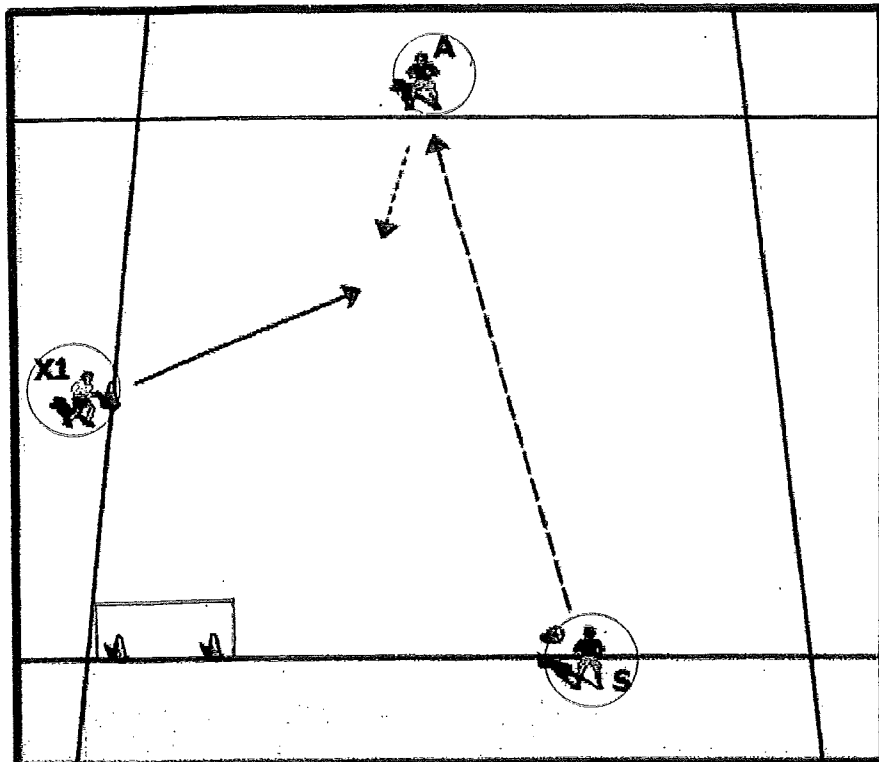


Intro

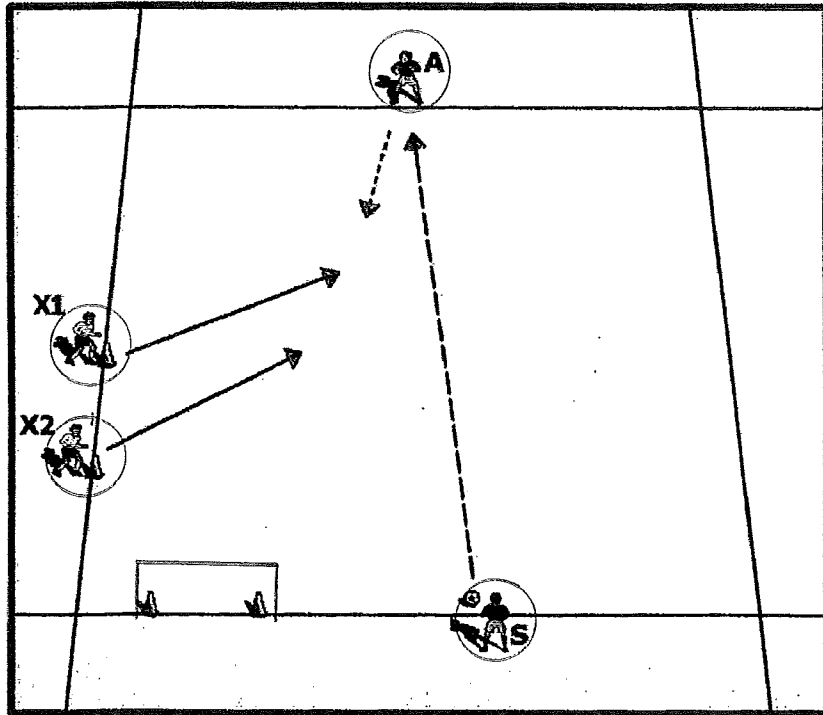


10x30 Yard

Coaching Points

- Speed & angle of approach
- Distance
- Balance/Body Position
- Patience

Challenge & Cover

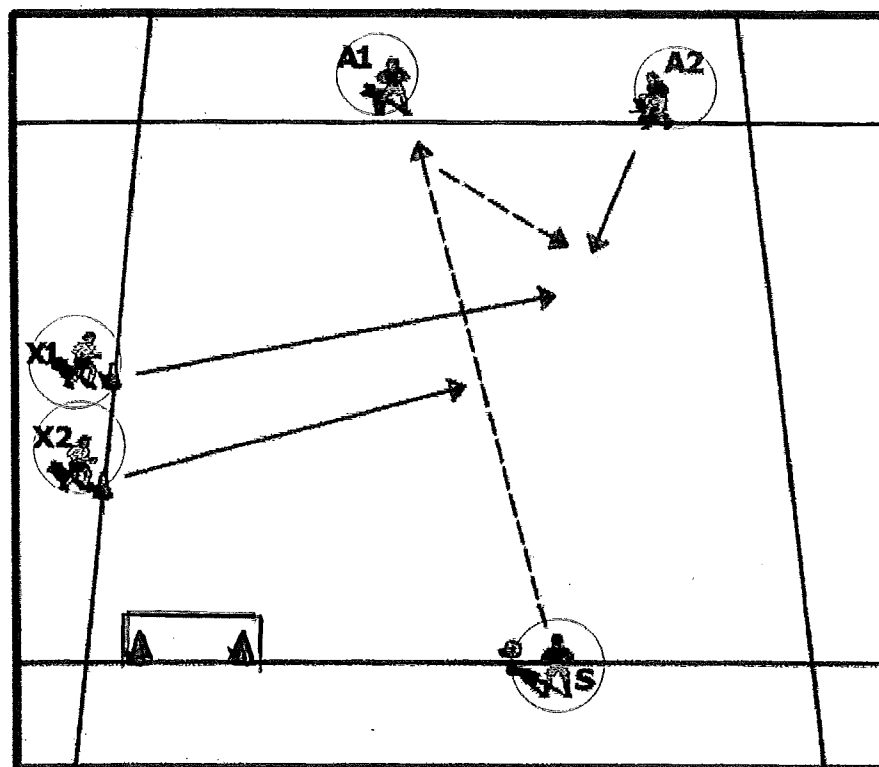


10x30 Yard

Coaching Points

- Closest player challenges
- 2nd closest covers
- Communication
- Angle & distance of cover
- Patience
- Balance & body position

Challenge & Cover 2v2



10x30 Yard

Progressions ● 3v3, 4v2, 5v2

Coaching Points

- Closest challenges / 2nd closest covers
- Speed & angle of approach & recovery
- Communication
- Angle & distance of cover
- Balance & body position
- Patience