

SHIELDING

OBJECTIVE: develops shielding techniques in limited space

EQUIPMENT NEEDED: one ball and four cones for every two players

SCALE: 10 yd x 10 yd. grid for each pair

NUMBER OF PLAYERS: multiples of two

SET-UP: grids are placed side by side

PROCEDURE:

1. One pair is located in each grid.
2. First player holds ball away from second player for 30 seconds.
3. Second player holds ball away from first player for 30 seconds.
4. Players rotate from grid to grid so that all players work against each other at least once.

VARIATION: Players may work in groups of three and rotate in a 2:1 ratio of work to rest in each grid.