Activity Title: Pressure Cover 1

Activity Name: Implied Pressure build-up (Implied Cover)

Activity Setup: Create Triangles for every 5 players with sides 6-8 yards, Can be done with as little as three. One player starts at the top cone with lines at the bottom two cones. Players at the beginning of each line has a ball.

Activity Description: Player at the front of one of the lines passes the ball to the top player. That player then dribbles the ball down the line back towards the cone played from. Player who passes the ball curls their run out to meet the player and shuffle back to the beginning cone tracking the player with the ball. Defender then steps hard to the top cone. Repeat in other direction.

Implied cover, Player at the front of each line waiting should be communicating either to push the player away from them or bring the player to them.

All players should be yelling step when defender sprints to top cone.

Emphasis:

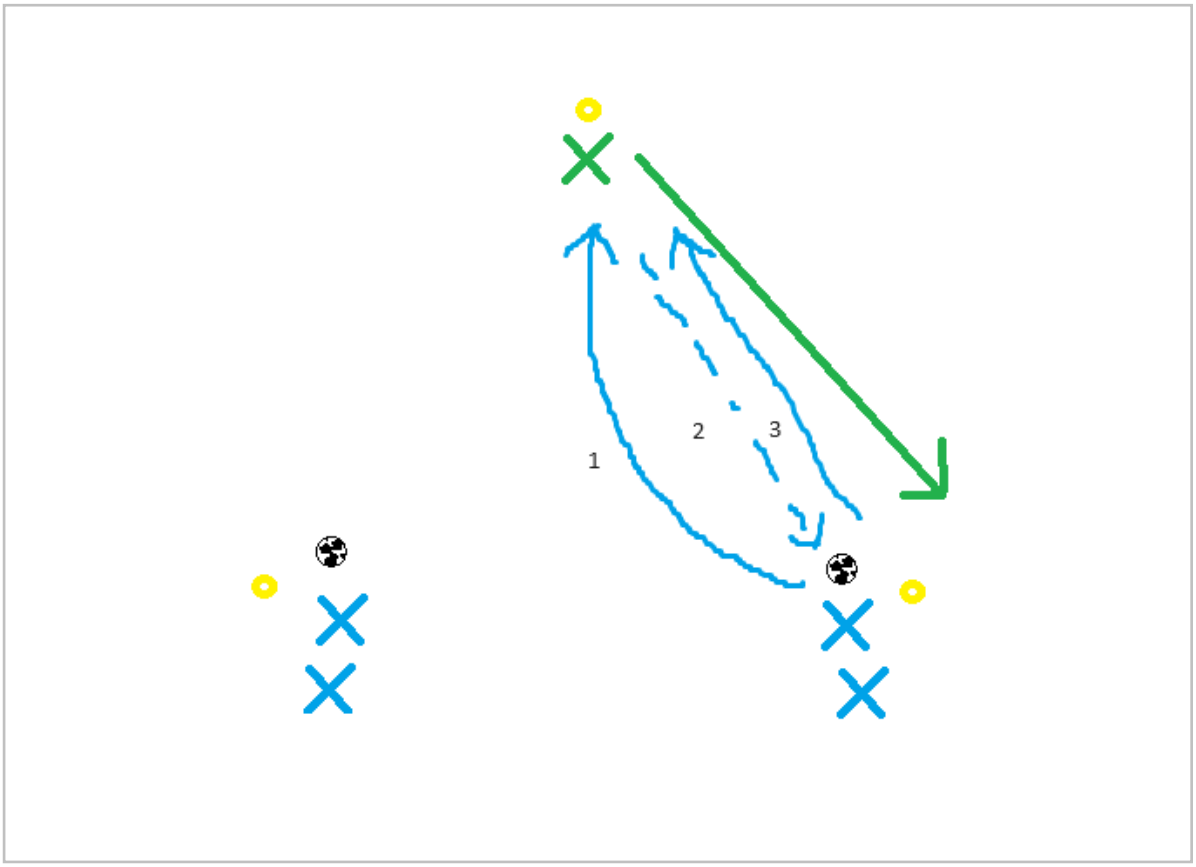
Break down runs

Proper footwork, and stance when defending

Cover communication

Cue Words:

Get low

Break it down

Step!