Receive under pressure

Objective – Practice receiving under pressure back to goal, turn and shoot

GameFocusProgression

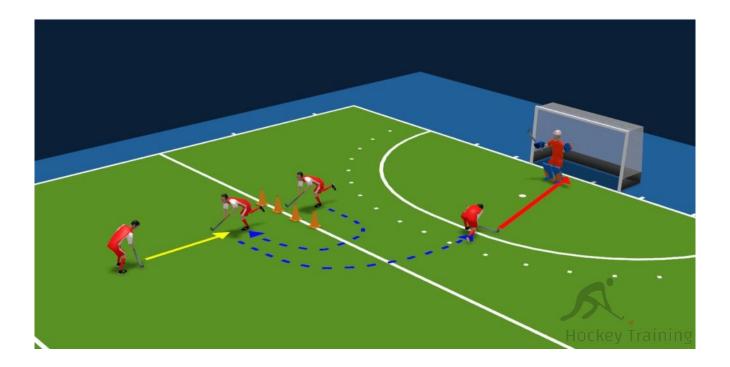
- Player at top of D behind cones (Cones represent a defender)
- 2. Player moves out from behind cones and receives ball
- 3. Player rolls out and attempts to score

Progressions

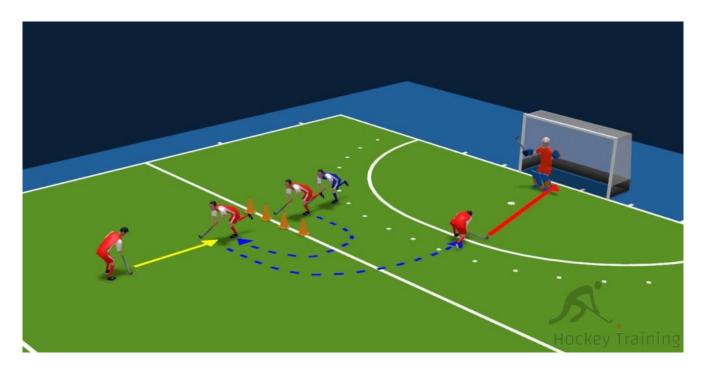
- 1. Add "soft" defender
- 2. Add hard defender
- 3. Player who passes the ball now becomes attacker so 2v1
- 1. Defend the ball
- 2. Roll to eliminate
- 3. Great circle route

See images

- 1. Different skills or stops
- 2. Distances between cones
- 3. One touch activity
- 4. Put defender in front



Progression 1 – add defender



Progression 2 – add another attacker so 2v1

