

Categories

BACK CHECK 3VS2

Drill Title : BACK CHECK 3VS2

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Components : _____

Content elements : BACK

Description

LINE 1 ATTACKS 3 VS 2. WHEN THEY CROSS 2 D SUPPORT OFFENSIVELY, LINE 2 BACK CHECKS AND ATTEMPS TO GAIN POSSESSION AND BREAKOUT. WHEN THEY GET TO FAR BLUELINE LINE 3 DOES THE SAME. CONTINUOUS

Key Points

IDENTIFY

ATTACK WITH SPEED

QUICK READS

QUICK TRANSITION

