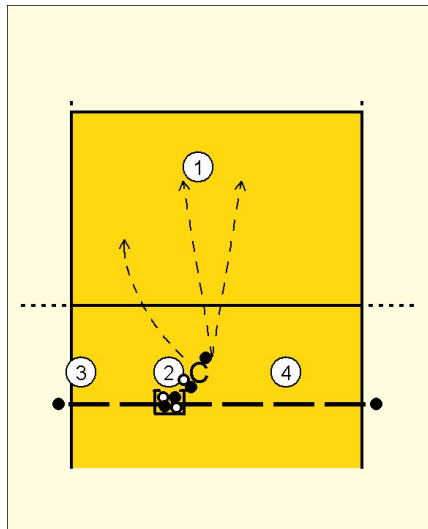


Defense

Dig 2 and pursue



1

Coach hits to the left of 1 who digs and immediately after hitting to the left of 1 the coach tosses and hits to the right of 1 who also digs this one, just after hitting the second down ball the coach tips a soft shot that 1 must run through and dig.

Go for a set number of repetitions (ex: 5), a successful rep. is when they player gets both digs and a playable up on the run through.

Challenge the player as they become successful

Variation: Coach can punch a high/deep ball to simulate a "shank" on the third ball for the digger to pursue (and get a touch)