



3rd and 4th Defender Intro

Category: Functional: Defender
Difficulty: Difficult

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Individual-Adult Member

Screen 1



Screen 2



Target plays to opponent immediately and has to drop back quickly to regain the shape of the defensive block.

First, second and third defenders attempt to delay the attack

Screen 3



If defensive team can force attackers to one of the wide targets (away from goal) that target becomes active and the attacking team now attacks 5v4 until the play is over.

Screen 4



Attacking team attempts to play their target player in final third. They can only play them from inside the middle third. Defending team tries to prevent the attacking team from penetrating into the middle third