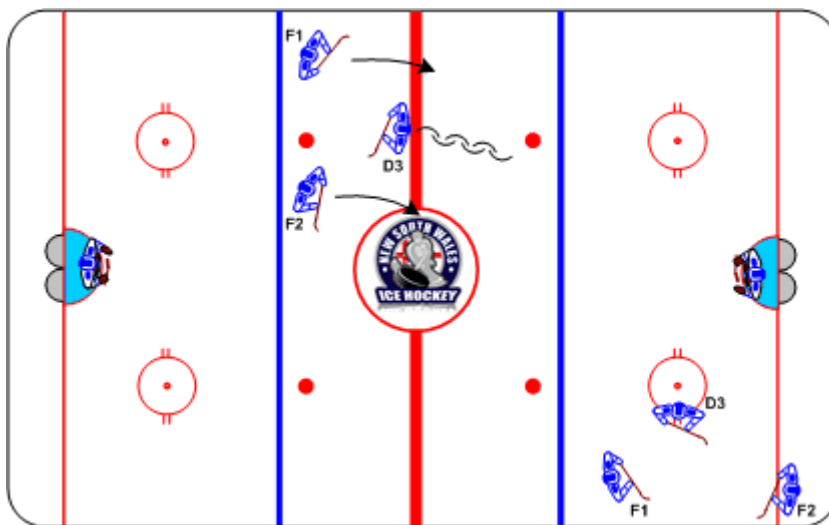




Maine 2 x 1

Duration: 7 mins

- Groups of 3 form 2-on-1 units, rotating through Defense role
- On whistle, **F1** and **F2** attack goal vs **D3**
- On next whistle, low group attacks net



Coaching Tips

- Read offensive gap behind or in front of Defense
- Drive through open gap
- Use picks, screens "low" to create space