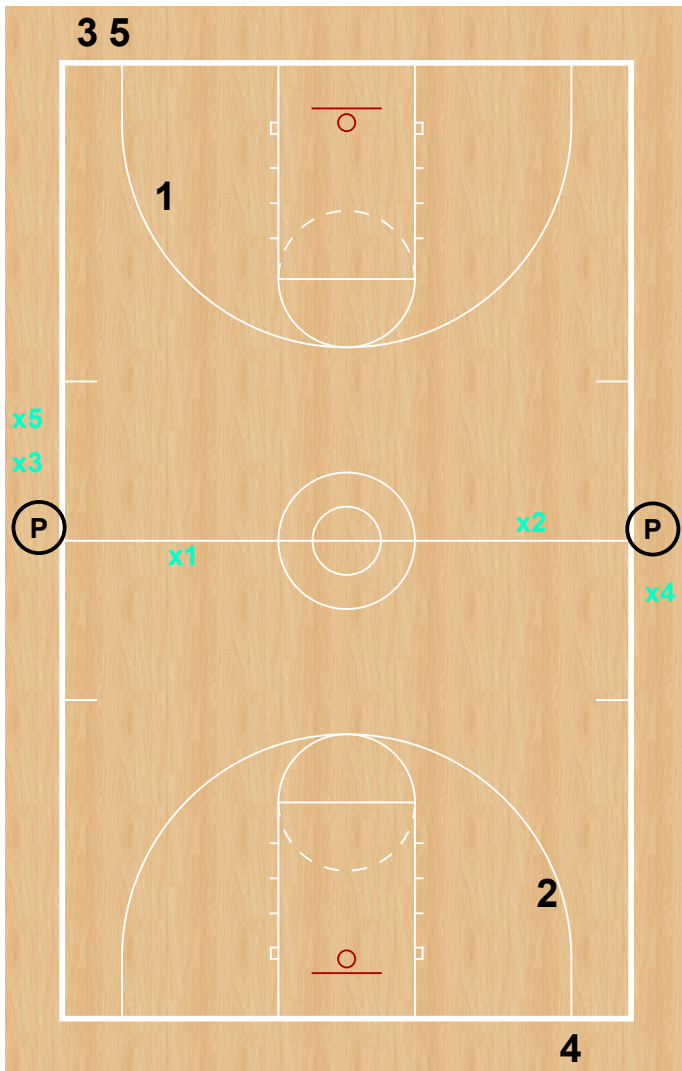
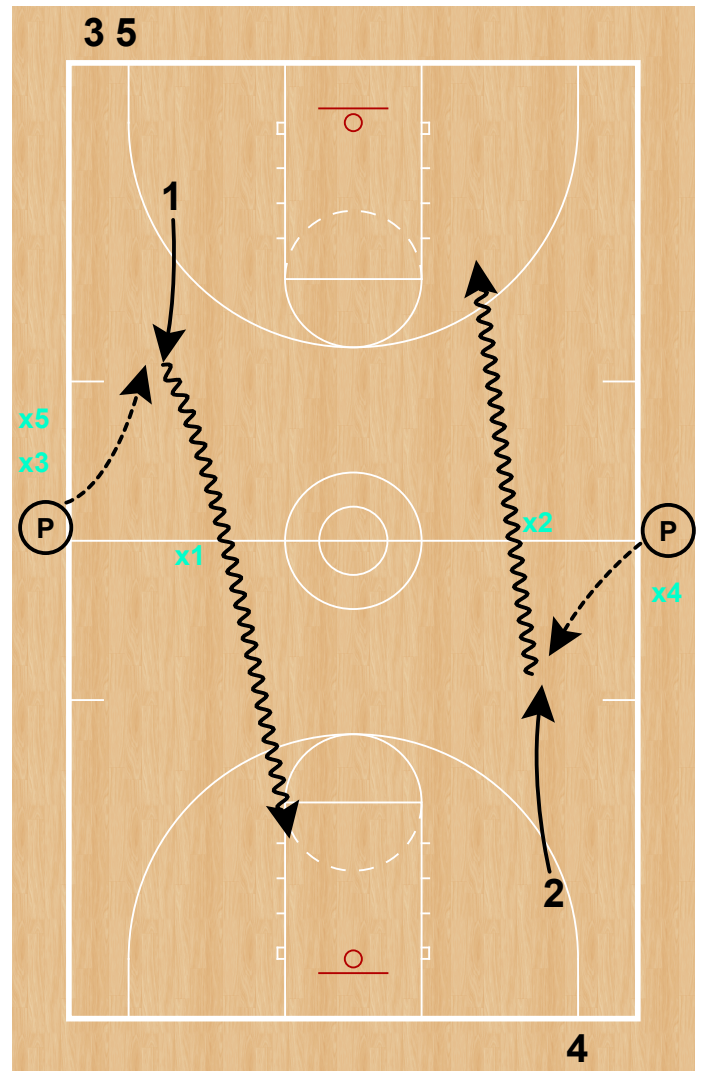


Blood 11 & 22



Blood 11 Set Up

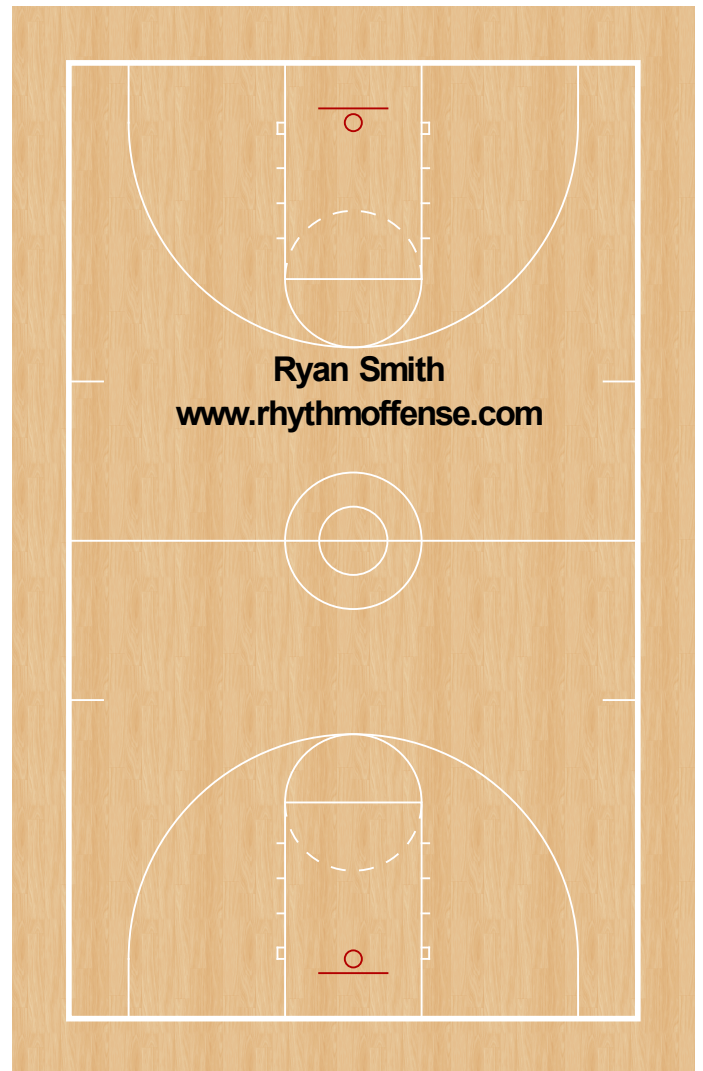
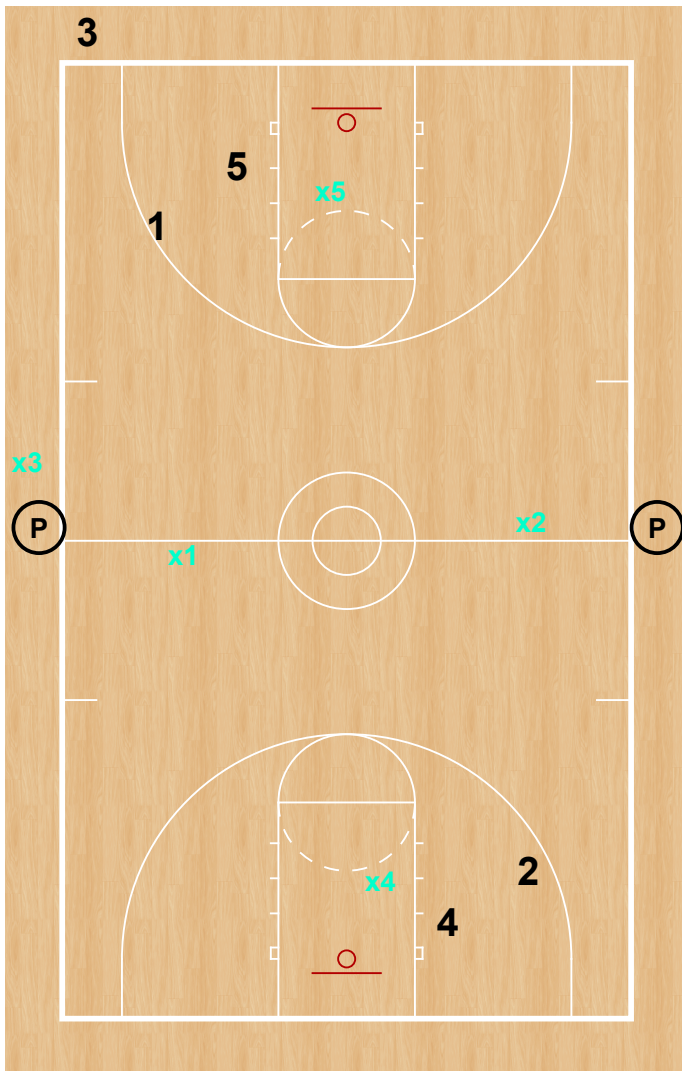
- Both Passers have a ball
- Offense starts closer to the baseline, Defender starts at HC
- The other players on offense are in a line around the baseline, the other defenders are in a line around HC



Basic Action

- The offensive players run towards the HC line
- The Coach makes a pass to the offensive player who attacks their defender with the dribble
- After the possession ends, the next group rotates on. The players who just went move to the opposite side of the floor. When they rotate sides they also rotate offense and defense positions

Blood 11 & 22



Blood 22 Set Up

- Adding an offensive player and a defender under each basket turns Blood 11 into Blood 22

- Players under each basket rotate positions after each possession