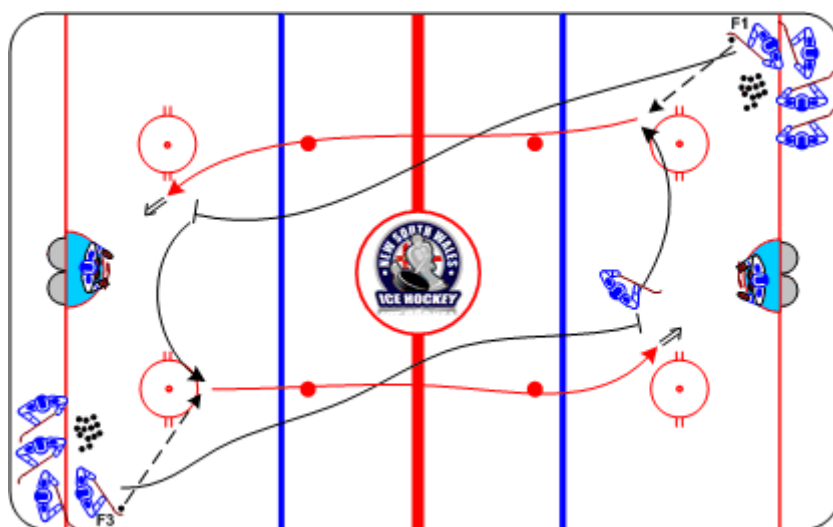




1-on-0 with Backchecker

Duration: 8 mins

- F1 passes to F2 who is stationary on the dot
- F2 executes a net drive with F1, backchecking
- F1 stops and sets up on the dot, receives a pass from F3
- F1 executes a net drive with F3 backchecking



Coaching Tips

- Keep feet moving
- No penalties
- Stop at dot

Execution Tips

- Begin one end only, then both ends together