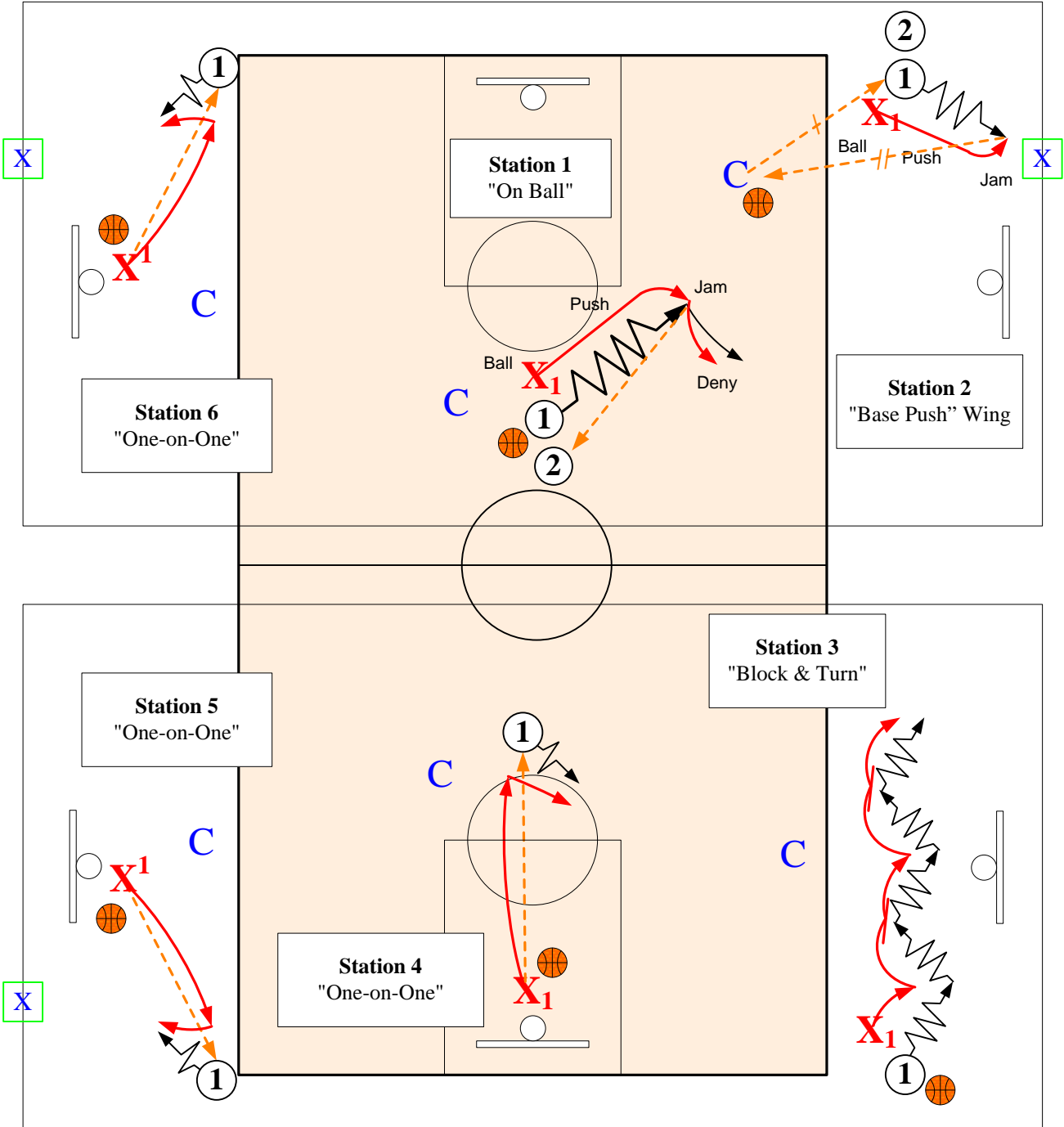


# Circuit Training - On Ball Defense

This six station circuit is designed to review and reinforce the proper footwork and techniques required to successfully attack a player with the ball. It is excellent for large group instruction and training.



Total On-Ball Defensive Fundamentals Review  
(One-on-One)