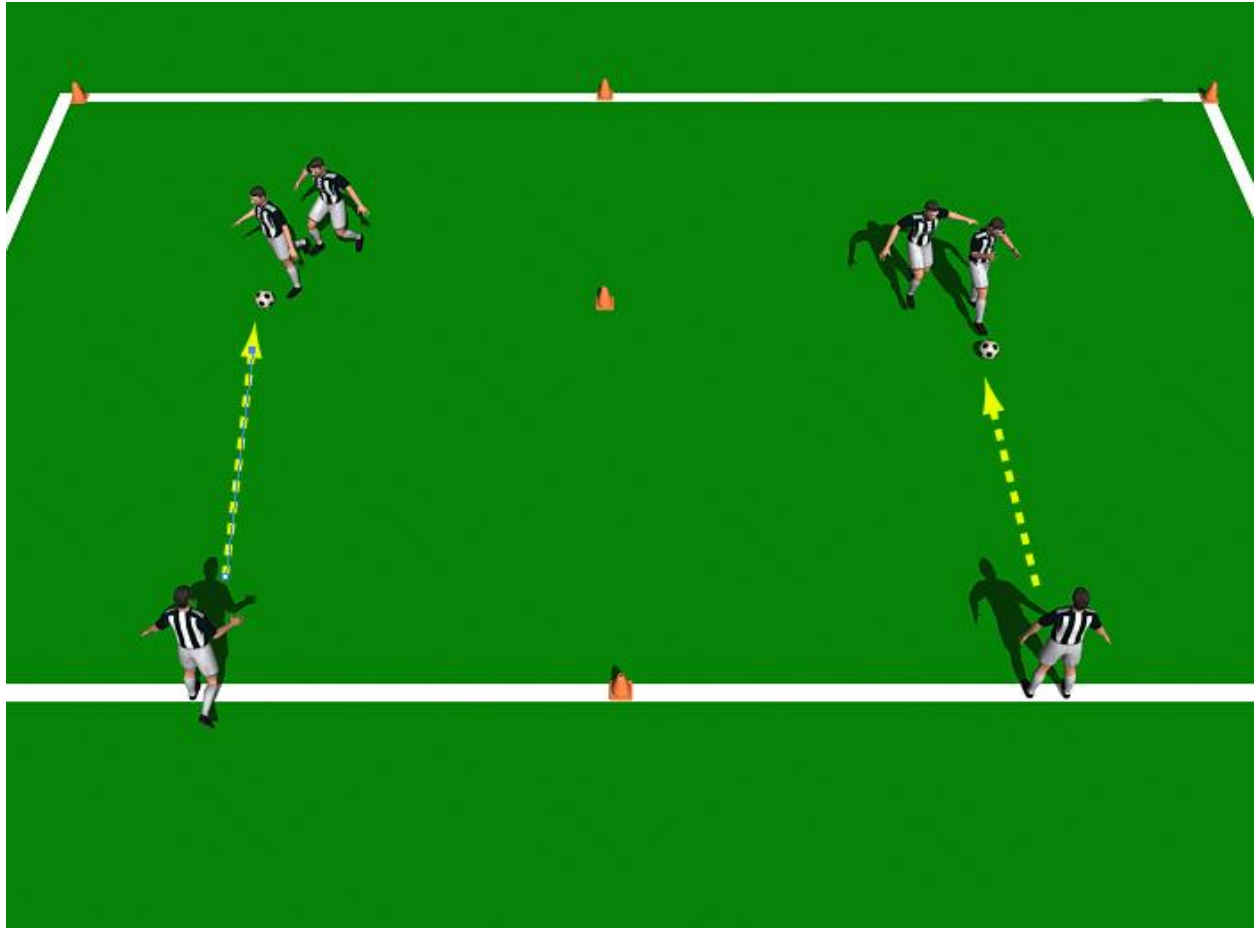


## Shielding the Ball Drill



### Exercise Objectives:

This drill is to help players develop the technique of “Shielding the Ball”.

### Coaching Pointers:

Place three players in each grid. One player is the server, one is the receiver and the third acts as the defender. On the coach’s command, the ball is played into the receiver. The receiver must attempt to should the ball and protect it from the defender. The defender is passive and only applies pressure on the player, he is not trying to win the ball. The receiver holds the ball for 30 seconds, then, on the coach’s whistle, he swaps grids and repeated the drill in the opposite grid. Rotate roles so every player becomes the receiver.

### Focus On:

Body position should be “side on” to keep the greatest distance between the ball and the defender.  
Lock your wrist to strengthen the upper body.  
Keep your arms locked and hold off the defender.