

ACTIVITY 2

PRESSURE SHOT

Make your choice before the noise starts.

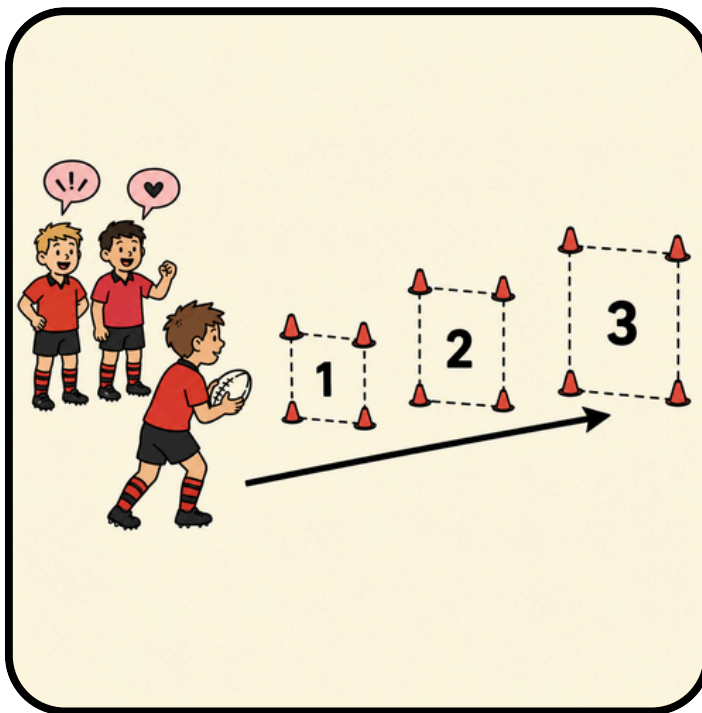
10-15 mins

WHAT YOU NEED

- Cones
- Balls
- Space for three targets

SET UP

- Create three target zones.
- Put the easiest target closest and the hardest furthest away.
- Score them 1, 2 and 3 points.



PLAY

1. One player takes a turn at a time.
2. In round one, teammates can talk before the player chooses their target.
3. In round two, the player must point to their target before anyone else speaks.
4. Hit the target to score the points.



EASIER

Move the targets closer and give players a practice attempt.



HARDER

Give players only three seconds to choose.

2 MINUTE HUDDLE

- Did other people's opinions affect anyone's choice?
- What is the difference between encouragement and pressure?

COACH LINK

Pressure does not always sound unfriendly. It can sound like banter, encouragement or "go on". Young people can still pause and decide what feels right for them.