

5 vs. (3 +2) Keepaway for defending. 2 minutes continuous play.

If the 3 win the ball they score by making a pass to their 2 team mates.

Objective is to win the ball by applying PRESSURE=P, supplying COVER

Objective is to win the ball by applying PRESSURE=P, supplying COVER=C and maintaining BALANCE=B. Key is to defend as a unit.