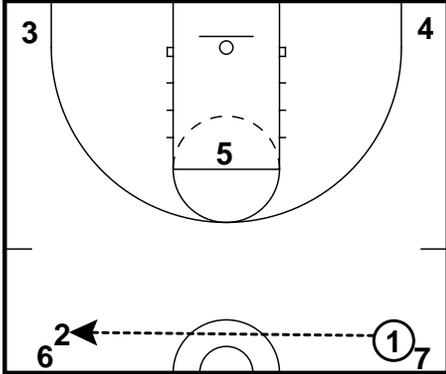


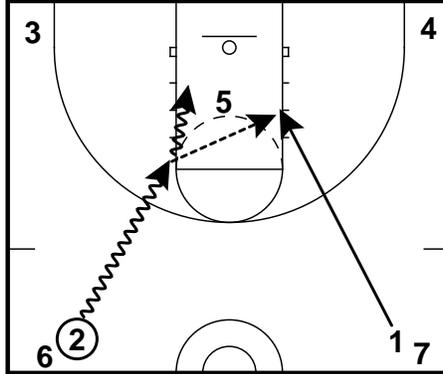
Bethel

ATTACK 21
Team Offense



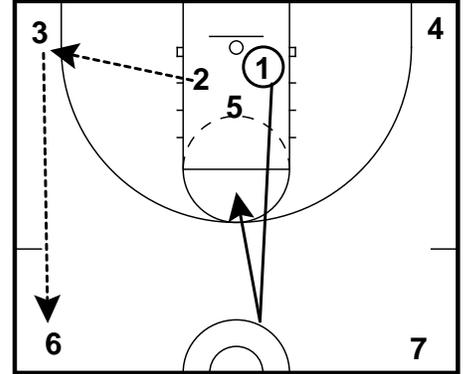
Drill starts with a cross court pass from 1 to 2. There is 1 defender (5) and 2 outlets (3 and 4) in the corner.

ATTACK 21
Team Offense



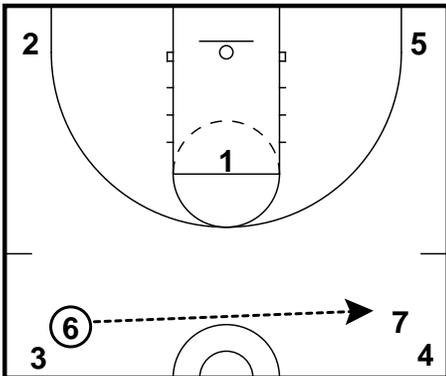
2 and 1 attack the defender and are allowed one pass and one shot to score. Focus on inside hand attack.

ATTACK 21
Team Offense



the player that shoots or turn the ball over sprints to the center circle and then becomes the new defender. the other two players 2 (2 and 5) get the ball and make an out let pass to one of the corner players and the corner players passes it back up to the next player in at half court.

ATTACK 21
Team Offense



3 and 4 went from the out let spots in the corner to the end of the lines at half court. 2 and 5 replaced the corner outlet spots. The drill continues the same way it started with a cross court pass.