Post up & roll out

Objective — teach receivers to move instantly on receipt

GameFocusResetProgression

1. Player passes through the cones to the other player
2. Recipient rolls left or right around the cone and passes back to the other player
3. Sequence starts again

Variations

1. Go left
2. Go Right
3. Drag back

1. First touch next action
2. One touch to go "somewhere"
3. NO stopping then moving

None required move through sequence

Progressions

- Add time limitation
- Each player gets 5 passes
- 2 touch
- Add another attacker to add pseudo pressure