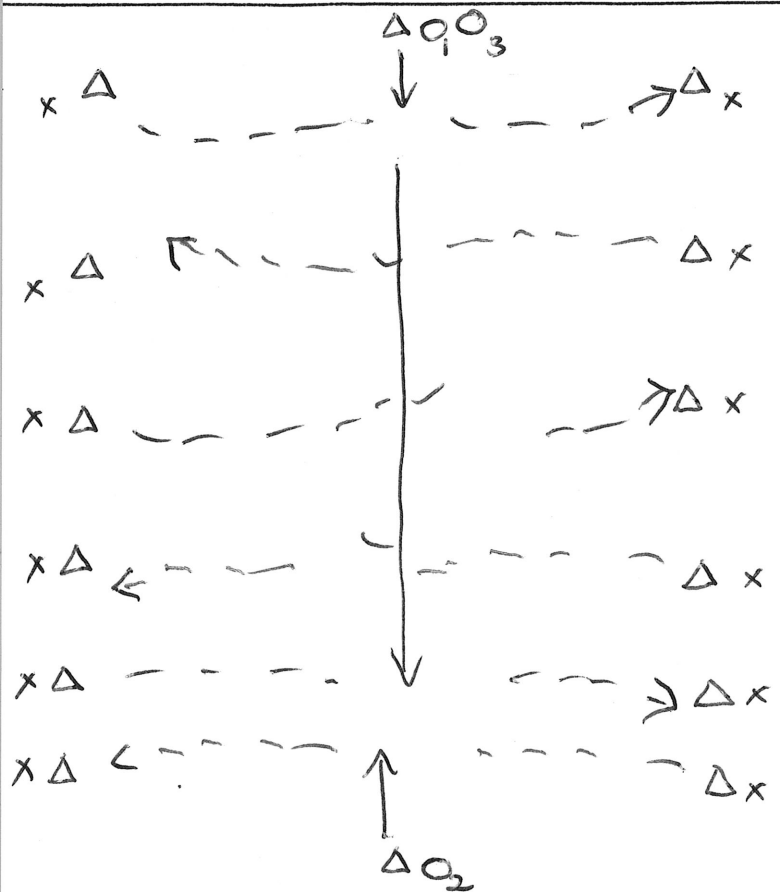


DRILL QUICK HANDS DRILL

LEVEL ELITE / FITNESS / INTERMEDIATE



EQUIPMENT

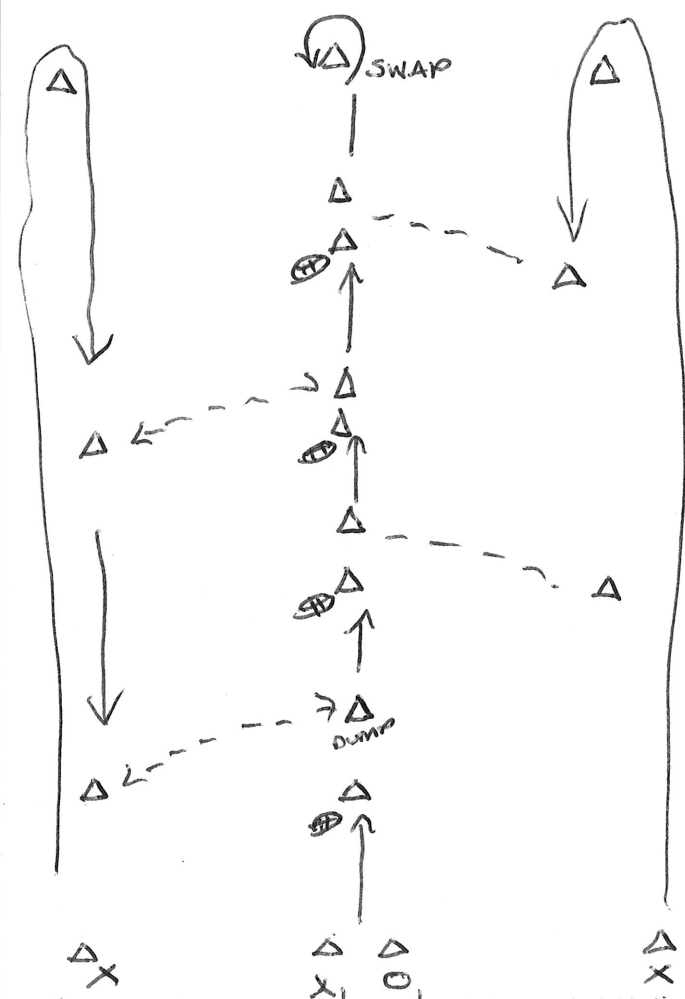
- 14 Hats
- 6 Balls
- Team

EXPLANATION

WORK IN GROUPS OF 3 player O₁ runs through grid receiving on either side of body & must offload to opposite x. Player O₂ goes then O₃ x3 Ratio & work for about 2mins Per group

DRILL ACTING HALF / COMMUNICATE

LEVEL BEGINNER - INTERMEDIATE



EQUIPMENT

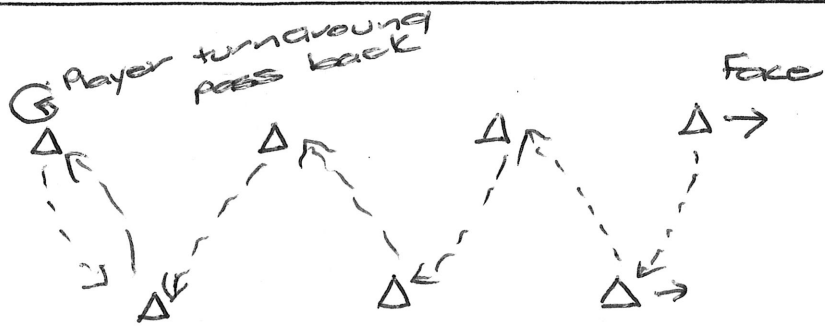
- UNLIMITED HATS
- Nº Balls depends on Hats & size of group

EXPLANATION

Players x, & O, walk through middle x, scoop on hat & dump on next O₁ picks up & pass to player in gap who dumps on outside hats Turnaround at top Ball passed in & player O₁ dumps on hat for next pair.

DRILL ZIG-ZAG PASS

LEVEL BEGINNER



Progression

Turn around & keep going

Increase Pace

Count Drop Balls.

EQUIPMENT

UNLIMITED HATS

1 BALL

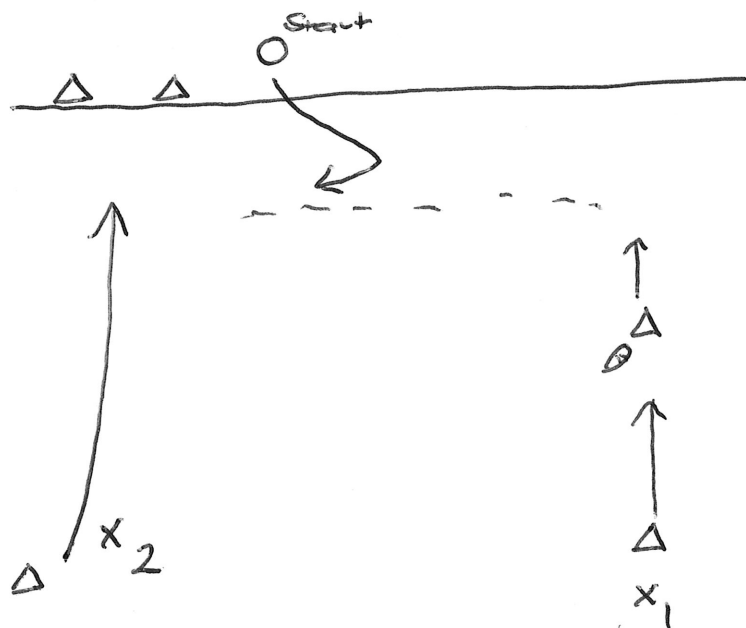
EXPLANATION

ARRANGE Hats in zig zag format & make players pass backward through grid.

* Ensure facing the right way to pass.

DRILL 2 on 1 Defence Drill

LEVEL Intermediate



* Set as long Ball to test skill.

EQUIPMENT

5-6 Hats

2 Balls

EXPLANATION

Continuous Action controlled by Coach.

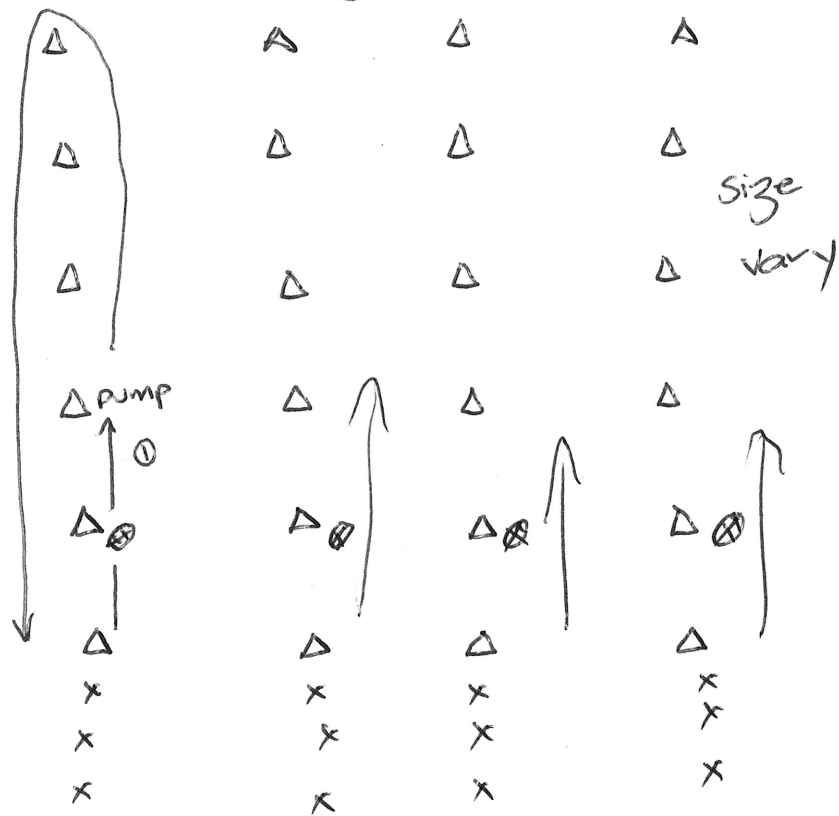
Player x_1 scoops ball at time of scoop. O starts & runs in to defend.

x_1 must get timely ball to x_2 to score.

* must pass off.

DRILL - Dump & Scoop Race

LEVEL - Beginner



EQUIPMENT

- Numerous Hats
- 4 Balls (no suit group)

EXPLANATION

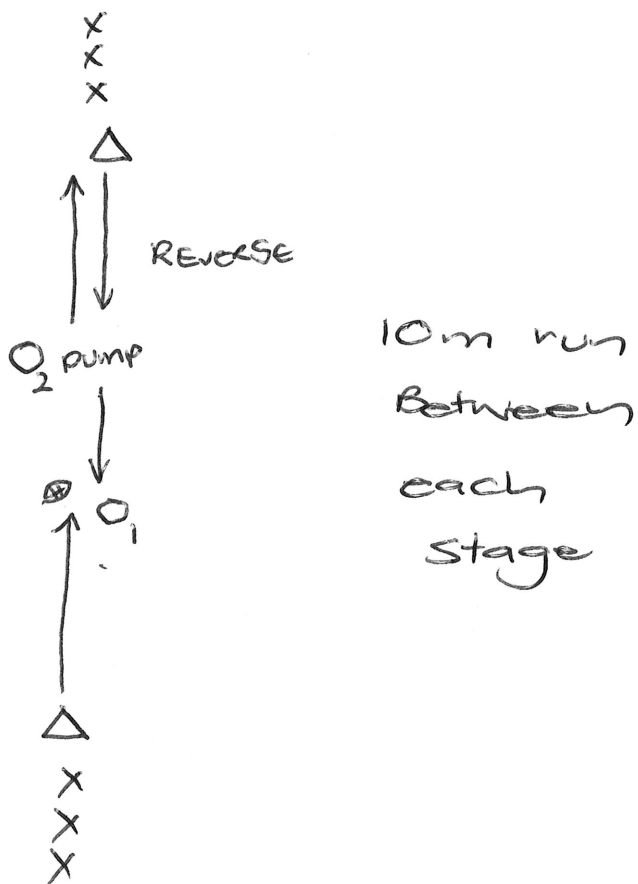
Players run fwd & scoop on first hat & dump on second & run around top

Process continues until ball is back at start

Scoop 2nd dump 3rd.
Scoop 3rd dump 4th
Round Top scoop 4 dump 3
" " scoop 3 dump 2
" " scoop 2 dump 1

DRILL Scoop & Dump Drill

LEVEL Beginner / Warm up



EQUIPMENT

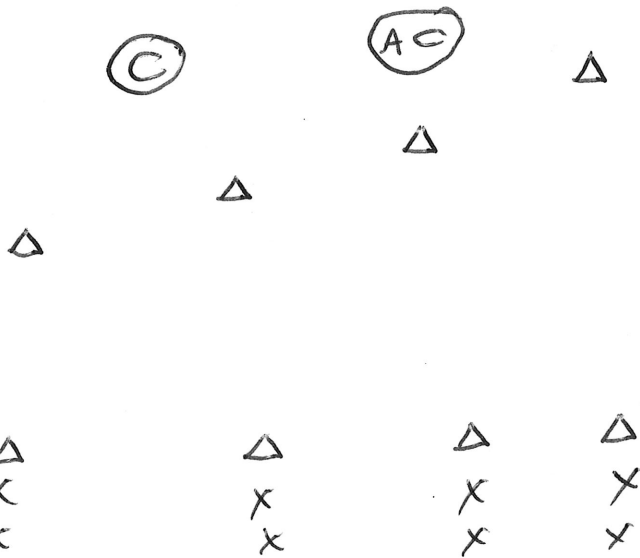
- 2 Hats
- 1 Ball

EXPLANATION

Player x runs to Player O₁, scoops & dumps on O₂ Touching player Process continues in reverse.

DRILL - LINE PASS - PROGRESSIVE

LEVEL - BEGINNER / ADVANCED



Progression

Coach & A. Coach add & Delete hats to vary distance & make players move & add lines / communication

EQUIPMENT

Hats Unlimited
Groups

EXPLANATION

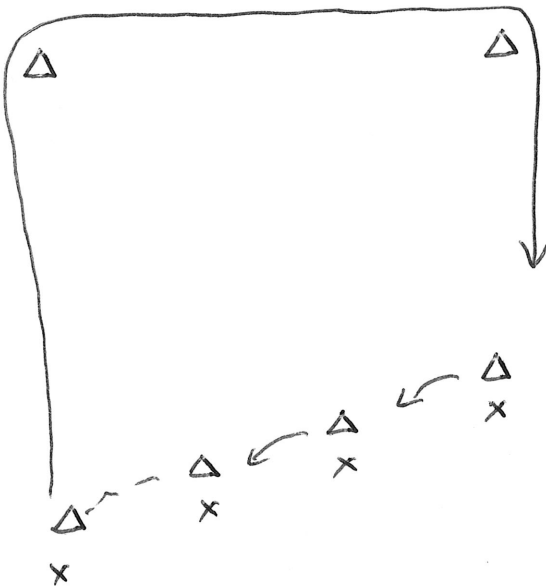
Players pass ball through line & turn at top & repeat process on way back learn Depth & speed of passing

Final Progression

Add & delete Hats

DRILL - PASS RACE

LEVEL - BEGINNER



Duplicate to Race

* learn first & look at progressions

EQUIPMENT

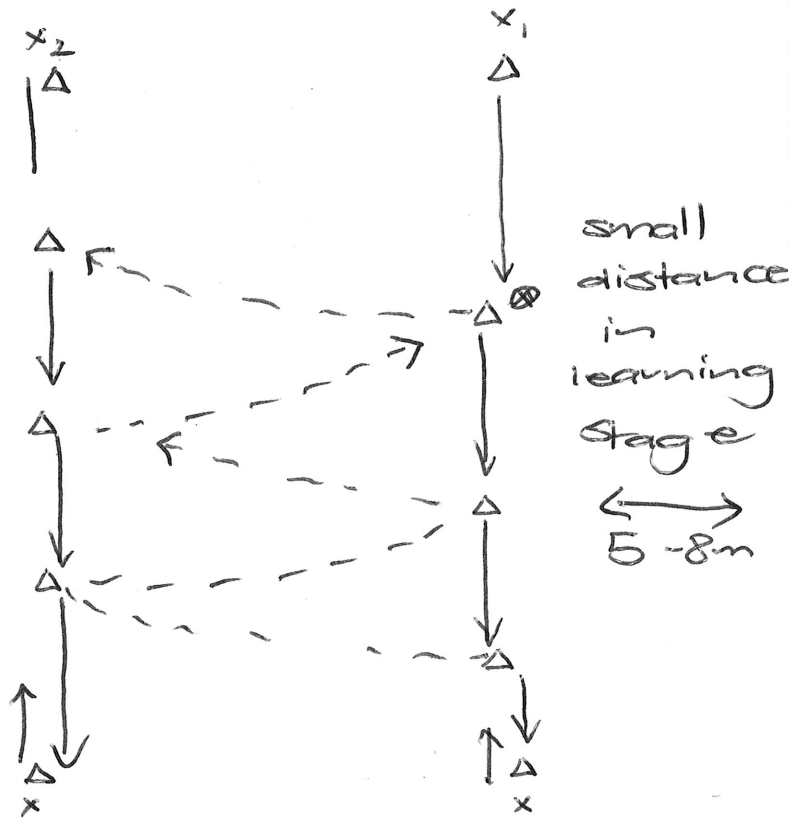
6 Hats / 12 Hats
More if necessary
Duplicate & suit to size of Group.

EXPLANATION

Players pass along line & last player runs around Hat & Back to start & team moves down 1 spot

DRILL - PASSING ANGLES

LEVEL BEGINNER



EQUIPMENT

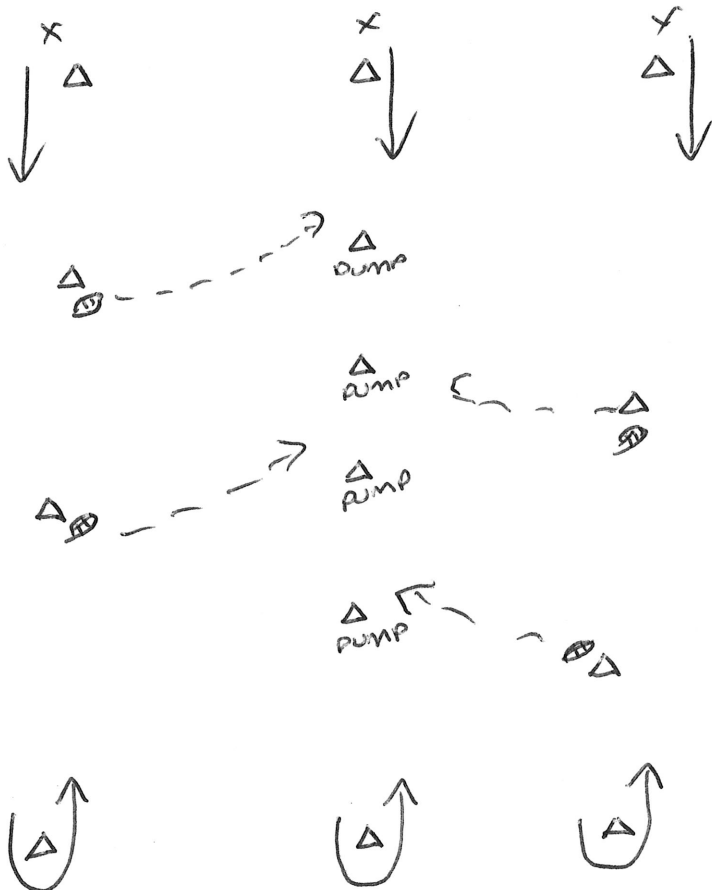
- 10 Hats
- 1 Ball
- 2 Groups (either end)

EXPLANATION

Player x_1 runs first picks ball up on first hat & passes back to x_2 . x_1 stands still & x_2 runs to next hat & passes back. Repeat until the end next pair starts.

DRILL - DUMP WORK

LEVEL INTERMEDIATE



* Either round hat & back on new group

EQUIPMENT

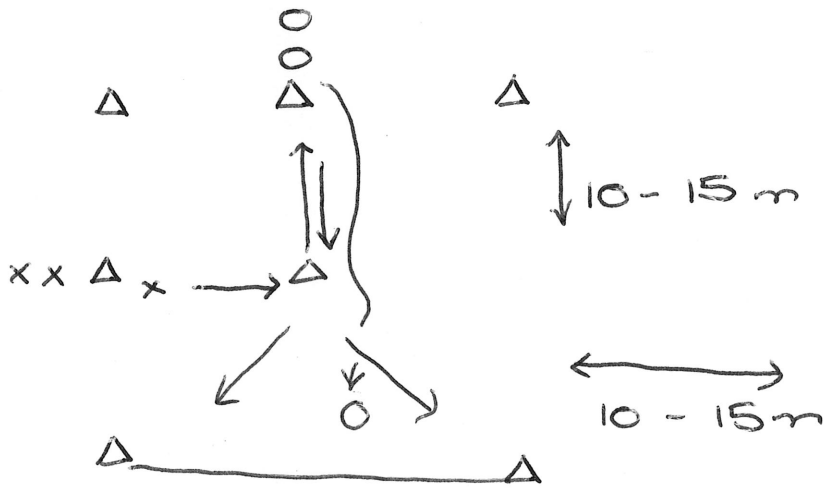
- 18 Hats
- 4 Balls
- 3 groups or 3 groups each end

EXPLANATION

Players all start together & outside player passes in to middle & runs to next hat. process continues round hat & middle player passes out to players running who dump

DRILL Evasion / onside

LEVEL Beginner ↑



* COACH MAY NEED TO POLICE PLAYERS TO ONSIDE POSITION

* Progression.

Add acting $\frac{1}{2}$ to attack & go 2 on 1.

EQUIPMENT

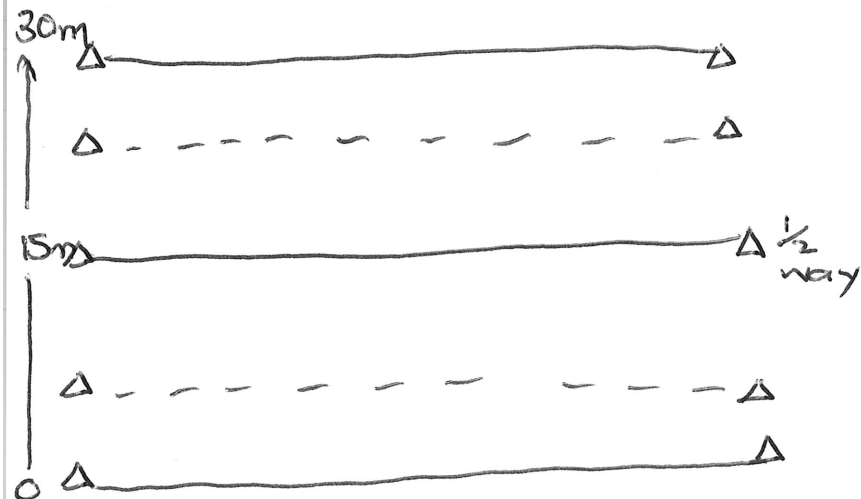
- 6 Hats
- 2 Balls
- 2 Groups

EXPLANATION

Player x enters from the side facing sideways with ball & rounds hat. x then runs forward & places ball on hat o scoops & takes off. x can not effect touch until onside at hat rounded.

DRILL - line Attack - Game

LEVEL - Beginner / Advanced



* Normal size attack line 50m.

* Length of field

30m - could vary to suit

EQUIPMENT

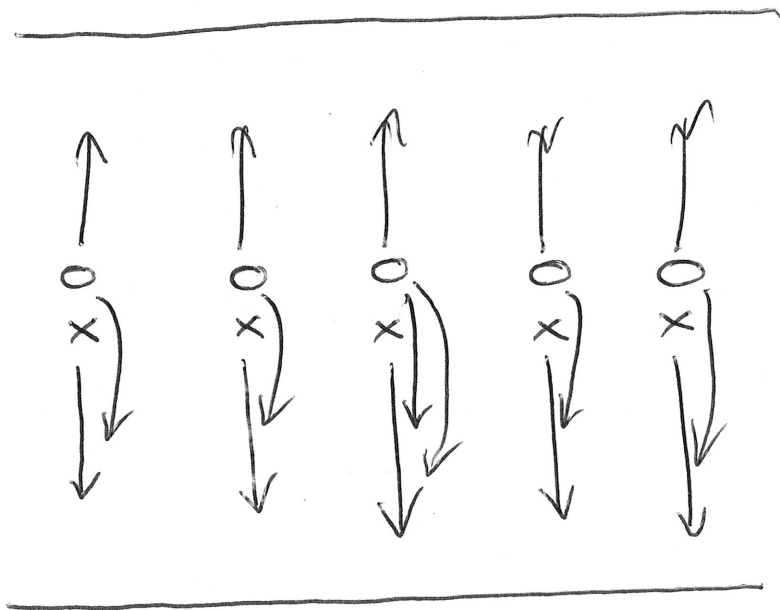
- 10 hats
- 2 teams
- Balls
- Whistle / Ref.

EXPLANATION

on small field simulation of line attack / defence Transition is quick due to small Rucking area.

DRILL - Backward Speed

LEVEL - Fitness



EQUIPMENT

1 Whistle

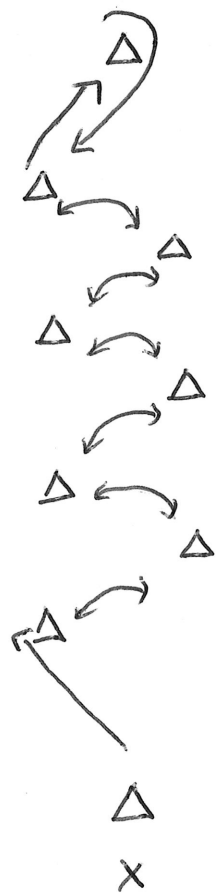
4 Hats

EXPLANATION

Players lie facing each other
 on first whistle player X gets up & runs Backward to the line
 on second whistle player 0 gets up & chases running forward (swap & go again).

DRILL - LEG STRENGTH - HOP

LEVEL - ADVANCED



* Small space between hats

* Small sprint area

increase as strength does.

EQUIPMENT

8 Hats

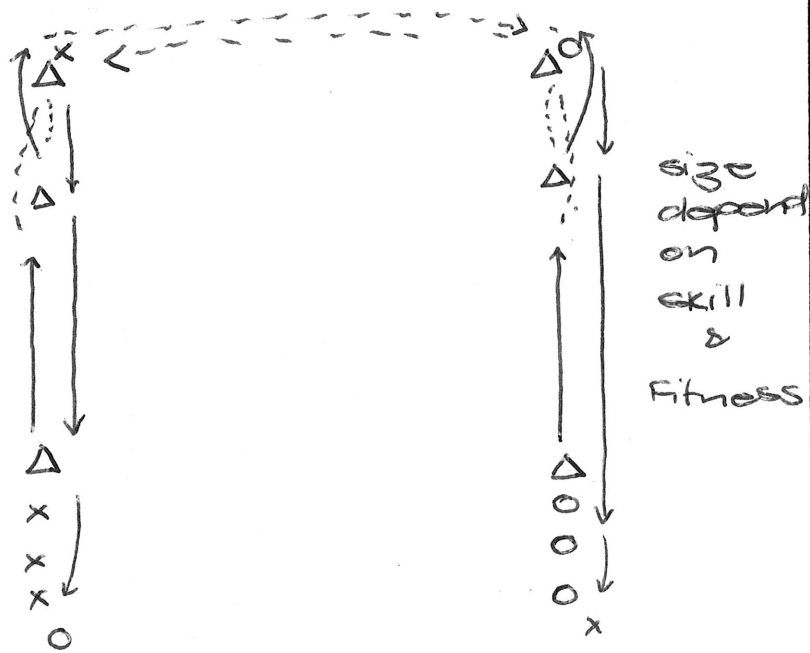
Individual Drill

EXPLANATION

Player sprints to first hat & Hops through the circuit & at end sprints around & Back in on opposite leg

DRILL - ADVANCE PASS / REACTION

LEVEL - ADVANCED



* Work on fitness & ball drills

EQUIPMENT

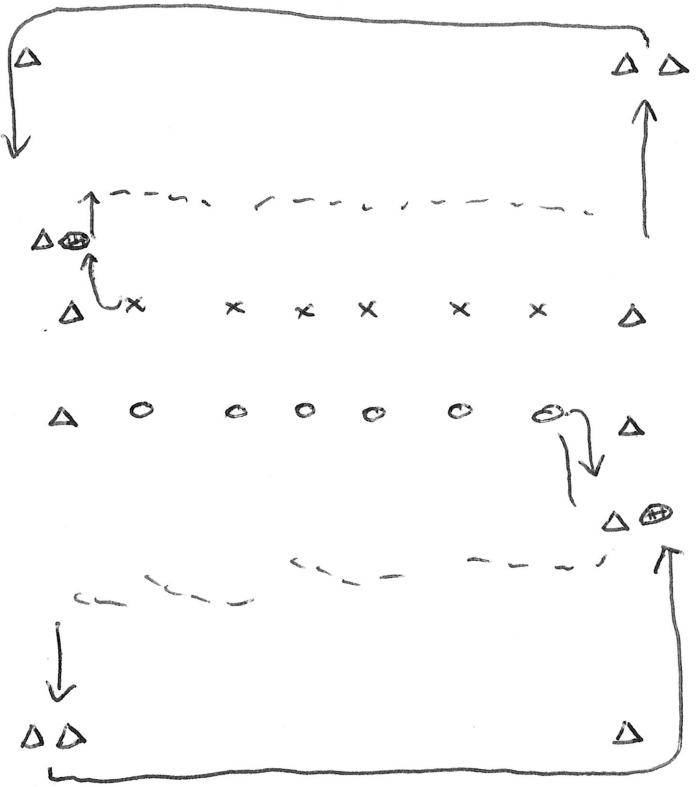
- 2 Balls
- 4-6 Hats
- Team Exercise

EXPLANATION

Player x & o start together & must pass before 1st hat & receive back from player on the hat. Then run around them & long ball to opposite side. Sprint to other side & run backward to opposite group passing before hat & receive back again. Hand off - continue

DRILL - SPEED & BALL DRILL

LEVEL - BEGINNER - ADVANCED



* size depends on ability

EQUIPMENT

- 12 Hats
- 2 Balls
- 2 Teams (split 1 team)
- 1 Whistle

EXPLANATION

Players lie facing each other 5m apart & on whistle jump up with first player. Scoping Ball. All players must then pass through line & score between hats. player scores & sprints around hat dumps at start to finish. Keep score against other team. (Repeat)