

		<p>Offense play Follow 3 players 1 ball. Pass and follow</p> <p>Pythagoras 6 players 2 balls. Passing and running are at right angles to each other. At start balls have to be at positions 1 and 4 respectively. Distances vary according to abilities of players. Mistake forces restart.</p>
		<p>Triangles Arm signals for the drill 1 : 1 player moving 2 : 2 players moving 0 : 3 players moving</p> <p>The respective drill is signalled by arms of the coach, blowing the whistle means chance of direction for ball flight, drill remains the same.</p>
		<p>Rectangles Arm signals as above 1 : 1 pass only 2 : give and go action</p> <p>Ball mirror 4 players pass the ball in the rectangle. 2 players move with the ball in mirror-style. Variation: parallel run</p>
		<p>Defense play 3-3 in different moves of the defense. Offense team has to try to put the ball into the goal area. Successful tries 1 point, interceptions, rule violations 1 point for defense.</p> <p>4 on 5, number of passes in 1 min. Interception means restart. Extension: 3 on 5 without give and go.</p>