

Game 2

V touch

In this game team A attacks team B. They must get through the V without been touched, dropping the ball or passing the ball forward. After they get through the V they must sprint back to the start. The clock stops when the last player gets passed the start/finish line. The defenders can only move laterally and can touch with one hand. The drill is timed and the teams try to get a perfect run in the shortest time.

