

Categories

PELITIL. TRANSITION

Alivoimatilanne



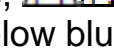
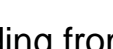
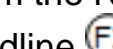

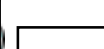
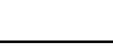












Drill Title : OFFENSIVE OR DEFFENSIVE TEAM PLAY DRILL

Components :

Content elements :

Description

2+1 vs 3+1 continuous transition

Key Points

defensive triangle

use the man advantage

zone entry

