

Stickwork with Pressure:

Pressure Shuttles- in tight catching with defender on back (transition cut to ball)

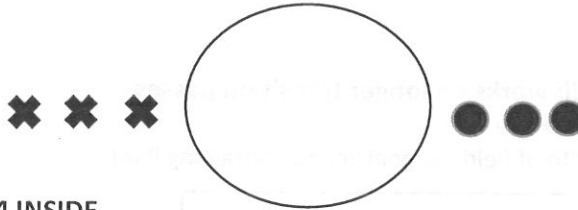
Set-up: 2 lines across from each other, one line is attack and has balls, the other line is defense
First person in attack shuttle line, runs to opposite side, touches a cones, pivots back to receive ball from the 2nd attacker in shuttle line. The first person in the defense line is live once attacker touches cone. Defender is trying to check the ball on the catch. Attacker returns to attack line and defender returns to defense line
Switch directions halfway



Man Up Draw Circle: Add in Drill 2v1, 3v2, 4v3, 5 v 4

Set-up divide team into 2 group (blue vs white- line up on opposite sides of circle

- X's- start with 2 attacker inside circle
- O's start with 1 defender
- If X gets 3 passes, add another attacker and O's add another defender
- Point if you get to a 5v4



VARIATION: 3V3 OR 4V4 INSIDE

- start with a GB, whoever gains possession is on attack, other team on defense
- 3 or 4 passes, get a point

Around the 8- perimeter passing

Set-up: 6-7 around the perimeter- attack and defense- working on popping in/out with pressure
-work on protecting, getting hands free
Defense: working on getting out while ball is in air, breaking down feet, making contact or containing

