

Title : Anaheim 2 on 1

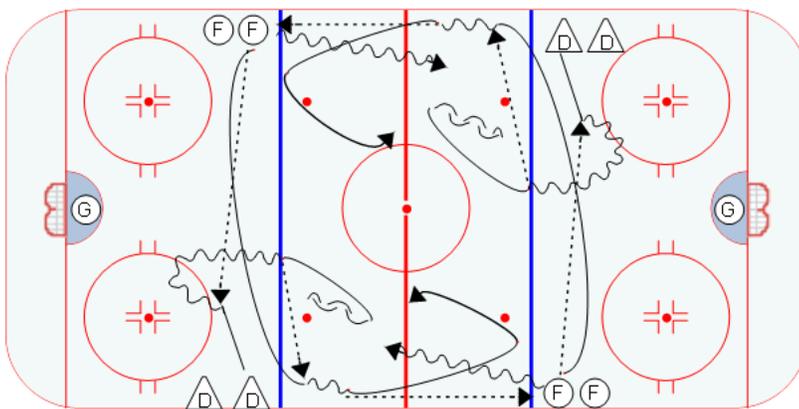
Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

Description

**Drill starts on the whistle. Both ends at the same time.

On the whistle, the (F) makes a pass to the (D). The (D) makes a return pass to the (F). The (F) makes a pass to the second (F). 2 on 1 back.



Key points :

Title : Anaheim 2 on 1 (seq 2)

Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Flow

Description

**Drill starts on the whistle. One end then, the other.

3 on 1:

On the whistle, the (F) makes a pass to the (D). The (D) makes a return pass to the (F). The (F) makes a pass to the second (D). A third (F) provides wall support. 3 on 1 against the first (D).

