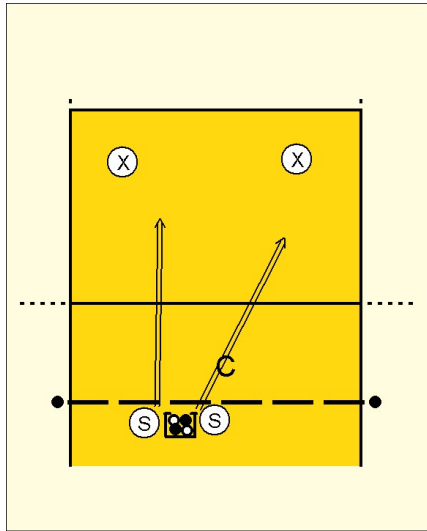


Defense

2-person pit drill- pursuit

1



Objectives:

To practice digging balls a good distance away from the net and from different angles.

1.Coach initiates drill with a toss, down ball, or tip.

2.Team of two must dig the ball and the team must be able to contact second ball.

3.Continue drill for a preset amount of time, or until the team reaches a goal (10 or 10 in a row etc.)