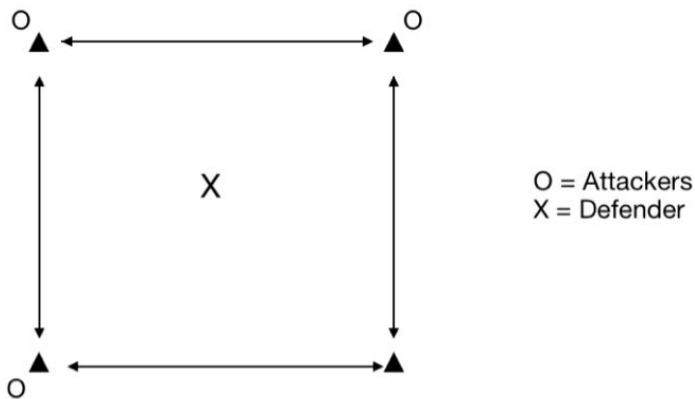


3 v 1 HANDBALL



One football per group. 3 attackers and 1 defender. Attackers work up and down the lines to move the football. Attackers are only allowed to move to the spare cone. Attackers are not allowed to move diagonally. Defenders aim is to cause a turnover.

Teaching Points

Attackers - Clean & Quick Hands, Making the correct decisions

Defenders - Correl the ball handler (closing down space), Defend the angles

