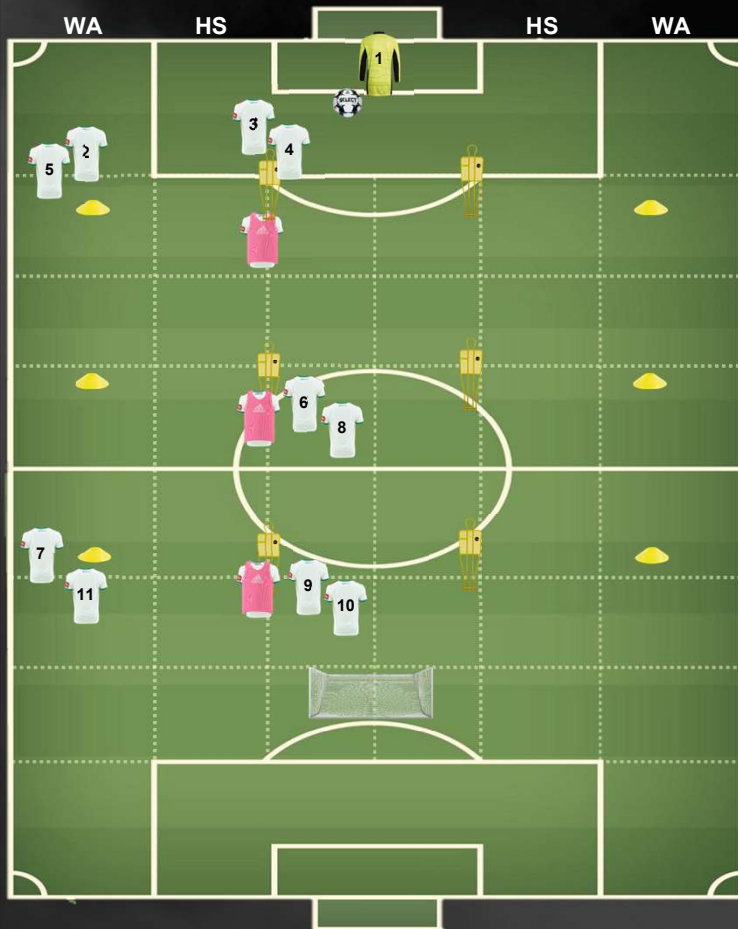
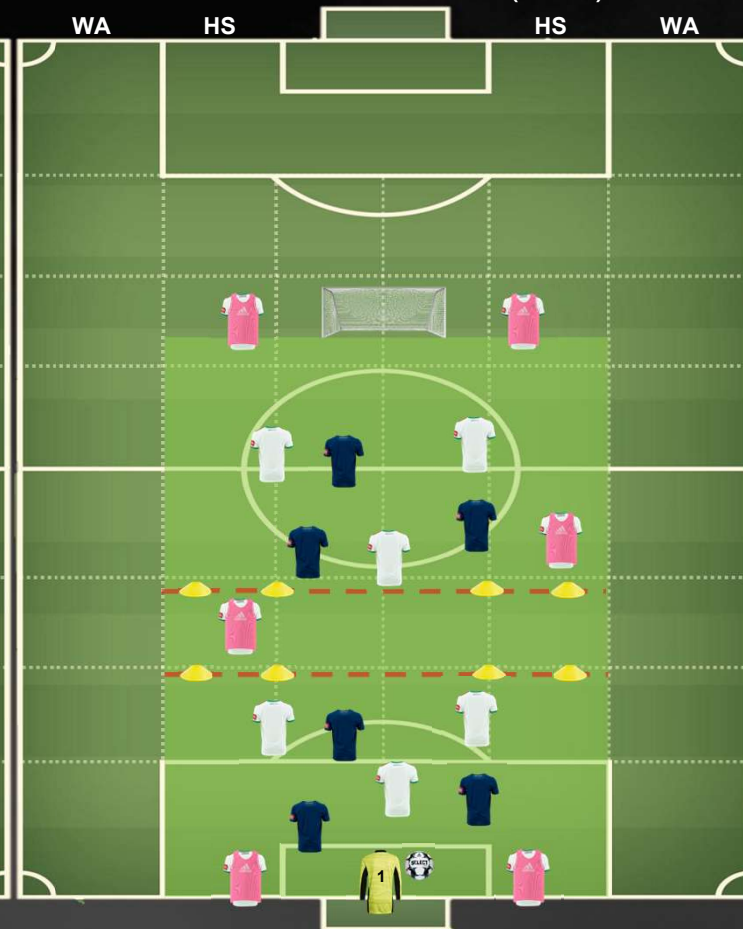


TRAINING PRINCIPLE  
FUNCTIONAL TECHNIQUE  
CONNECTIE & POCKETS



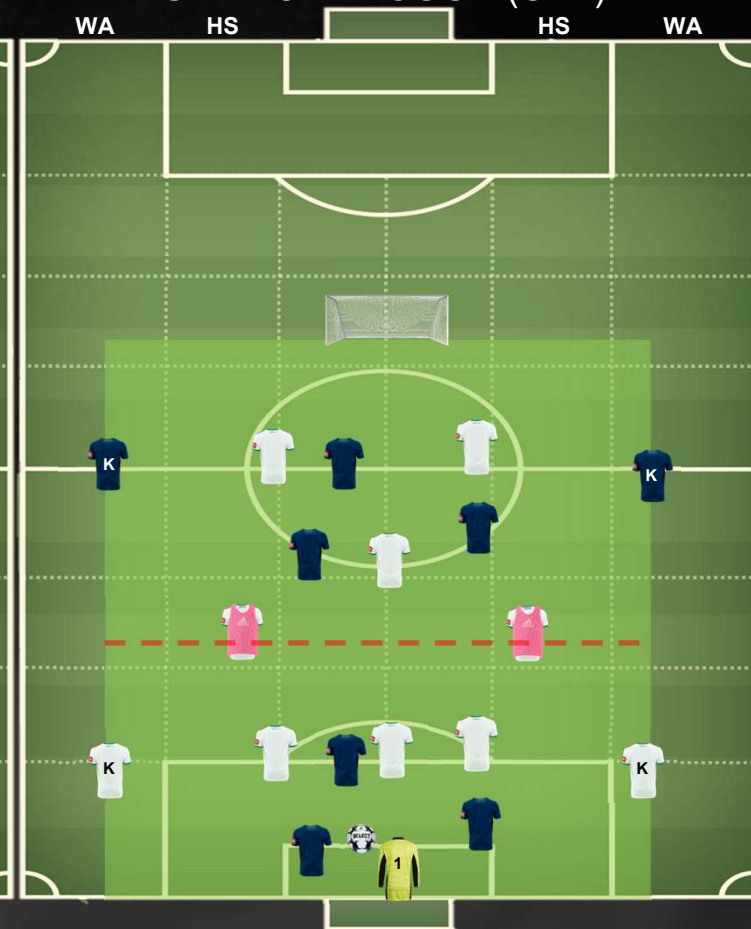
SNELHEID VAN UITVOERING  
KIJKGEDRAG  
KEUZES MAKEN  
SPEL LEZEN EN AANPASSEN  
2x 10' (L/R + RUIMTE/BEWEGING)

TRAINING PRINCIPLE  
POCKET PLAY  
UP BACK TROUGH (UBT)



3v3 IN 2 VAKKEN + 2 KAA TSERS + 2N  
N VAST IN VAK (POCKET) => UIT HET VAK  
N IN VAK = BESCHERMD => NIET BESCHERMD  
SCOREN VIA UBT  
3x 6' (ROTATIE)

TRAINING PRINCIPLE  
POCKET PLAY  
UP BACK TROUGH (UBT)



3v3 IN 2 VAKKEN + 2 KAA TSERS + 2N  
KAA TSRES ENKEL IN AANVALLEND VAK  
3x 6' (ROTATIE)

TRAINING PRINCIPLE  
POCKET PLAY  
UP BACK TROUGH (UBT)



**GAMES**  
K+8 (3-2-3) v 6 (3-1-2) => POCKETS + UBT  
K+8 (3-2-3) v 6 (2-2-2) => INSIDE / OUTSIDE

2x 8'

TRAINING PRINCIPLE  
POCKET PLAY  
UP BACK TROUGH (UBT)



**GAME**  
K+9 (4-2-3) v 7 (2-3-2) => POCKETS + UBT

8'

TRAINING PRINCIPLE



**GAME**  
K+9 (4-2-3) v 8 (3-2-3) => POCKETS + UBT

8'