

# Passing N Receiving Under Pressure

## Purpose

### Intercept

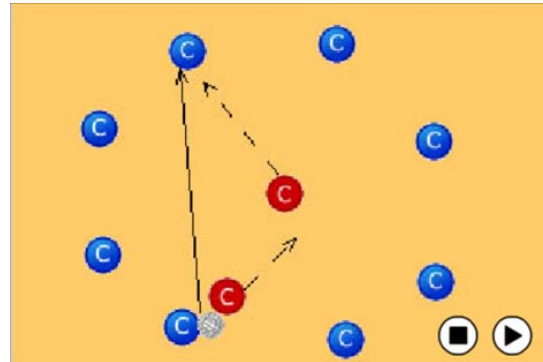
#### DESCRIPTION

5 - 8 players with a ball stand in a circle.

2 defenders in the middle trying to intercept the ball.

The players on the outside have to pass the ball to each other.

The nearest defender to the ball has to close down the passer, the other defender trying to intercept the pass.



#### COACHING POINTS

- one defender has to close down
- Player in possession has to delay pass to allow the defender to get close before passing on.
- Passers can not pass to players next to them.

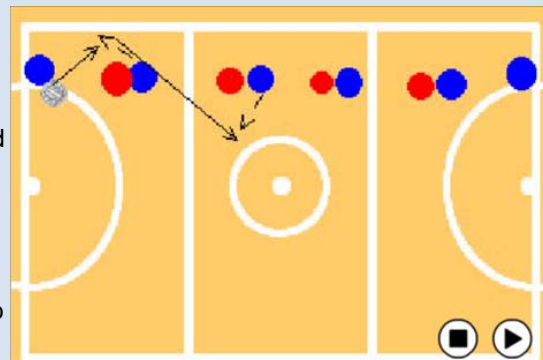
### Across the court

#### DESCRIPTION

8 players (4 defenders and 4 attackers) spread out across the court, with a static passer at either end of the court.

Player at one end starts by passing to the 1st attacking player.

That attacking player has to try and pass the ball to the 2nd attacking player, continuing this until the final attacking player passes the ball to the 2nd static player at the other end.



After which the player in the middle reverse rolls and the practice repeats in the opposite direction.

#### COACHING POINTS

Everytime the a team is successful they score a point.

### End Zone

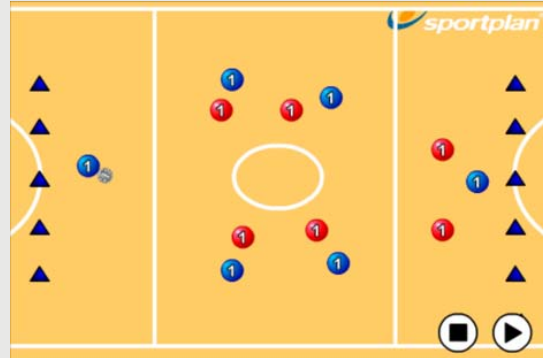
#### DESCRIPTION

create two end-zones either side of the middle 3rd on a court.

Devide the players into 2 equal teams.

one player from one of the teams starts with the ball in one of the end zones.

the team in possession has to play one player in the opposite end zone.



This players has to be marked by 2 defenders.

The rest of the players play in the centre creating a overload for the team in possession.

The aim of the game is for the team in possession to score as many points as possible before losing possession or within a time limited.

A point is scored with every pass and 5 points are score for every pass to theplayer in the end zone.

#### COACHING POINTS

Everytime the ball is passed into the zone the game continues but reverses into the other direction.

When the players get used to the game you can allow the defending team to decide how they defend, including if they play 2 defenders in the end zone.