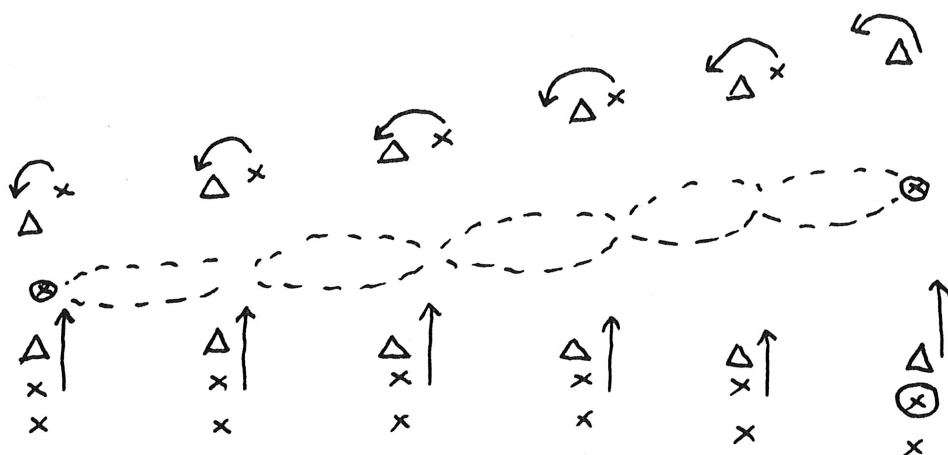


②

## PROGRESSION

- CATCH & PASS - 2



\* AS PER FIRST DRILL.

\* PLAYERS MUST PASS BACKWARDS TO PLAYER PRIOR TO REACHING THE FAR HAT

\* PLAYERS TURN AROUND AT THE TOP HAT & REPEAT ON THE WAY BACK TO NEXT GROUP.

\* PASS OCCURS IN THE MIDDLE

③

## PROGRESSION - CATCH & PASS OPPOSED RELAY



\* PLAYERS START AT THE SAME TIME & PASS ALONG THE LINE UNTIL IT REACHES THE END.

\* PLAYERS OPPOSED THEN RACE AROUND THE CIRCUIT WHILE THE REST OF THE TEAM SHUFFLE DOWN ONE HAT

\* PLAYER'S ON RETURN PASS TO 2nd HAT & THE PROCESS STARTS AGAIN

\* ONCE ALL PLAYER'S HAVE RAN THE RACE IS OVER WITH PLAYERS SEATED.

\* DEBRIEF ON PASSING UNDER PRESSURE & BALL CONTR

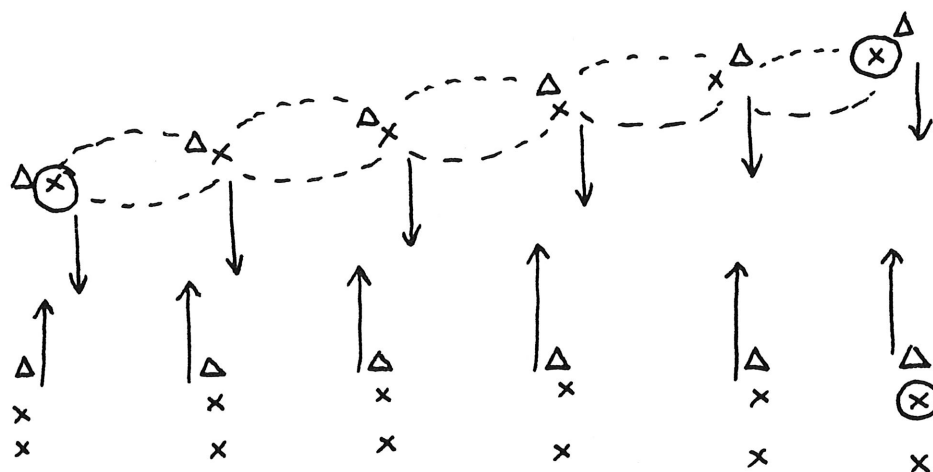
How do you know it has been successful? Well I would think the most obvious way would be that during your post training discussion you ask. Encourage the players to be open & honest because it will effect the way training is structured in the future. The other ways would be to look at the goals or points that you consider being important in a training session & asking yourself "did I achieve that?" Was the session demanding, challenge the player's, fun, was I flexible to the player's needs? The other aspect would be picking up on the feel of the player's throughout the session.

The main way of knowing whether or not you had a good session would be if you did not try to achieve what you think makes up a good session. If you as a coach do not put in the effort to achieve the standard you have set for your self, then how can you expect your players to strive for a better performance?

2. Using diagrams, design & create 3 of your own drills for one individual skill of your own choice. The drills should go from the simple to the complex. You should set the scene (eg drills that could be used for a junior representative mixed team). Use the format of the ATA Technical publications & be prepared to present them at the course (Time limit 20 min).

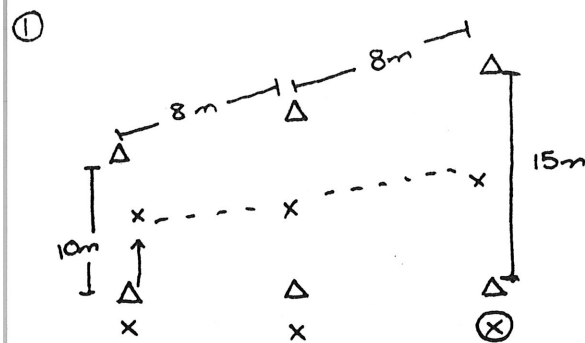
① THESE DRILLS ARE TO BE USED WITH JUNIORS FROM 8-12 YEARS OLD OR OF A BEGINNER STANDARD

INDIVIDUAL SKILL - CATCH & PASS

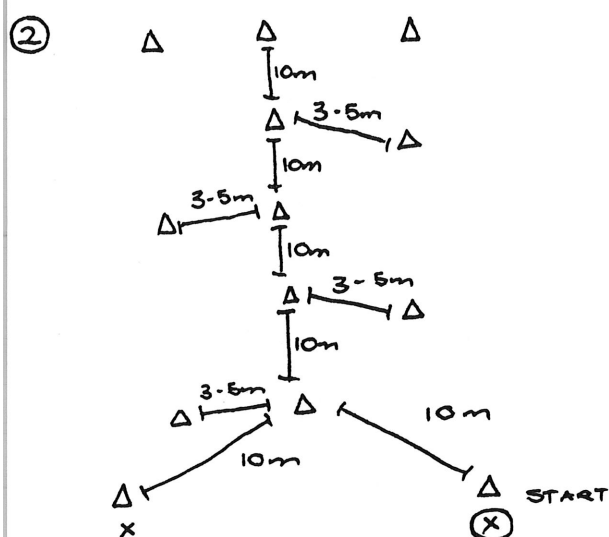


- \* PRINCIPLES OF LEARNING TO PASS BACKWARDS
- \* PLAYERS RUN FORWARD & STOP AT THE WITCHES HAT WHERE THE BALL IS PASSED ALONG THE LINE.
- \* WHEN LAST PLAYER RECEIVES THE BALL ALL PLAYERS TURN AROUND & PASS THE BALL BACK ALONG THE LINE SO THAT THE BALL GOES BACKWARD AGAIN.
- \* WHEN THE BALL REACHES THE ORIGINAL CARRIER THE GROUP RUNS BACK TO START & THE NEXT GROUP GOES

## BASIC SKILL WORK



- \* BALL STARTS ON THE RIGHT FOR RIGHT TO LEFT PASS TO PLAYERS RUNNING ONTO THE BALL.
- \* PLAYERS TURN AROUND TOP HATS WHICH ARE DIAGONALLY SET & RETURN TO HAND OFF TO THE NEXT GROUP WHO REPEAT
- \* COACH CONTINUALLY ADJUSTS & ADDS OR DELETES HATS PLAYERS REACT
- \* REST & CHANGE TO LEFT TO RIGHT PASS



- \* PLAYER IN POSSESSION & OPPOSITE RUN IN TOGETHER & PERFORM ROLLBALL AT THE MIDDLE HAT
- \* X PICKS UP BALL & GIVES QUICK RELEASE PASS TO (X) WHO SPLITS DIAGONALLY AROUND HAT
- \* (X) RECEIVES & DRIVES TO NEXT HAT
- \* REPEAT UNTIL LAST POSSESSION IS SWAPPED & PLAYERS CHANGE SIDES
- \* X THEN PERFORMS ROLLBALL & SPLIT

## PATTERNS & PLAYS

- ① \* RUN THROUGH RUCKING PATTERN 21 AS PER QUESTION 16 TEAMPLAY

- \* ALLOW QUESTIONS
- \* PRACTICE IN 2 GROUPS NO DEFENCE
- \* RUN THROUGH LIGHTLY OPPOSED
- \* RUCKING AT EACH OTHER ACTIVE USING 21 & EXSISTING PLAYS

## OPPOSED

- ① \* LINE ATTACK / LINE DEFENCE GAME ON FIELD 35m LONG & 50m WIDE. NORMAL RULES
- \* WATCH STYLE OF ATTACK & DEFENCE
  - \* REDUCE SIZE OF FIELD LENGTH WISE TO 25m

## WARM DOWN

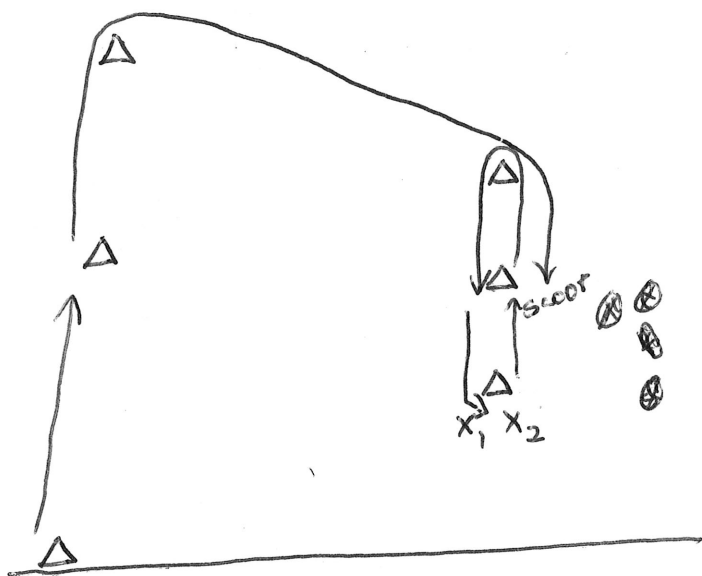
- LAP OF THE FIELD
- PNF STRETCHING (REFER PNF)
- OWN STRETCHES

## TEAM DISCUSSION & ADMINISTRATION

- COLLECT MONEY
- NEXT SESSION

# DRILL LONG BALL - FITNESS

LEVEL FITNESS ADVANCED



\* Players continuously run around grid  
PROGRESSION - set specific holes

## EQUIPMENT

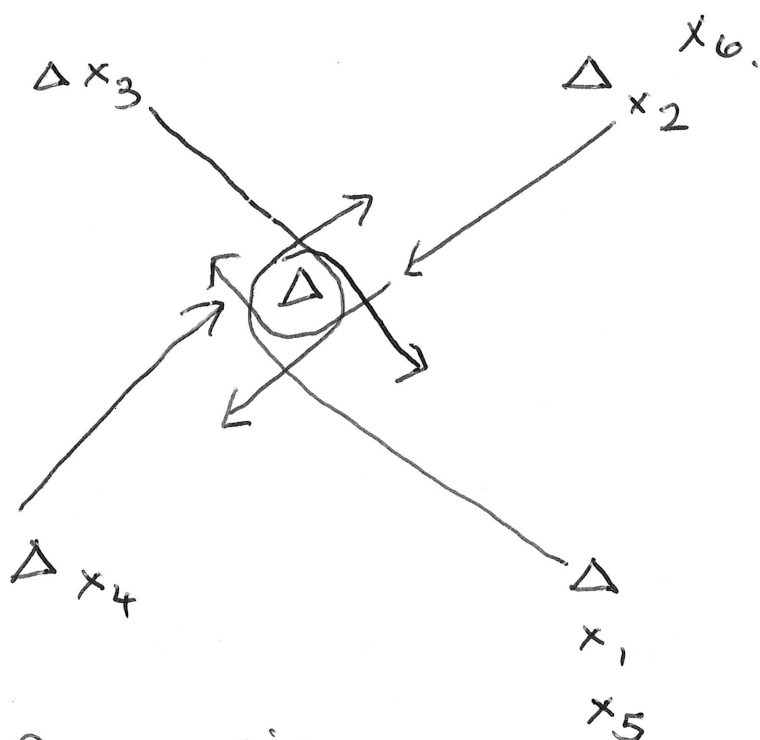
Balls Numerous

## EXPLANATION

Player  $x_1$  &  $x_2$  work  
1 runs fwd scoops  
& must pass at next  
Hat a long Ball.  
then Backwards  
to start  
 $x_2$  starts as  $x_1$  reaches  
scoop spot.  
Coach & players feed  
Balls to scoop spot

# DRILL SWITCH HANIO OFF

LEVEL INTERMEDIATE ↑



\* Progression  
- Improve Timing  
- Change Direction.

## EQUIPMENT

5 Hats

1 Ball

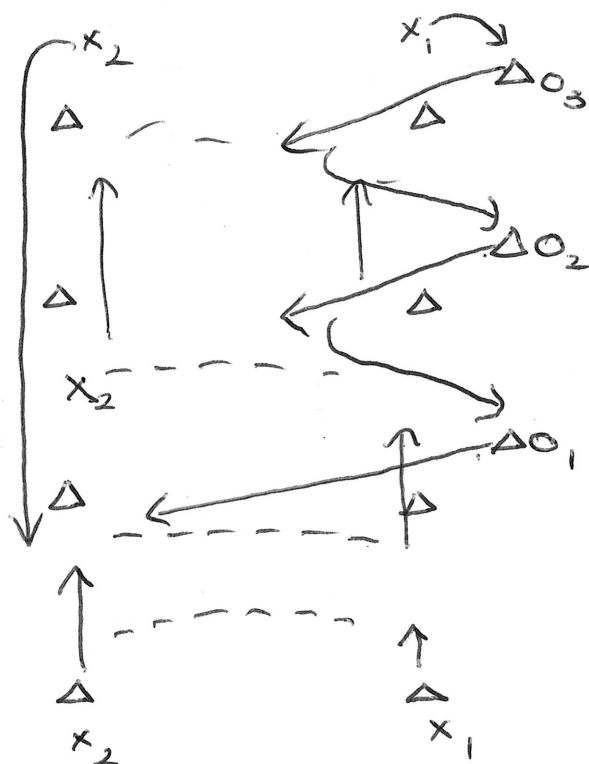
6 per group.

## EXPLANATION

$x_1$  starts with ball  
runs to middle hat  
& must keep ball on  
inside of hat.  
As gets to hat  $x_2$   
starts & runs & receives  
Ball & does same  
& continue through  
Always turn right.

# DRILL DEFENCE DRILL

LEVEL INTERMEDIATE ↑



## EQUIPMENT

11 HATS

2 Balls

CONTINUOUS DRILL.

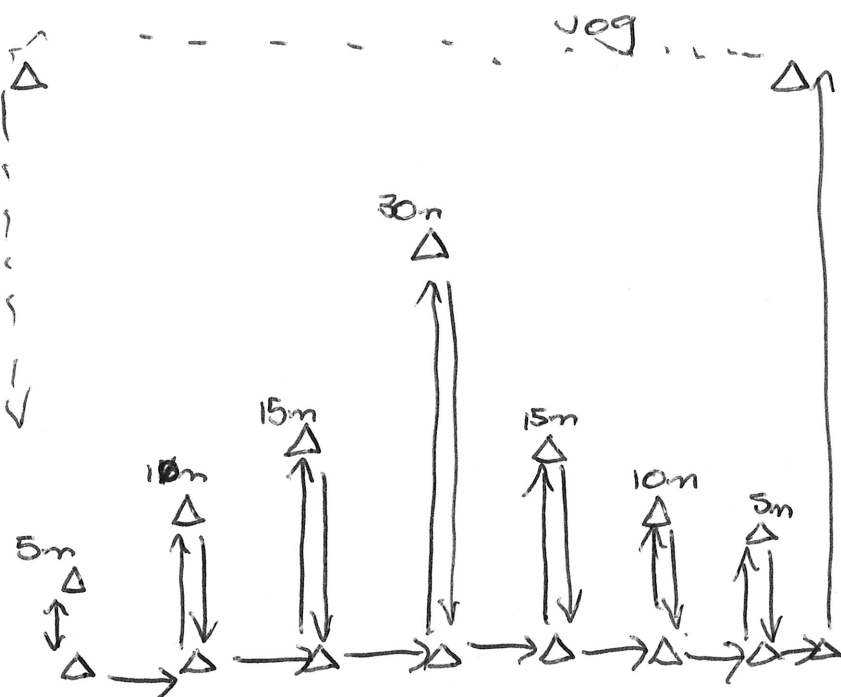
## EXPLANATION

x<sub>1</sub> & x<sub>2</sub> start by passing once passed in 1 Direction O<sub>1</sub> may enter & defend x<sub>1</sub> & x<sub>2</sub> have to get past

Once past O<sub>2</sub> starts O<sub>2</sub> then fills in to O<sub>1</sub> O<sub>3</sub> fills in to O<sub>2</sub> after defending & one of x<sub>1</sub> or x<sub>2</sub> become O<sub>3</sub>

# DRILL PYRAMID FITNESS

LEVEL FITNESS



Min 4-5 reps.

## EQUIPMENT

NUMEROUS HATS

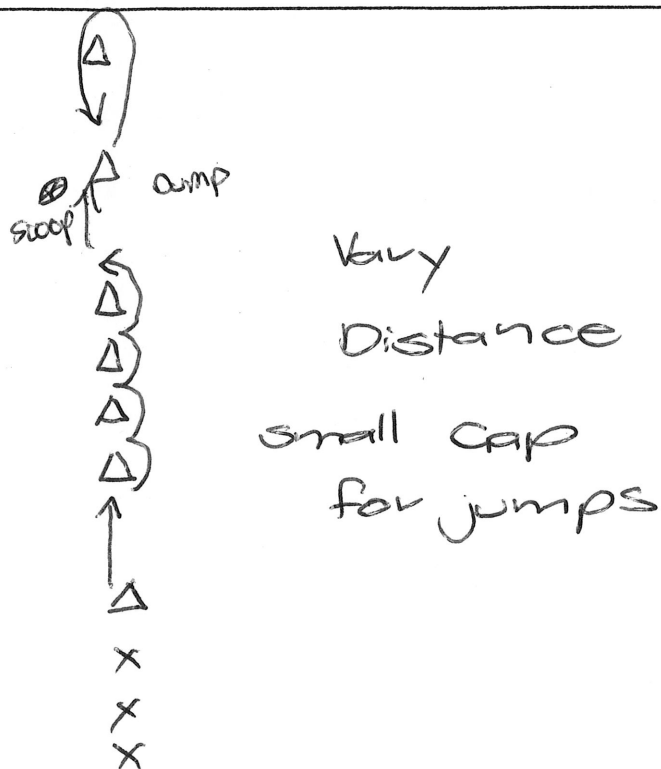
MIN 17

## EXPLANATION

Players Run For/Back then slide & work through Pyramid sprint finish & Jog recovery.

# DRILL SPEED SCOOP

LEVEL ADVANCED



## EQUIPMENT

7 Hats

1 Ball

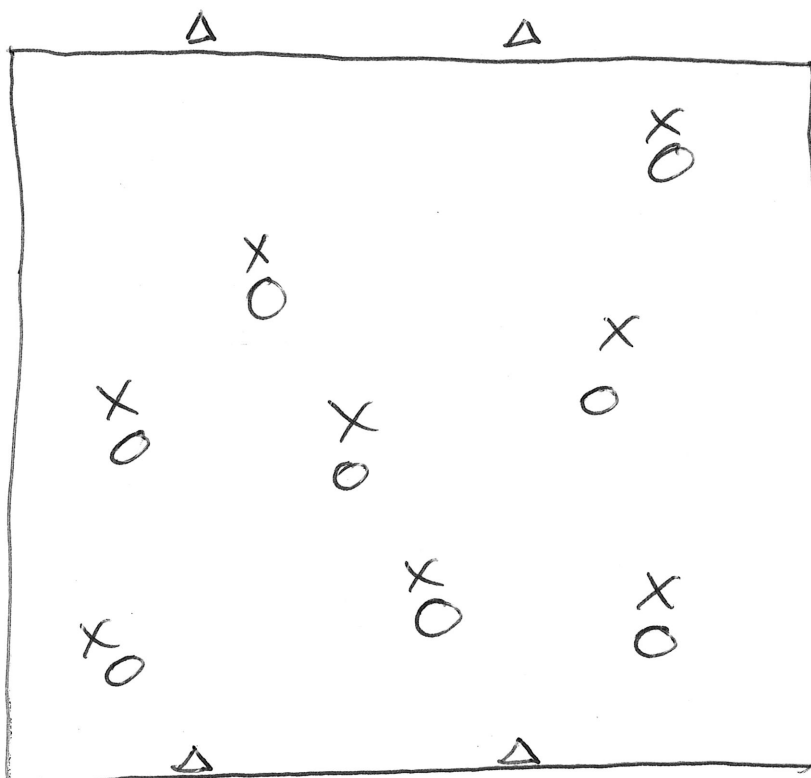
## EXPLANATION

Player runs in & jumps knees up over each hat then takes off  
Scoops - runs around  
Top hat & dumps then repeats jumps.

# DRILL - SPEED BALL

LEVEL - GAME SENSE

size to suit



## EQUIPMENT

8 Hats minimum

Bibs for Groups

1 Whistle

Referee

## EXPLANATION

2 Teams can pass  
Fwd / Bck whatever  
with 6 touches to reach  
scoreline.  
if Touched must stop  
& touch Ball on ground  
& not to move before  
passing  
Can score anywhere along  
line, regain possession,  
change direction & start  
from between hats  
knockdown & drop ball same  
as touch.

Set out a two (2) hour training session for a specific team that you will be coaching.  
Refer to Coaching Touch – The Basic Manual (p. 101-104).

A. The following is a session conducted by myself for the Sydney Mets Women's Open team.

## PRE TRAINING DISCUSSION

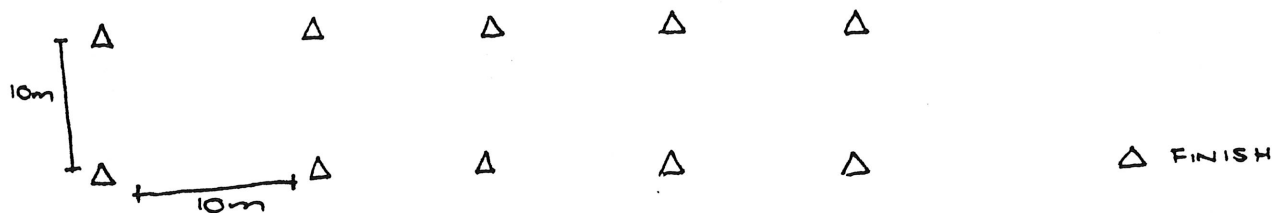
- \* INTRODUCTION'S
- \* FORMAT OF TRAINING
- \* RULES & CONDITIONS
- \* PLAYER INPUT - RE-GOALS

## WARM UP

- \* LAP OF THE FIELD
- \* STRETCHING ROUTINE AS PER FLEXIBILITY
- \* RUN THROUGH'S - 25m x 4 JOG RECOVERY
- \* KNEE LIFTS, QUICK HEELS, SLIDERS (KNEES & HEEL), HIP FLEXOR'S, SIDEWAYS & LUNGES

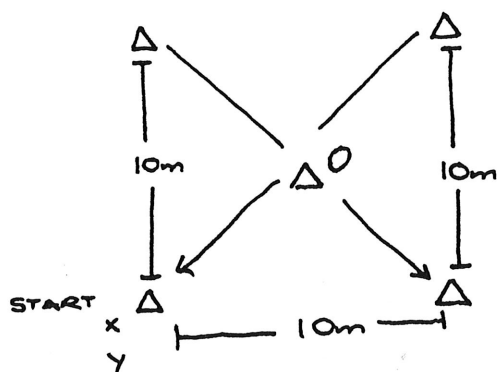
## FITNESS WORK

①



- \* EXERCISE DONE WITH PLAYERS HOLDING BALL IN 2 HANDS AT ALL TIMES
- \* PLAYER RUNS FWD 10m, BCK 10m, SIDE 10m, FWD 10m, BCK 10m, SIDE 10m
- \* TURN & RUN 20m
- \* START AGAIN WITH SAME COT TRAVEL LEFT SIDEWAYS FIRST
- \* CONTINUE TILL LAST & SPRINT FINISH & WALK RECOVERY
- \* 5 TIMES BY EACH PLAYER

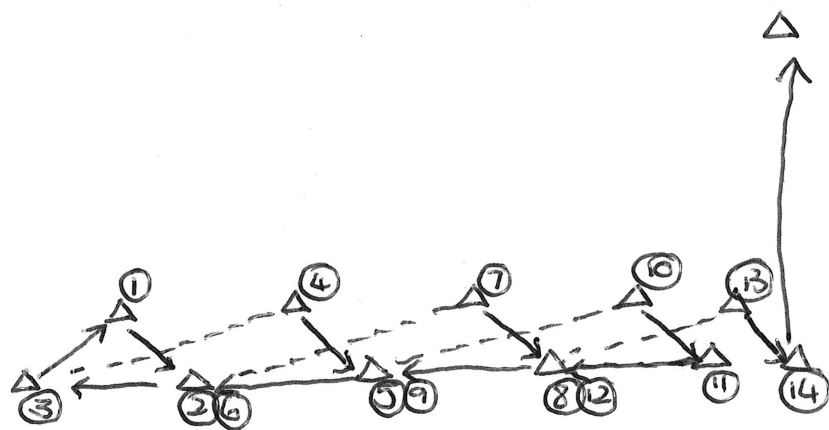
②



- \* PLAYER X STARTS & RUNS FWD 10m, BCK 10m, FWD 10m AROUND HAT & SCOOPS BALL IN MIDDLE
- \* PLAYER Y STARTS WITH X AT FAR HAT
- \* BOTH TRAVEL, FWD, BCK, FWD & DIAGONAL
- \* X DUMPS & Y SCOOPS
- \* PROCESS CONTINUES WITH WHOLE GROUP
- \* GROUP SIZE 4min & 5max
- \* 5 TIMES BY EACH PLAYER

## DRILL - Slide Defence

LEVEL - INTERMEDIATE ↑



### \* PROGRESSION

Set hats at different distances out to allow slide & vision

## EQUIPMENT

HATS - UNLIMITED

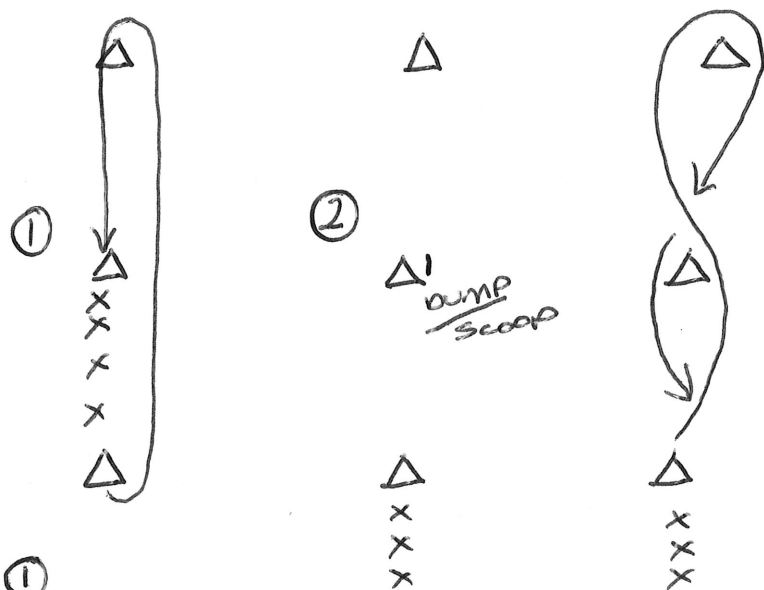
## EXPLANATION

Players in group always face out & run fwd to hat

① Back to ② side to ③ & Fwd to ④ continue in this motion to finish & sprint to end

## DRILL Dump & Scoop - learn

LEVEL - Beginner



## EQUIPMENT

6-9-12 to suit Hats  
1 Ball per group.

## EXPLANATION

Groups compete in race format learning Basics

Each progression shown in groups

Use progression & fun finishes to remove focus from winning

① Tunnel Ball out around Back & Roll between legs

② Dump & scoop at hat ① after going around top.

③ Running 2 Hands on Ball & Dodging