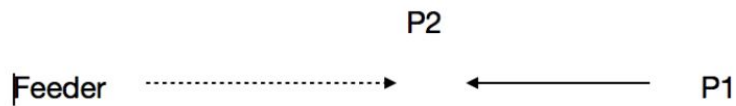


## GATHER, GIVE, BUMP



P1 - Player 1, P2 - Player 2 (has a bump bag), Feeder - Player with football

Feeder roles the ball to P1 who attacks the ball for a ground ball pick up  
P2 puts physical pressure with the bump bag while P1 picks up the ball

### Teaching Points

Split and Bend, Finger Nails Dirty, Clean Hands (for a clean pick up), Turn body to protect head and neck

### Variation

P2 starts behind P1 and puts token pressure from behind while P1 attacks ground ball

