

Categories

BACK CHECK 2 VS 1

Drill Title : BACK CHECK 2 VS 1

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Components : _____

Content elements : _____

Description

B START 2 VS 1 ON D. WHEN THEY CROSS THE BLUELINE Xs BACK CHECK WITH ONE PLAYING LOW AND ONE COVERING THE OFFENSIVE D.
ON THE TURN-OVER GO 2 VS 1 THE OTHER WAY WHEN THEY CROSS THE FAR BLUELINE THE Y PLAYERS BACKCHECK AND A NEW D MOVES AS OFFENSIVE D MAN.
CONTINUOUS

Key Points

COMMUNICATE

IDENTIFY ROLE

QUICK TRANSITION

QUICK ATTACK

