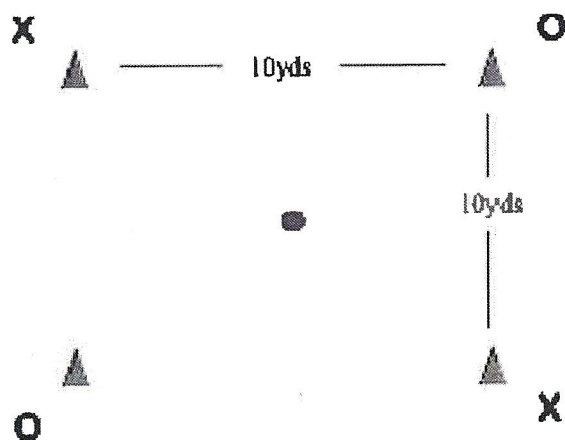


Progression 2

Progression 2 is set up in the same way as Progression 1.

Progression 2



How it's Done

Instead of every player for herself – Progression 2 is now a 2v2. Line up opposite of teammate, the coach rolls a ground ball in and on the whistle the two teams fight to pick up the ground ball cleanly. Once one team has clear possession, they must make a pass to their teammate breaking out of the box. Repeat with the same 4 players and then a new group of 4 comes in.

Progression 3

In Progression 3, the box is expanded to 20 yd x 20 yd.