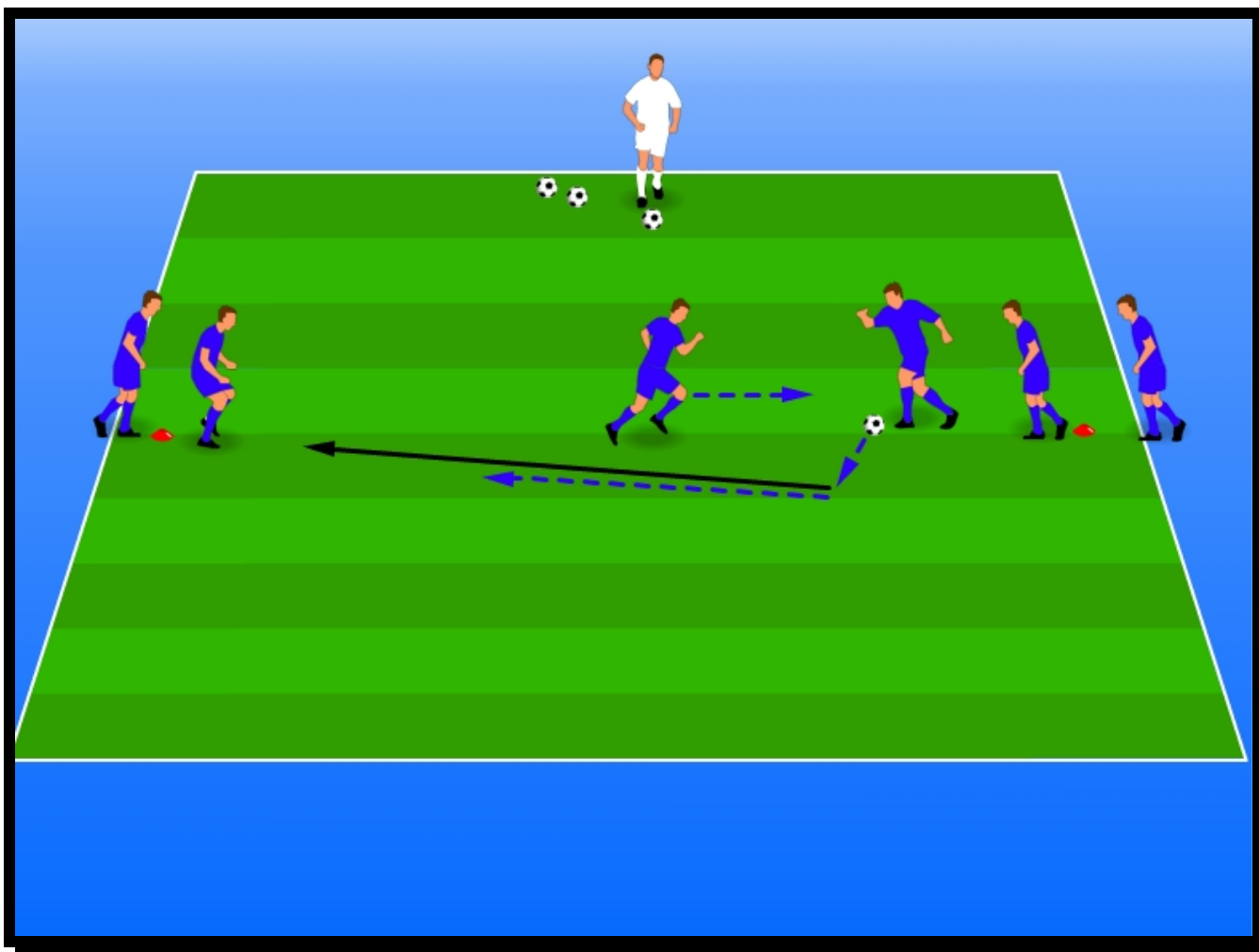


## Feed and Pressure

## Fundamental

## Dribbling



**Set Up:** There are 6-8 players set up on the small grid, with lines starting at the cones.

**Procedure:** The players pass and follow their own pass across the grid, putting pressure on the next attacker as he receives. Play continues back and forth across the grid in a shuttle fashion, and the amount of defensive pressure put on by the defender is determined by the coach (see Progressions).

### Teaching Topics:

- 1 Receiving.
- 2 Dribbling moves.
- 3 Attacking 1 v 1.

### Progressions:

- 1 The defender charges straight in.
- 2 The defender sticks a foot in.

### Coaching Points:

- 1 Take your first touch off to the side, not straight ahead.
- 2 When the defender over commits, touch the ball past him as he charges in.
- 3 Use feinting moves behind the ball in order to slow down the defender's run.