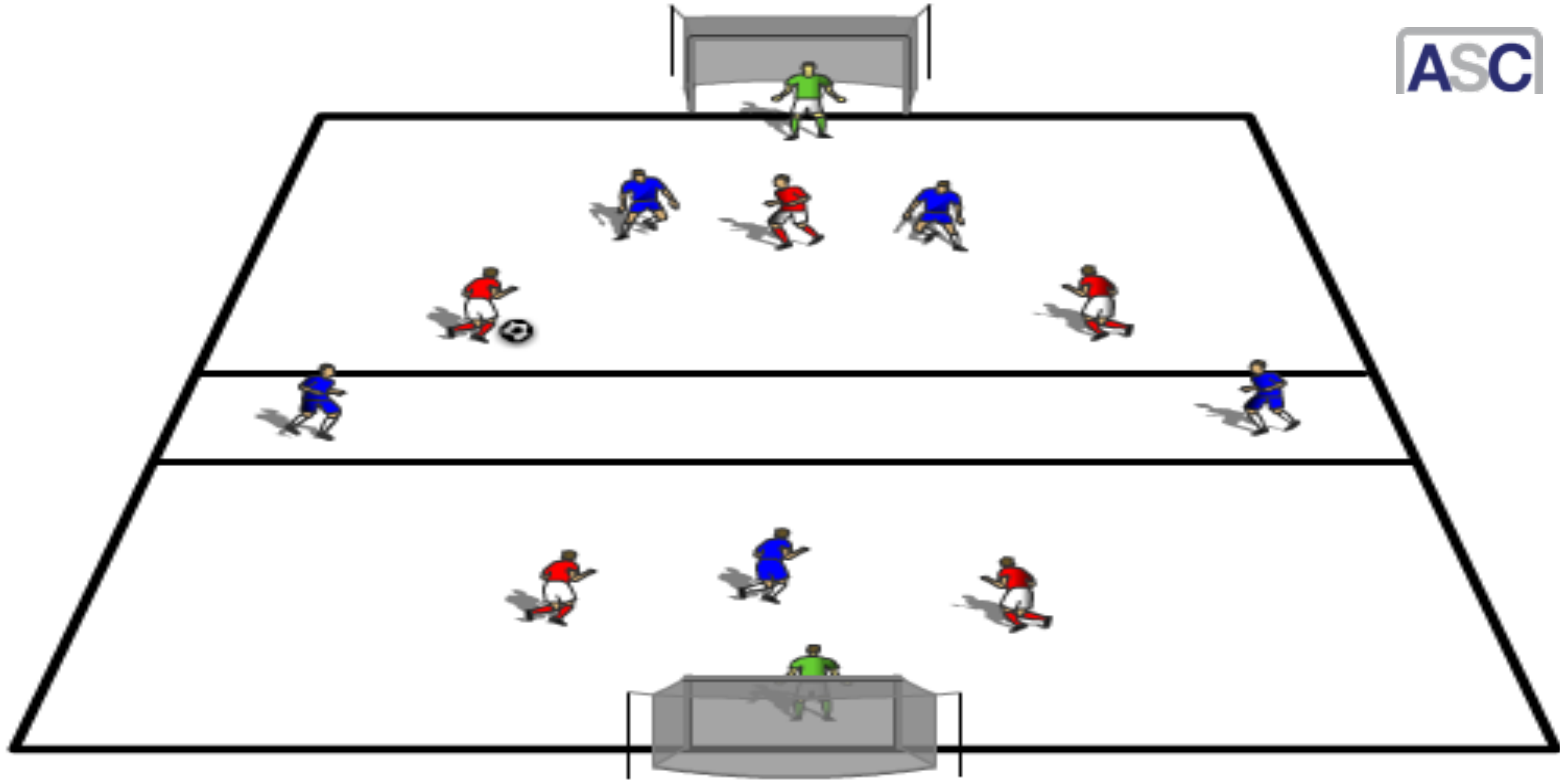


PULL AWAY FROM YOUR DEFENDER

ASC



Set Up/Actions

Two teams of five players and two keepers. Divide the pitch so that there are two attacking zones and a central “free” zone. The attacking team has a 3v2 situation when in the attacking zones. When the team is defending, two of the attackers must drop into the “free” zone and off their markers in order to receive.