

Superior support

A drill which gets players to keep their concentration levels up after their phase of play has concluded.

The red players are attackers, the blue players are defenders.

On the whistle, all three coaches feed a ball into the facing attacker.

All three attackers are trying to score a point.

After the first attacker gets their shot off, they immediately go off to help the other two attackers. Then when that person has shot the two free attackers should go to help the final attacker.

If a defender wins the ball, they have to get it back out to the coach who fed them. They then go to help the other defenders in preventing the attackers getting off shots.

