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Dimensions: place two cones 15 yards apart with a player in the middle of the two cones and a few players at either end. Place extra lanes nearby to keep waiting time to a minimum. One ball needed per area.

How to: the player on the starting cone passes the ball into the central player, before the ball is played the player at the start of the opposite line can move to pressure the player in the middle. Players pressuring are not trying to win the ball but are trying to apply good pressure behind the receiving player. The receiving player must try to use the pressure to hold the ball up and turn quickly using their body to shield the ball and move the ball quickly around the pressuring player before accelerating away and passing the ball to the other end. The pressuring player now assumes the role of receiver and the pattern continues.

Coaching Points: check your shoulders, know where the defender is coming from, if they are approaching from one side you might be able to roll the player by turning away from them, using your body as a shield to protect the ball and taking the ball into the space. Use your body as a block between player and ball, be strong in the situation as in a game you may be forced to hold the ball up while your team mates join you in attack. If you feel the pressure try and roll quickly into space and turn the defender, accelerate into new space quickly.



**COACHES**

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