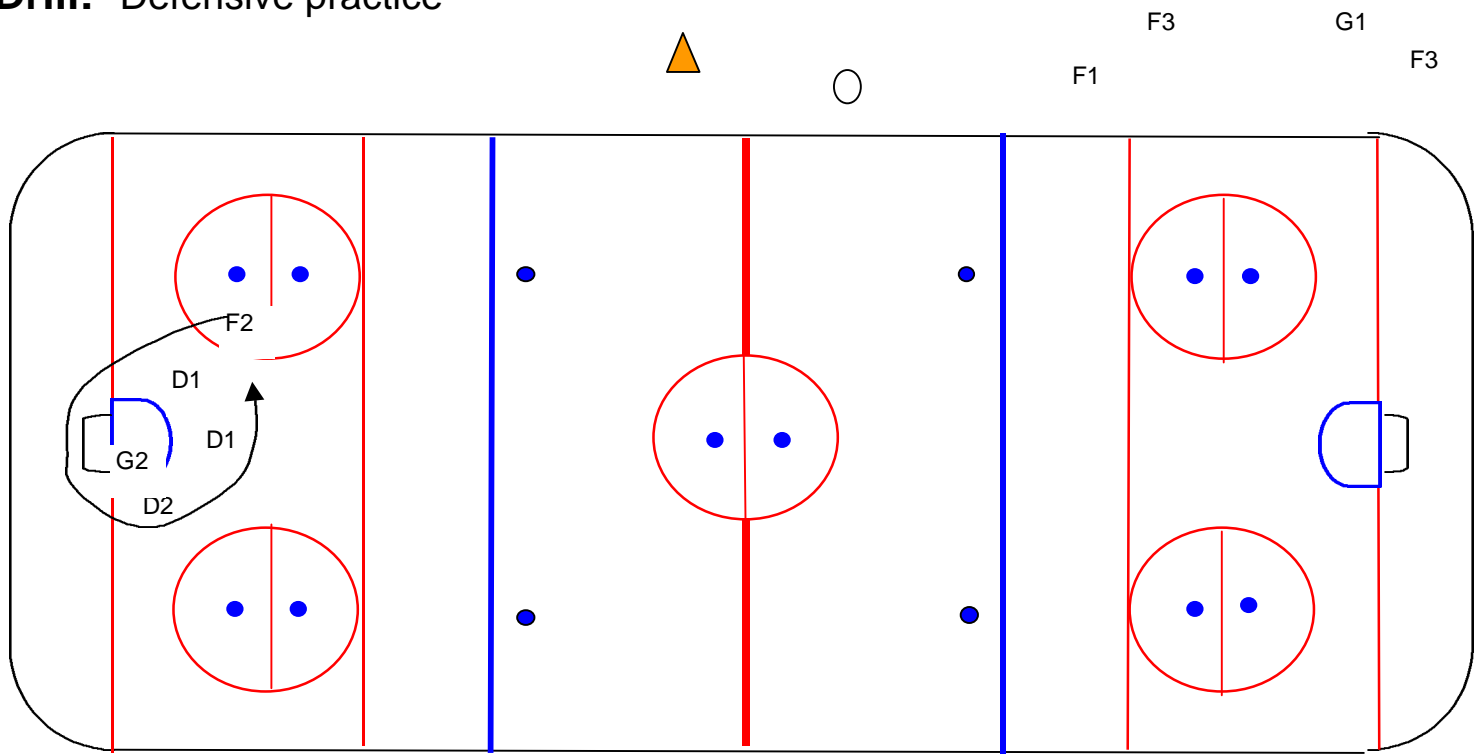


Drill: Defensive practice



Three defence line up in triangle.

F2 has ring and wraps around the net.

D1 stays with F2 until going behind net. D2 picks up F2

D stays "square" to F2 D1 picks up F2.

Introduce F3 and F1.

Emphasis on staying Square and preventing pass inside the triangle. Preventing shot. Look for checking opportunity or missed pass.

Secret is patience.