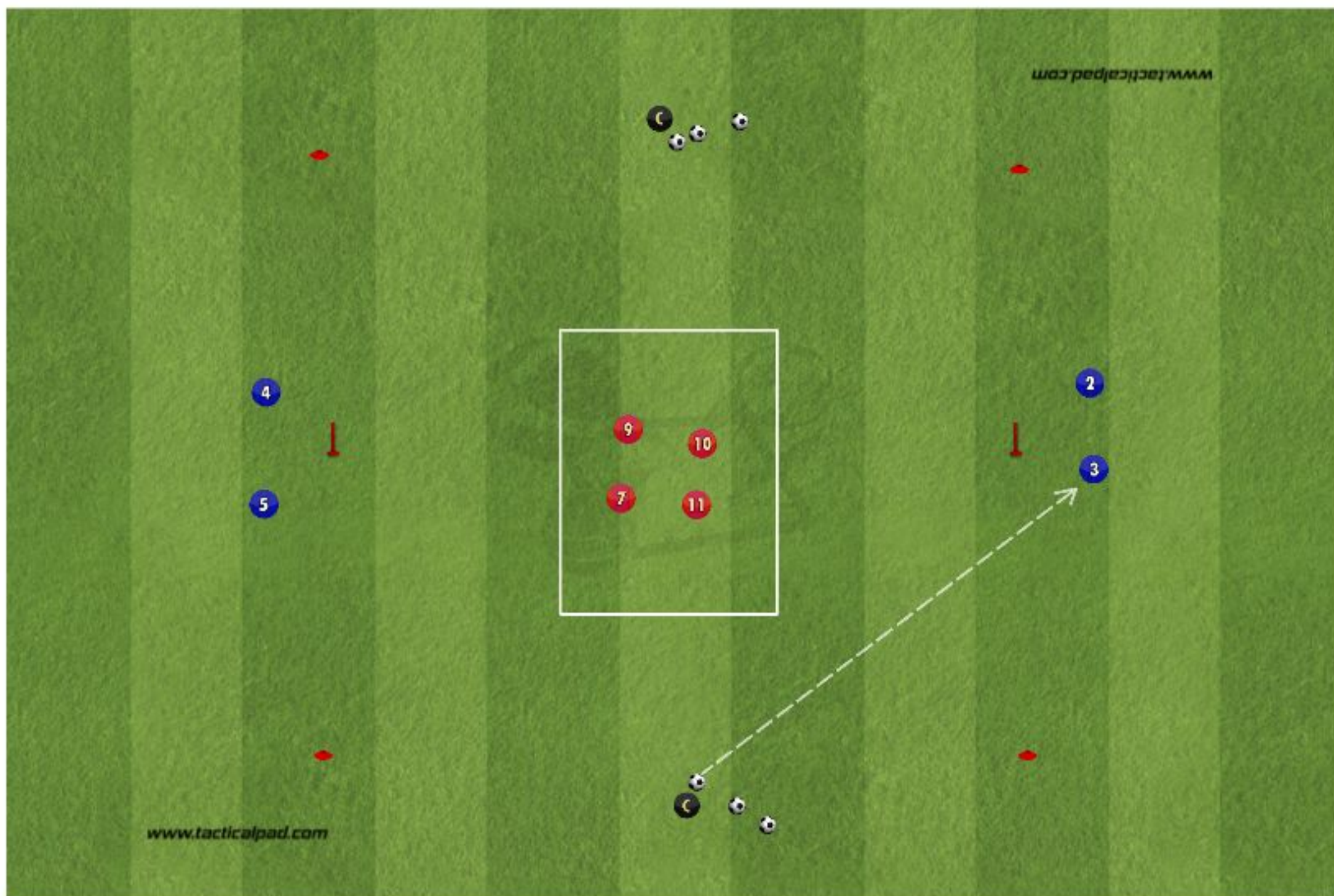


ANIMATION 3



In this drill, the defenders have the role to stop forwards from passing into the box. This drill is important to help defendeds decide on cutting passing lanes, mainly when outnumbered. The physical aspect of the drill is demonstrated with the defenders having to run to the side tees before defending the box.