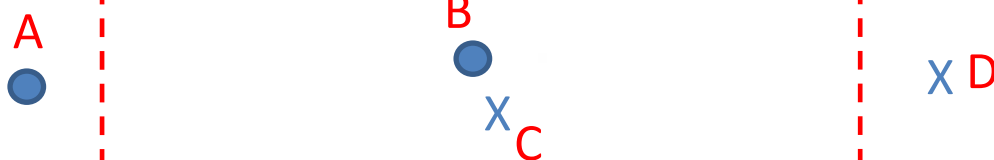




Receiving under pressure



Two players start in between the two end zones. Player A is trying to pass the ball to player B, who is being marked by player C. the aim is to receive the ball under pressure and pass the ball to player D.

After a pause to reset, the exercise is repeated in reverse. This time player D passes to player C, who is being marked by player B.

After two plays each way, swap the players in the middle of the exercise. Leading and closing down with intensity should be hard work.

Coaching points;

- Receive the ball on the move and carry to create space to play forward or eliminate.
- Avoid carrying the ball or passing the ball through the defender.
- Lead at pace, but avoid jerky leads that are difficult for the passer to read.
- Defender mark tightly.

Progression; 2 v 2.

Finish the session with a simple 1 v 1. 4+ players per team...The circles must carry from one end zone to the other whilst one defender (starting in the opposite end zone) tries to stop them. If a tackle is made then the Xs attack one at a time. This should encourage the attackers to carry hard into space. Play for five minutes and score every successful ball.