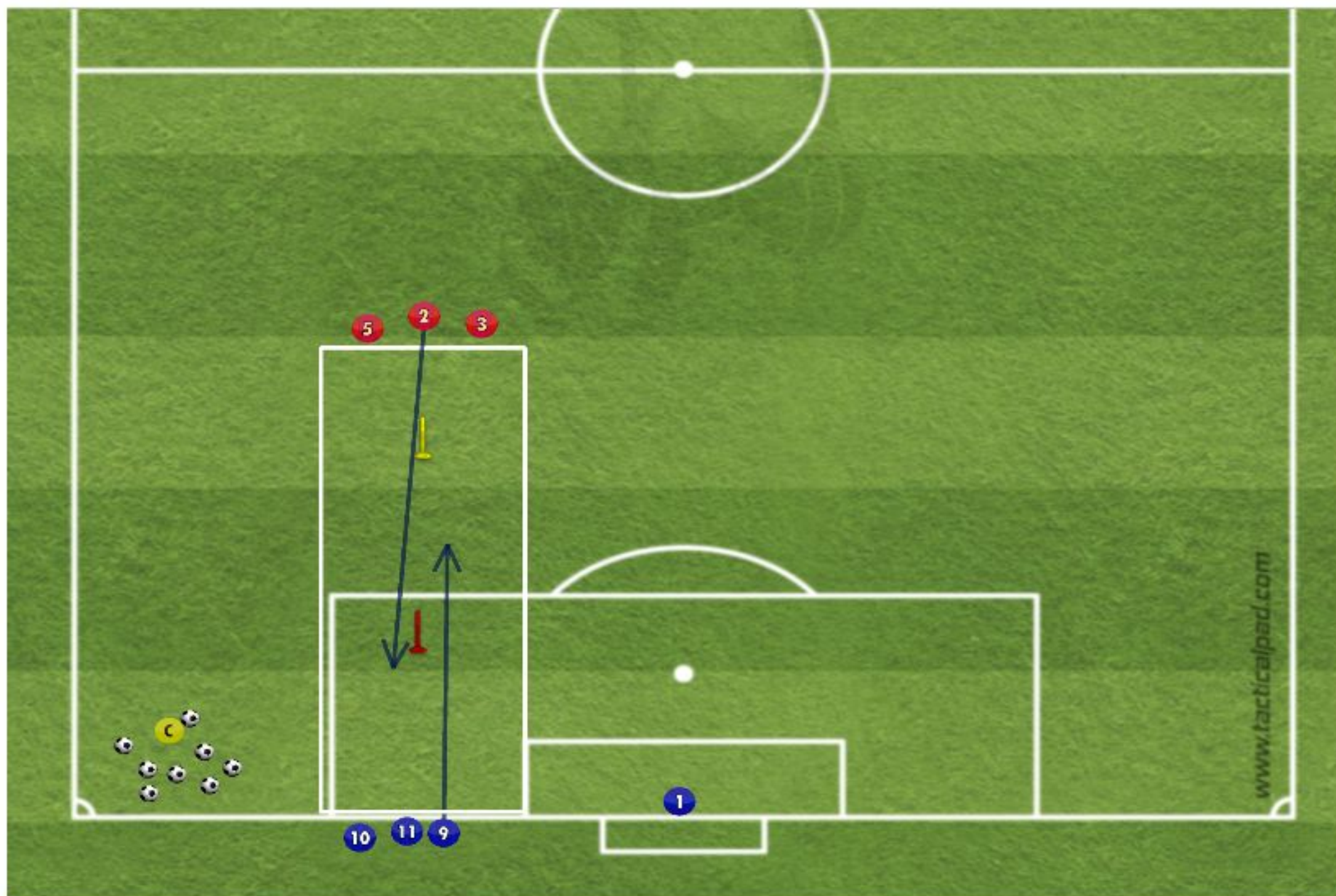


ANIMATION 2



In this drill, the defenders have one pre assigned forward. Once the forward moves in, the defender starts. Each player has a pole to turn around before the ball is sent to the forward. The defenders role is to send the forward wide and block their attempt to shoot or cross. Whether failed or succeeded, both players move inside and a cross sent by the coach. Other 2 players start the new wave. Now the cross is 2v2, then 3v3. Then a ball is sent again when all the players are in the box with given seconds by the coach for the forwards to finish uploading more pressure on the players.