

# Guard

**Objective** – Teach people to guard after a pass

GameFocusResetProgression

1. Red passes to teammate who receives with a postup
2. Having received the ball he goes on a run to try and score
3. Red now drops in as a guard to assist
4. Red to make sure he runs opposite to his teammate
5. Game plays out as 2v1

1. Run at angles
2. Draw the defender
3. LEFT FOOT PASSING

1. New sequence

1. Add more players
2. Time scale to score
3. 5 balls so no wastage

