

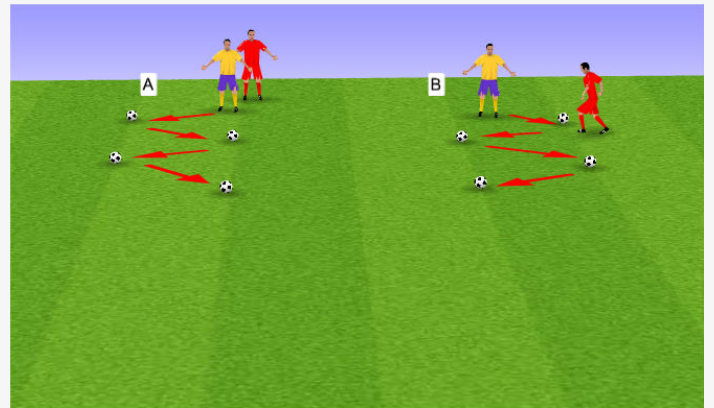
## Fly through ball

Fly through ball 2 rounds

A: No pressure to dive through each ball, set prior to each dive

B: One Partner GK, other one pressure to ball with one step to ball

CP: dive in front, hand behind the ball, full extension through the ball, eyes on ball, proper restart, low hands open to ball



## Pressure on

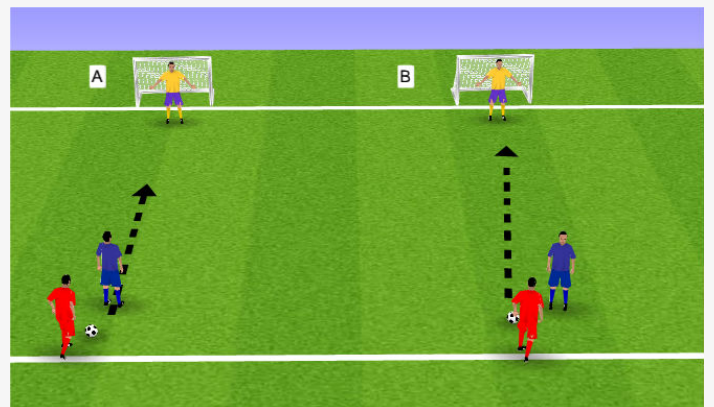
Pressures On:

A: Pass through players feet, blue player attacks ball, GK comes out

B: Player passes to side of player who turns to attack ball

Move service from center to side services. Ball should be easy scoop to GK then build to 50/50. Rotate players at 4.

CP: Attack ball, runners start, low hands to the ball, patience to stay low if 50/50, attack ball early to win it, dive through ball, hands behind ball



## Through space

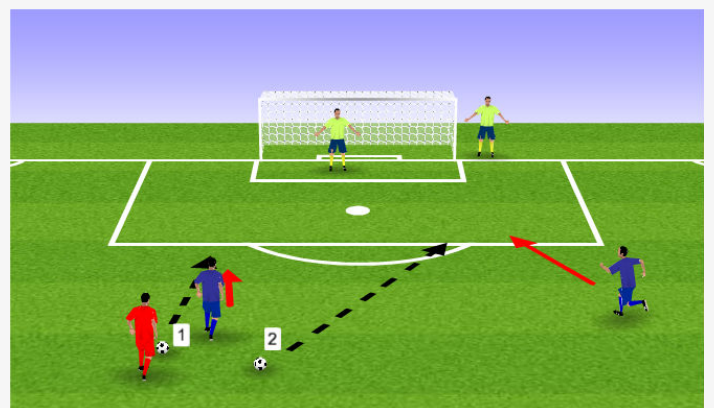
Two breakaways:

1: Breakaway 1v1 to GK

2: Through ball into space

Rotate after each set.

CP: Reading ball early, first steps to take space, hands out low, early dive through ball, eyes on ball



## 1v1 battles

Breakaways to 1v1:

GK starts with distribution for breakaway, runner can chase after first touch to get ball back

If GK wins ball, play to player to attack other side.

If ball is scored, GK gets ball out and distributes to other side.

CP: Early read to win ball on distribution, quick first steps, communication, quick transition, organize players

