

SESSION PLAN

RECEIVING UNDER PRESSURE



BALL:



TEAM 1:



TEAM 2:



TEAM 3:



OBJECTIVES

Players will develop their understanding of:

- how to use different parts of the body when receiving under pressure
- the importance of scanning before receiving
- how to move, protect and shield the ball under pressure.

ORGANISATION

- Set up a rectangular area appropriate in size for your players (there'll be six players per area, so set up as many as you need)
- Evenly split each group of six into three teams – we've got two yellows, two blues and two reds
- The yellows (end players) start on the outside of the area, one at each end
- The blues and reds start inside the area – they'll be playing a 2v2

HOW TO PLAY

- The aim of the game is to receive the ball and work it from one end player to the other as many times as possible
- One of the end players starts with the ball and plays it into either the blues or the reds
- The player that receives it must work with their partner to get the ball to the other end player – who's on the opposite side of the area
- If successful, that team receive the ball back and look to find the other end player, and so on
- The team without the ball are defending – they're trying to prevent the other team from playing into the end players
- If the defending team win the ball, the roles switch