

Receive under pressure

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

Game Focus Progression

1. 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

