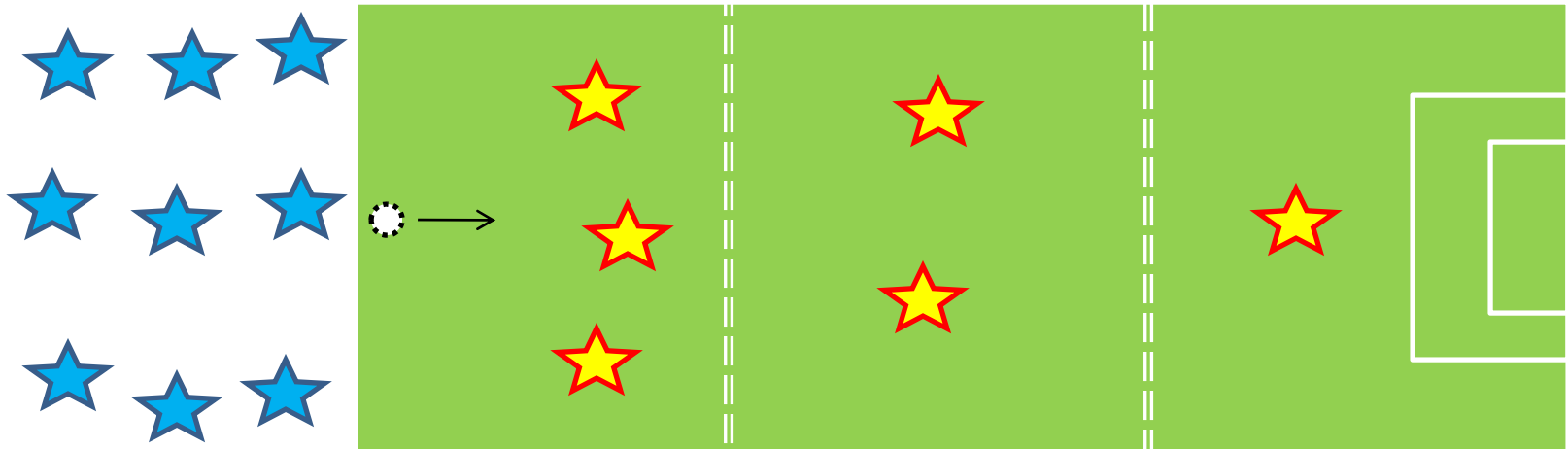


Building the Pyramids

Work on dribbling technique, attack the open space, work together as a team.



- Blue Attackers dribble through the three levels, defended by the Yellow Defenders.
- Defenders must stay in their zones and try to kick any ball out of bounds.
- Attackers work in groups of three.
- As soon as a Defender wins a ball or clears in, the next Attackers go.
- When an Attack team ahead of you in line moves to the next zone, you can also go.
- After beating the final Defender, the Attacker must shoot and score to get a point.