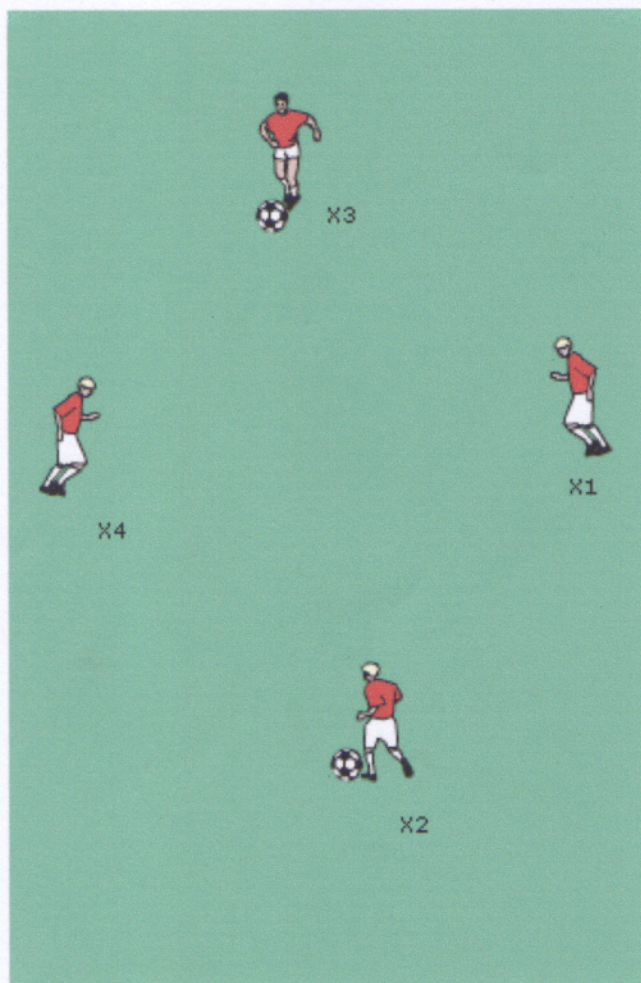


Counter Attack Warmup I



Groups of 4, 2 balls

1. X1 checks to X3, receives a ground ball, turns and plays the ball to X2 on the ground. X4 replicates the same pattern with X2, but plays the ball into X3.

Points: Can we get the speed of execution to be faster? Body shape, Body angle of X1 is important

2. X1 checks to X3, receives a ground ball, turns and plays an air ball to X2. X4 and X3 replicate.

Movement should be increased and distance of players should be increased.

Points: same as above.

3. X1 checks to X3, receives a ground ball, turns and plays an air ball to X2, follows the pass for a layoff of which a return pass is given back to X2. X4 and X3 replicate.

Points: same as above.

Focus on the the speed of execution. This entails the technical aspects along with the speed of recognition and of course the speed of execution.

Rotate Players.