

## 55 FOUR CORNERS PRESSURE

**Purpose:** Control the ball in a hard ball-get situation.

### ORGANISATION

- ▶ 8 players per group.
- ▶ F rolls ball to player (X) in the square (R1).
- ▶ Opponents (white) run at X.
- ▶ X gains possession and then handballs to any other X's outside the square (Hb2).
- ▶ Rotate roles as desired.

### COACHING POINTS FOR THE "BALL-GET" PLAYER. PLAYER SHOULD

- a. Firstly, narrow concentration to the ball, seeing opponents just on the edge of vision.
- b. Secondly, then broaden concentration to find a receiver.
- c. For protection, put backside where your face should be.
- d. Stay low to protect the ball and to reduce the chance of a fumble (bend from the knees, not the hips).
- e. Two-touch control is often still suitable.
- f. Handball "on the up", i.e. handball from low down - by standing up quickly, player only becomes a bigger tackle target.

