



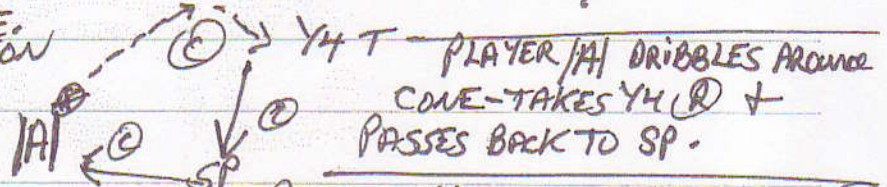
PRACTICE #28 ESCAPE MOVES, SHIELDING, USING THE BODY

WARM-UP: THE CONVEYOR LINE → DYNAMIC
 DRIBBLE AS A GROUP AROUND TWO STRETCH

ONE SET-UP, SERPENTINE & REVERSE.
 2 PLAYERS PER STATION

EXERCISE #1: 3 CONE SET

1/4 TURN + DRIBBLE + TURN



WORK IN PAIRS WITH 3 CONES PER PAIR. REVERSE DIRECTION: 1/4 TURN. PLAYERS CHANGE PLACES.

PROGRESSION ON EXERCISE #2: ADD A DEFENDER ON THE PLAYER'S BACK.

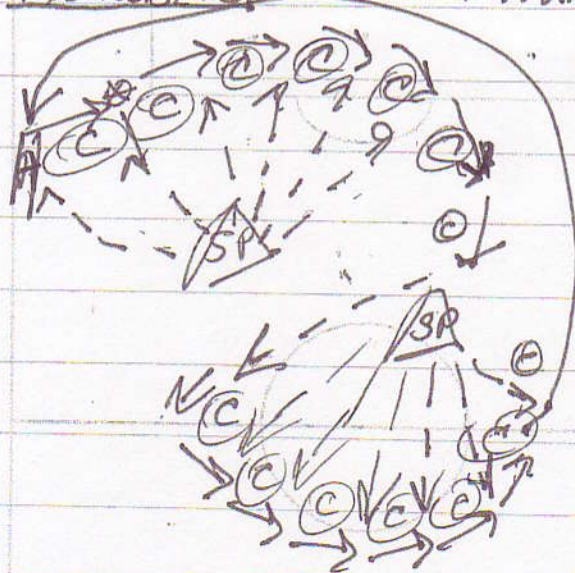
[CP] - SHIELDING W/ BACK TO PLAYER. [CP] PULL-REVERSE TOUCH + ROLL OUT.

PROGRESSION ON EXERCISE #3: TRAILING OR NON-CONTACT DEFENDER BEHIND (A)

EXERCISE #2: TAKE A DIRECTION

EXERCISE #3: DEALING WITH NUMBERS

- 4 CONES - 2 YDS APART EACH
 - COACH SERVES TO PLAYER IN CONES
-



[CP]: USE OF INSTEP + D INSTEP TO GO R AND R INSTEP TO GO L

COACH FIRST TOUCH TO MOVE ON AN ANGLE TO CONE.

COACH PLANT FOOT + MOVE OFF THE LINE TO TAKE BALL TO THE SIDE AND BETWEEN THE CONES.

[CP]: USE OF CORRECT PLANT FOOT -

- USE OF OUTSIDE OF FOOT PUSH
- USE OF "SQUARE ON" POSTURE
- OPEN UP THE ANGLE OF PLAY-WIDE TOUCH.

- MOVING THE BALL OFF LINE (A) RETURNS SERVED BALLS FROM SP FROM BETWEEN EACH CONE
- GET THE CORRECT ANGLE OF MOVEMENT NEEDED TO MOVE AROUND EACH CONE (PLAYER)
- GO TO NEXT SET OF CONES W/ SECOND SP AND DO ANGLES FROM OTHER SHOULDER
- 4 PLAYERS IN STATION