

Shielding the ball

Pair the player up.

Each pair has 1 cone and 1 ball.

Spread the cones out 10 feet apart so groups don't run into each other.

The object of this drill is for player 1 to shield player 2 from getting the ball using their back. The players can move all the way around the cone. Also make sure player 1 doesn't stand too close to the cone because then player 2 can knock the ball off through player 1's legs. When player 2 knocks the ball off the cone they get a point. Have the player switch positions every minute.

