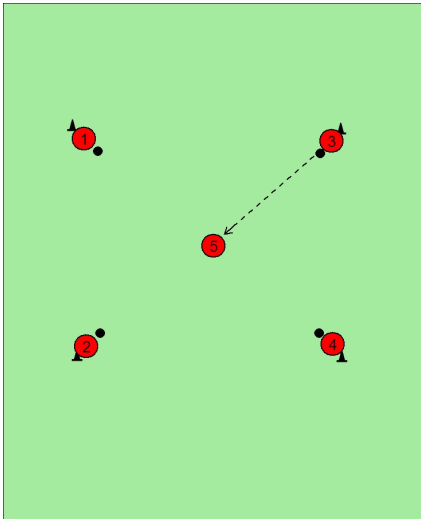




Pressure point

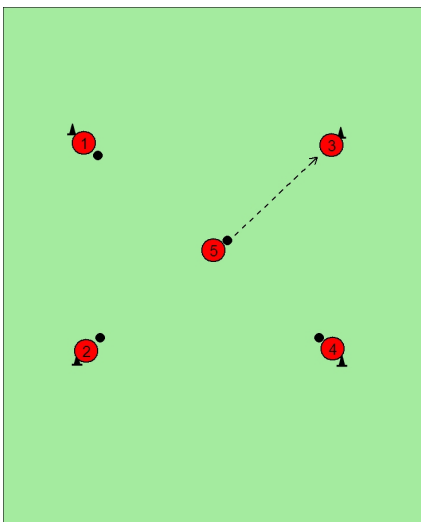


How it works

Numbered players stand at each corner with a ball, one of them acting as the caller.

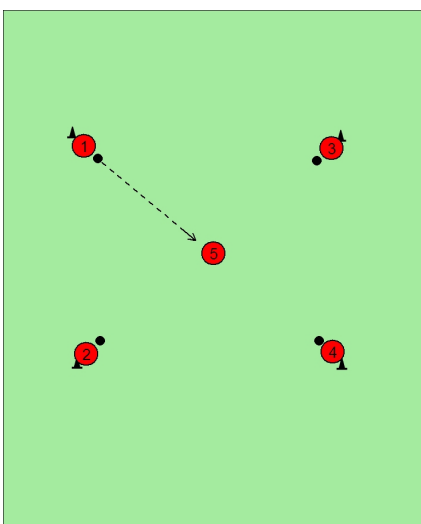
The caller says a random number (Player 3 in this diagram) and Player 5 must quickly turn to face them.

Player 3 then passes the ball to Player 5 in the middle.



Player 5 then passes back to Player 3.

As soon as the ball has been passed the caller says another number and Player 5 has to turn to face them.



Player 1 has been called so the pass is made to the middle.

Player 5 returns the pass and then turns towards the next player called.

Speed up the calls to offer more of a challenge and then change roles and continue in the same sequence with a new caller and a different player at the 'pressure point.'

Possible changes

Players pick the ball up and vary the feeds for chest/knee control and a pass back or for a header.

First touch passing only.

The player in the middle has a ball and feeds to the outside players after calling their number. Then do it without calling a number to add an extra

challenge.