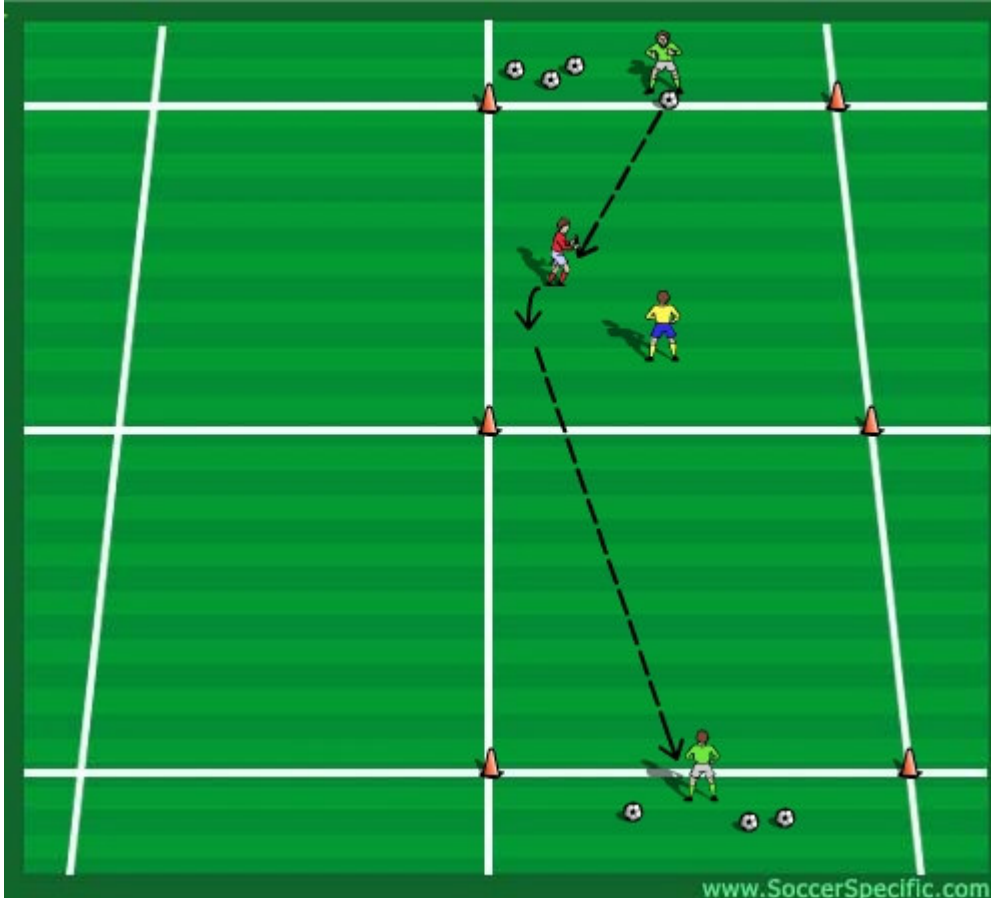


Turning Away From Pressure

Emphasis: Passing, receiving, turning.



Set-up:

Create a 20x10 yard grid with a neutral player at each end of the grid with a supply of balls. Two opposing players start in the grid. Repeat set-up to accommodate all players on the team.

Objective:

The neutral player finds the closest player in the grid. That player must turn and play it to the other side's neutral player for a point to be awarded. That player remains on the offensive side until the defender wins the ball back, at which time the roles are reversed. The player can play the ball back to the neutral player but does not receive a point for it. Play for 1 minute before rotating in the neutral players. The object is to score as many points as possible by changing the point of attack.

Progression:

1. Two touch maximum.
2. Neutral players can drive balls back and forth as well.

Coaching Points:

- Play the way you face if the defender is tight.
- If the defender is loose, receive in a sideways-on position.