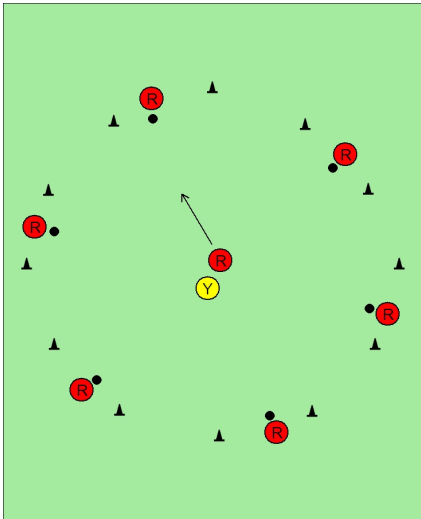




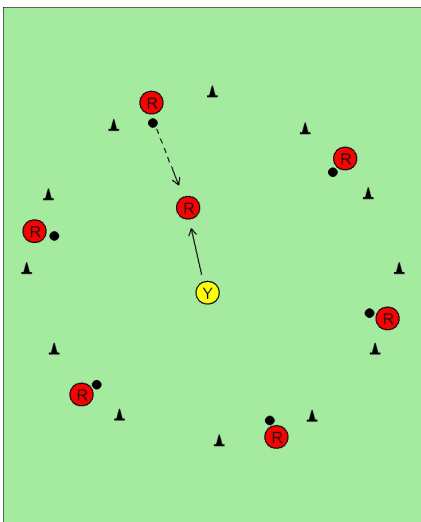
Hold up



How it works

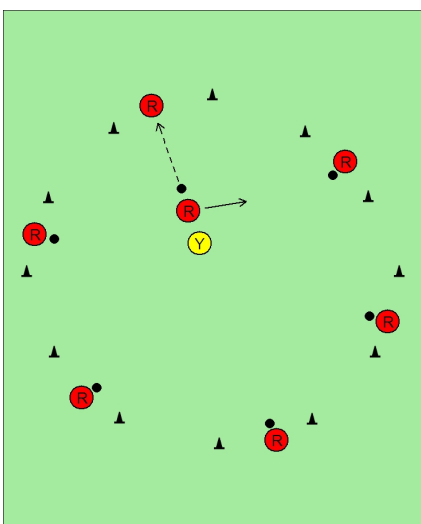
Players stand evenly spaced around the circle.

The red player in the centre of the circle starts by making a move towards another red player on the outside of the circle.



The yellow defender stays close to the red player to apply pressure.

The red player receives a pass from the player on the outside of the circle.



The red player passes the ball back to the outside and then moves quickly away to repeat this sequence with another player on the outside of the circle.

The yellow player can be a passive defender at first (just applying pressure) and then can become more active (try to win the ball) dependent on ability.

Possible changes

Half the players on the outside of the circle have a ball. This time the red player in the middle has to receive a pass, hold up the ball, whilst holding off the defender, and pass to a different player on the outside of the circle who doesn't already have a ball.