

DT400 Low Zone Battles with Jokers at Point - Youth

Key Points:

Attackers must go to the net to screen, for rebounds, tips and cycle low. Defenders must talk and stay man on man unless impossible and then switch. Box out, seal sticks to the outside, tie up sticks in the slot.

Description:

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.

* Keep score and when in the teaching mode stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU.

https://youtu.be/Z8D_TEv1OkU

