



HANDS OVER PRESSURE

Net Set Go

ACTIVITY:

- ▶ Players to get into pairs and have one standing in front of the other holding a ball with their back to their partner
- ▶ To begin, one player throws the ball up in the air to themselves and turns to face their partner
- ▶ The other player must quickly jump back to achieve a three-foot distance from their partner
- ▶ The player with the ball then moves it around, with the defender following the ball with hand-over pressure



Legend

X PLAYERS