Settled 4 v 4 Settled 4 v 4

Goal:

To simulate offensive and defensive plays with only 4 on 4.

Description:

- Use 2-1-1, 1-2-1, or 1-1-2.
- Set up defense and call (perimeter or crease).
- Use 3 or 2 poles.
 Offense 1st passes, 2nd passes or drives, 3rd drives.
- Defense on crease is ball side and inside (Offense seal defense if not!!!)
- Defense if ball topside and X man staying behind then cheat up (Steal real estate).

Equipment:

Several balls.

