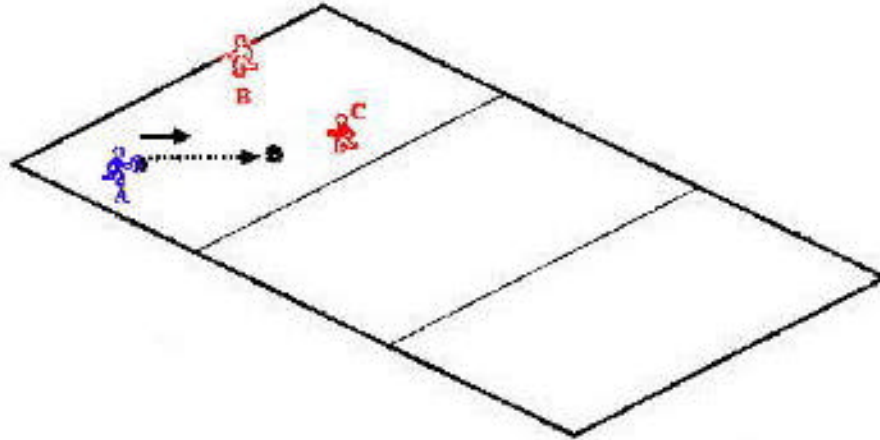


Defensive Pressure

Warm Up 5 - 10 minutes. Activity level - Mild ramping up. Space: General. 1 - 2 Players per group.



The Game

Groups of three, one ball per group. Player **A** rolls the ball (receiving ground balls) or tosses the ball (receiving air balls) to either player **B** or player **C**. In this example, player **C** must control the ball and get a completed pass to player **B**. While this is occurring, player **A** immediately challenges player **C** and tries to win the ball back. After successful pass, player **C** would then pick up the ball and repeat the activity as the defender. The defender is awarded a point for winning the ball back and gets to throw again.

Coaching Points

- Encourage defender to pressure quickly after the toss. Defender needs to work hard at closing down the space while the ball is in flight.
- Receiving player's first touch should be away from the pressuring defender.
- Player receiving the pass should move to create a clear passing lane.
- Do not allow the receiving player to one touch the incoming toss. This is a receiving drill, as well as a drill that serves as a good warm-up for practices dealing with defenders.

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