

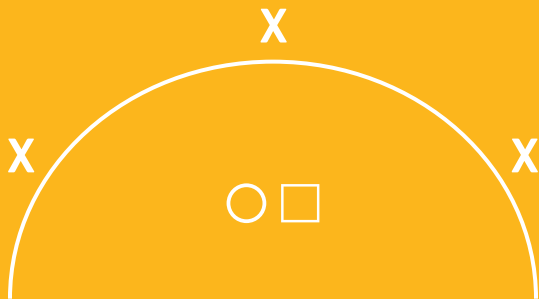


# STAYING IN FRONT (PART 1)

## Intermediate

### ACTIVITY:

- ▶ Start with three players spread out around the circle edge and two players inside the circle (one is the shooter, one is the defender)
- ▶ The three players slowly pass the ball between themselves while the defender moves around the shooter's body, defending the pass



### COACHING POINTS

- Defender's footwork must be quick with small steps to get around the shooter's body
- Ensure the defender maintains an angle with their body, so they have vision of the shooter they are defending as well as vision of where the ball is

### Legend



PLAYER



ATTACKER



DEFENDER