## SKILL

Passing and movement of the ball

## **SETUP**

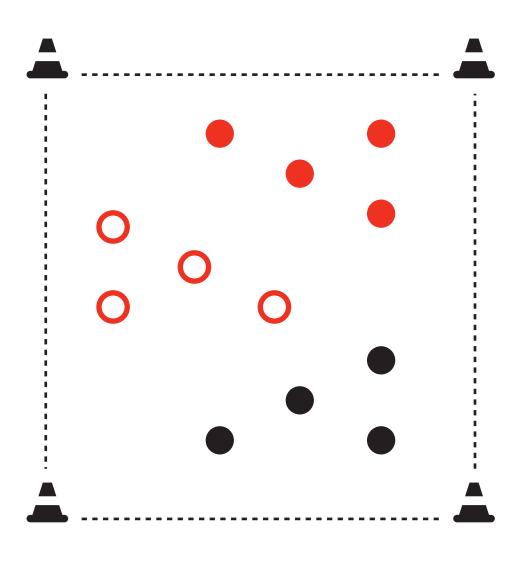
40x30 yard grid. Split into 3 teams

## **HOW TO**

One team starts as the defense while the other teams work together to keep it away. Once the defense wins, whichever team turned it over then becomes the defense. It is meant to be a quick transition.

## **COACHING POINTS**

Move the ball quickly, find the switch, movement of and off the ball.



Team 2

Team 1