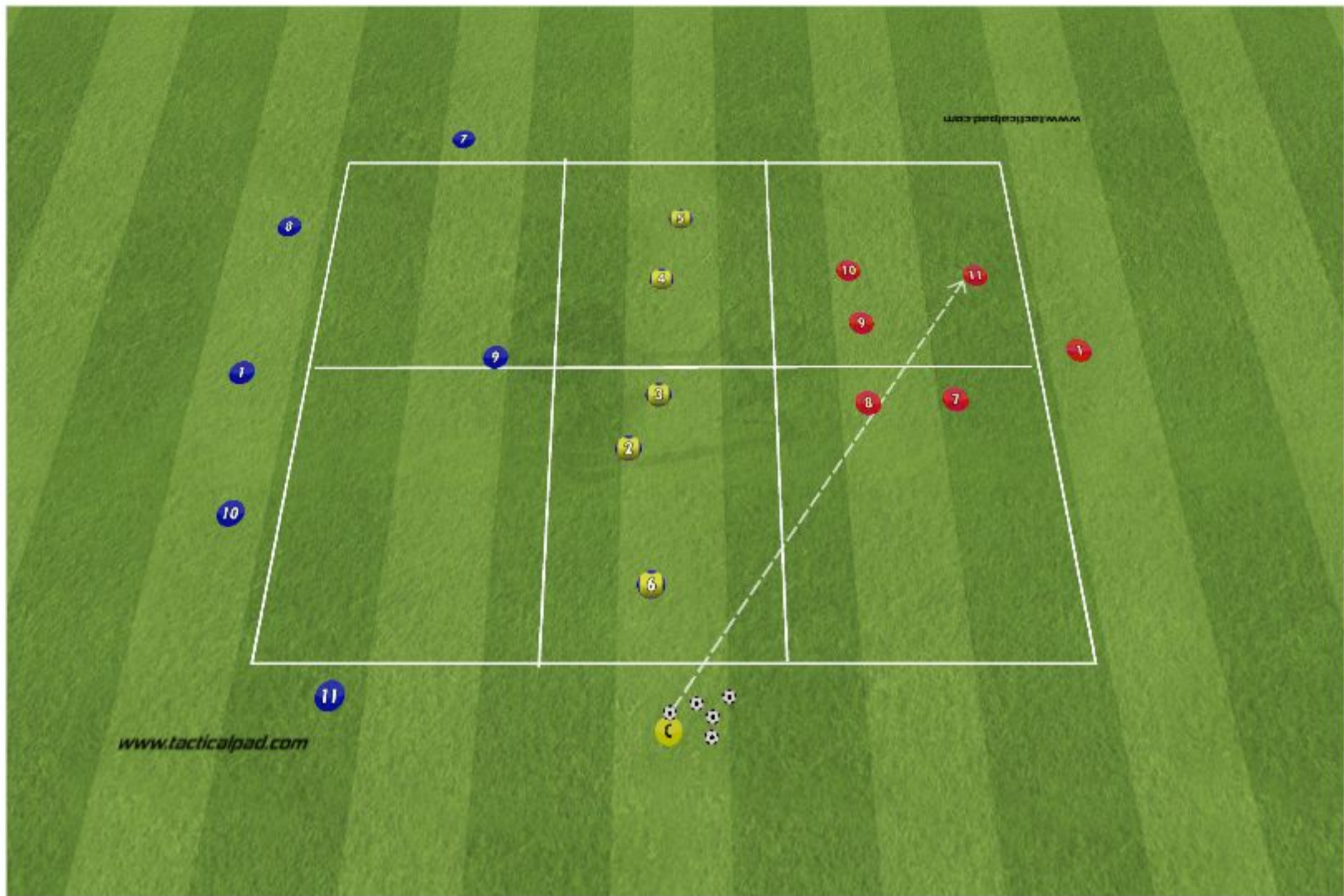


ANIMATION 3



In this drill, 1 team in possession, 1 team in defense, one team in the wait. Game starts with a pass made to the team who are to become in possession. Each team allowed 3 players in the area of possession, and 1 player in each adjacent area. The players outside the area of play are obliged to create a chance for a pass while being marked by a defender. While moving to the next zone, each player follows the roles given to him by the coach. Once the ball successfully delivered to the target player on the other side, the team in possession become defenders, the team who received the ball become now the team in possession, while the lost defenders go back to their zone and wait for the current flow to end.