

# COMP RELEASE DRILL

**PURPOSE:** Use all releases taught in a competitive drill with teammates

**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- 4 Cones (5/5)
- Two Sides
- Coaches provide the enthusiasm
- As many reps as possible

**COACHING POINTS:**

1. Emphasize ATTACK, ATTACK
2. Get the shoulder thru
3. Finish +3
4. Coach it off the tape

