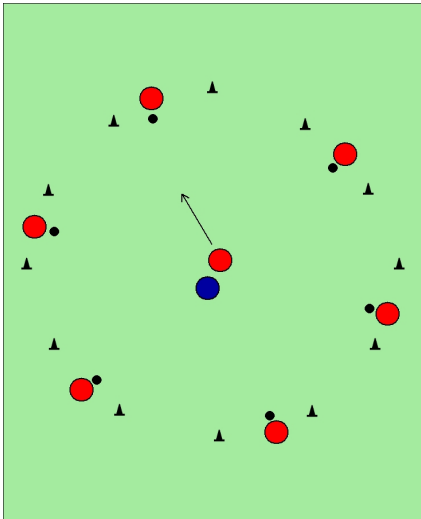




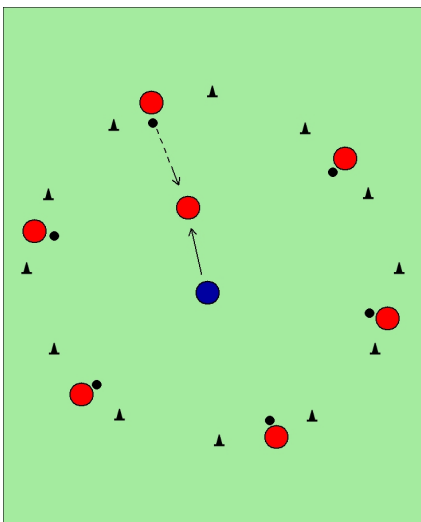
**Hold up**



How it works

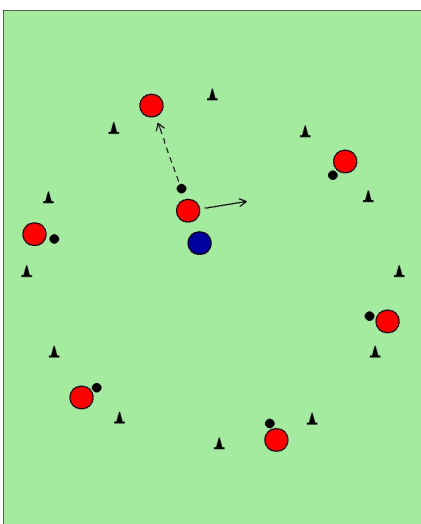
Players stand evenly spaced around the circle.

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



Blue defender stays close to red player to apply pressure.

Red player receives pass from the outside of the circle.

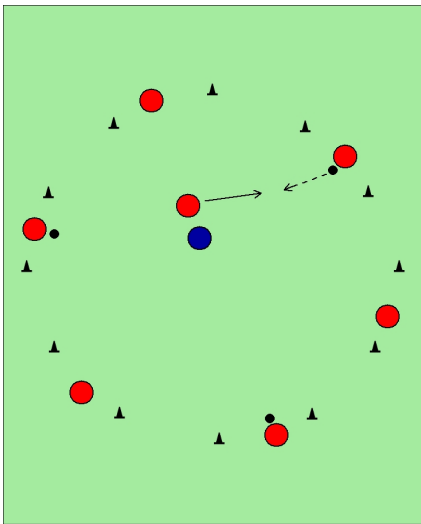


Red player passes the ball back to the outside and then moves quickly away to repeat this sequence with another player on the outside of the circle.

Blue player can be a passive defender at first (just applying pressure) or can become active (try to win the ball) dependent on ability.



## Circle - passing



### 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.