

**2 on 1 Continuous**  
**(2 on 1 to 3 on 3)**

BD passes to WF1 and WF2

WF1 and WF2 attack BD  
2 v 1

Play until the whistle

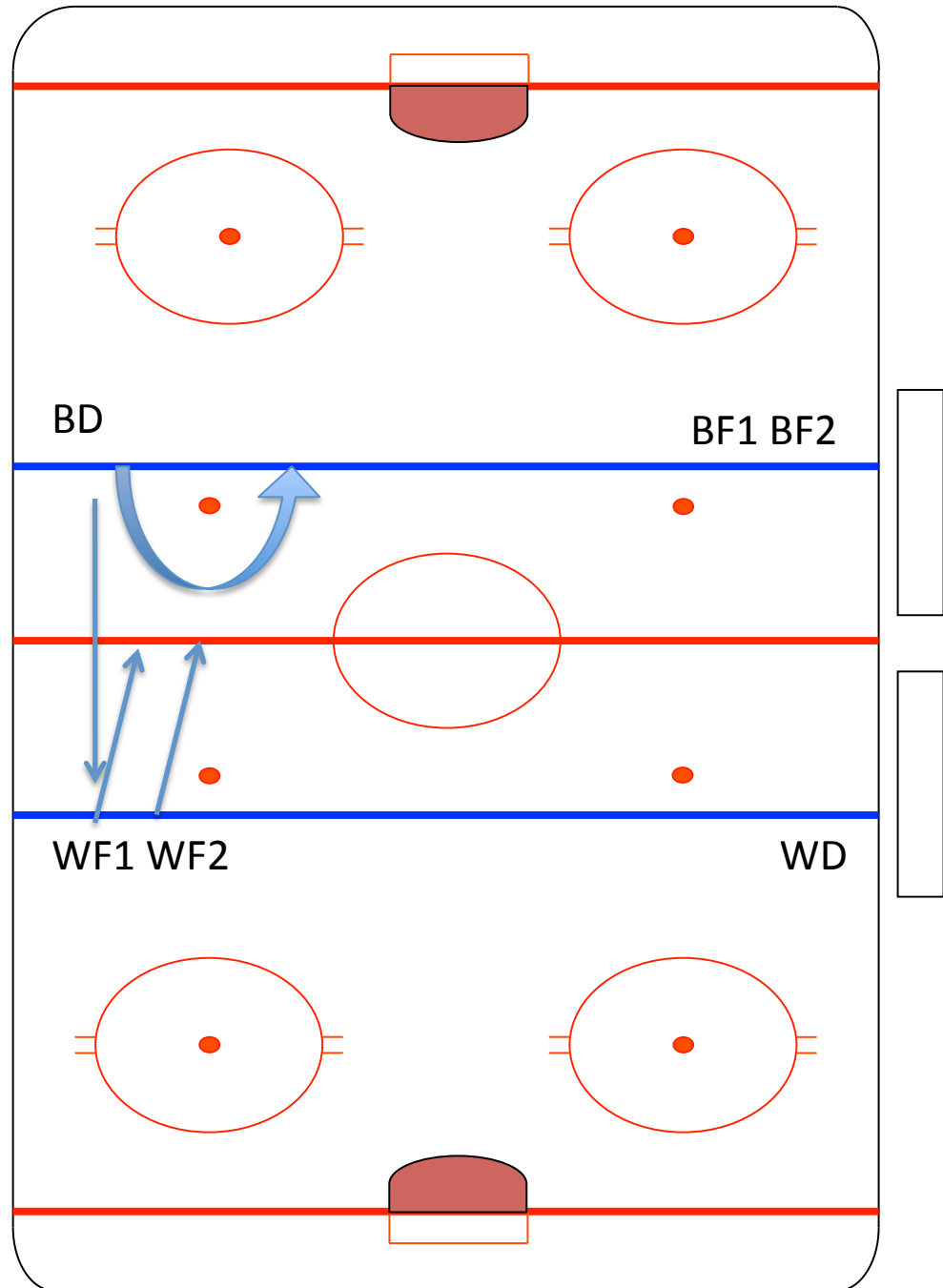
On the whistle, WD  
passes to BF1 and BF2

BF1 and BF2 attack WD  
2 v 1

BD jumps into the play  
to try to create a 3 on 1

WF 1 and WF2 back-  
check to make it a 3 v 3  
in the zone

Play until the whistle



**2 on 1 Continuous**  
**(2 on 1 to 3 on 3)**      *p2*

...the drill continues...

On that whistle, BD2  
passes to WF3 and  
WF4

WF3 and WF4 attack  
BD2 2 v 1

WD jumps into the  
play to try to create a  
3 v 1

BF1 and BF2 back-  
check to make it a 3 v  
3 in the zone...

HS rep 10-20 seconds

