Activity Title: Pressure Cover 2

Activity Name: Active Pressure (Implied Cover)

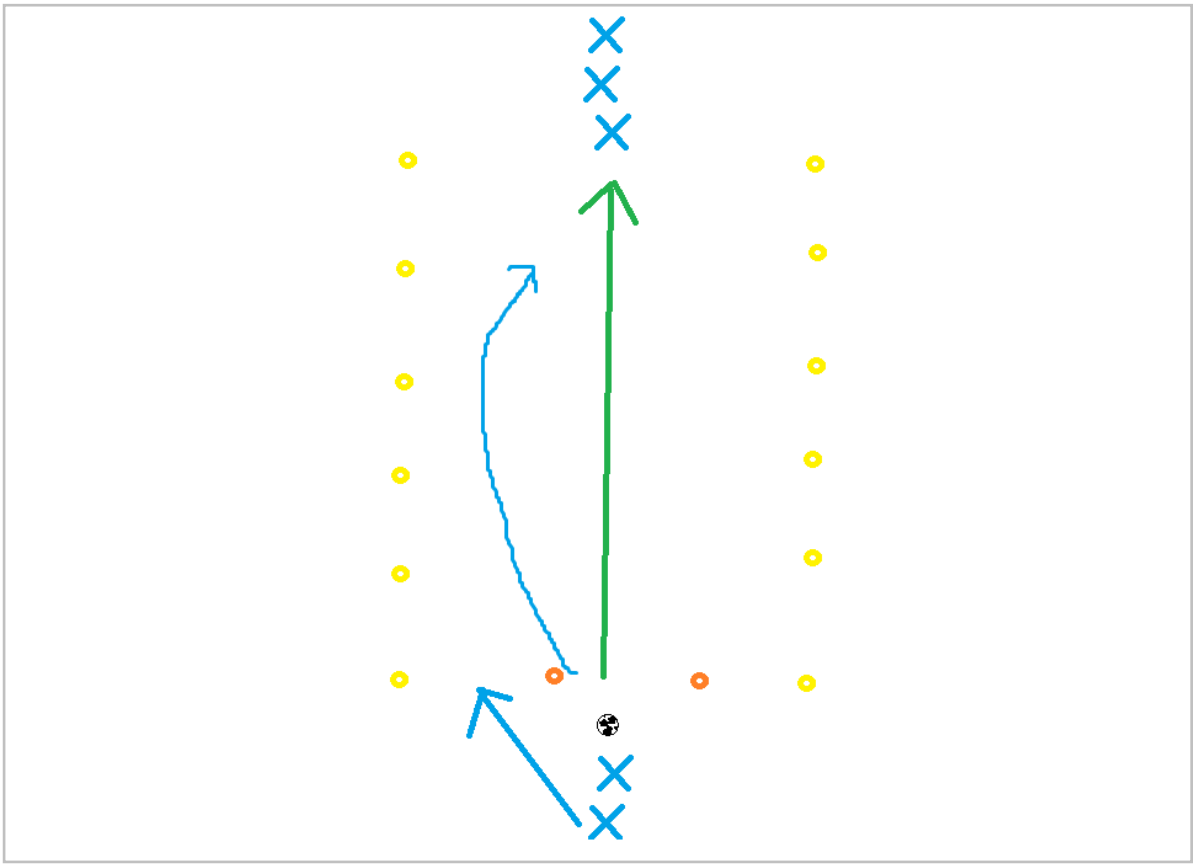
Activity Setup: Create a Channel 10 yards long by 6 yards wide at one end of the grid place cones 2 yards from each side. Have an odd number of players divided on both ends of the channel. No more than 5 preferred.

A ball starts at the end with the gates.

Activity Description: Player with the ball passes the ball to the opposite player. As soon as the ball is passed the next player in line behind the passer runs to the left or right gate to communicate to the player to either push to them or push away. The player receiving the ball attempts to dribble through the center gate. The defender attempts to either tackle the ball away or push the player through the gate called by the cover defender.

Emphasis:

Quick movement and communication

Curling the run and breaking down quick

Cue Words: