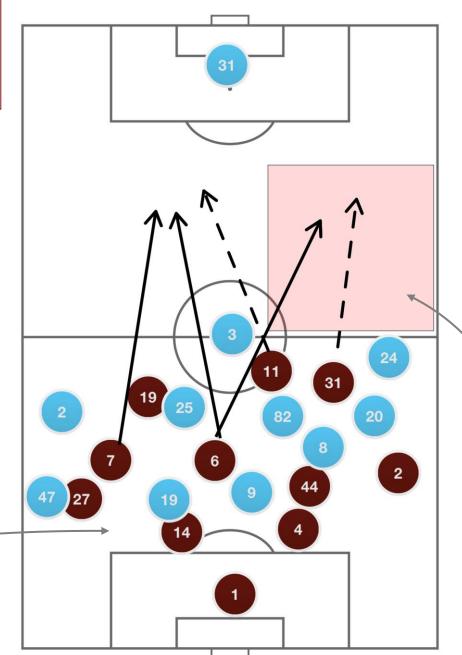


Game Plan Part 4: Transitions

When having to defend in a low block, can we use the ball effectively in the turnover and affect them by turning them round with balls in behind the defensive line?

Low Block



Defending the left side, scenario example:

JM to hold a position in the left half space, ball turned over, regain possession and shield. JM or DL to use one of two runners of MD, OW and\or LB. Pass should go across field, if possible, for maximum run-in potential.

