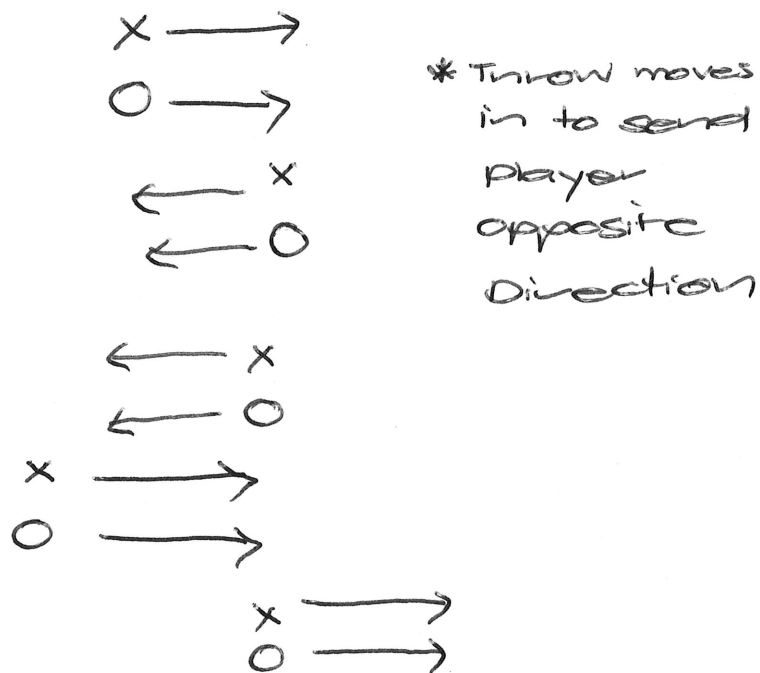


## DRILL - SHADOW WORK

LEVEL - ADVANCED



\* Throw moves in to send player opposite direction

## EQUIPMENT

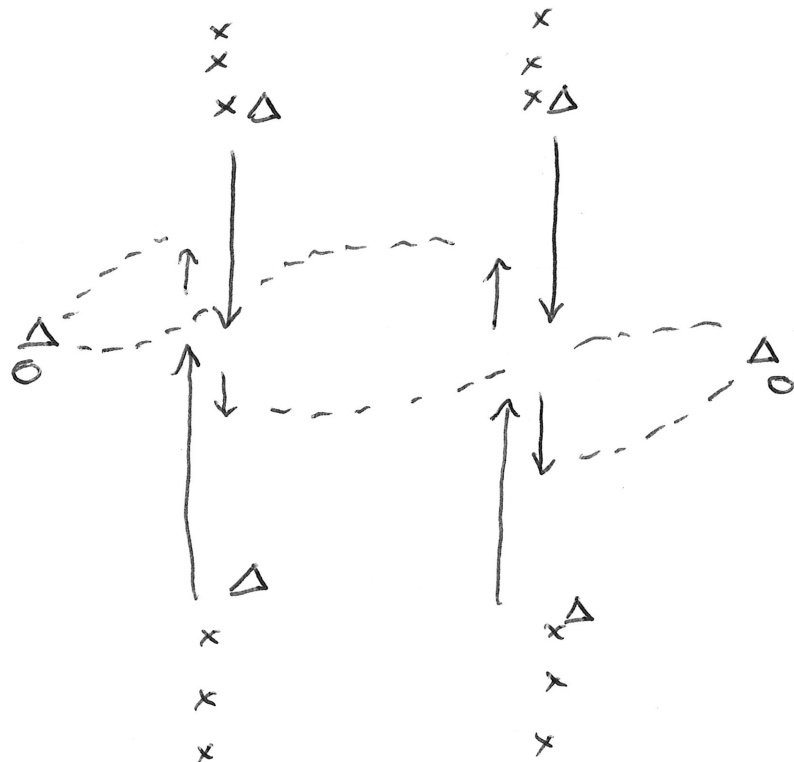
2 Players  
Stop Watch

## EXPLANATION

Player stand opposite & on Toes.  
For 1min they must mimic the movement of the other.  
must be definite movements in 1 direction return to still & go again  
Try to get partner off Balance

## DRILL - Gate PASSING

LEVEL - INTERMEDIATE ↕



\* Progression  
Add sub unit skills in middle  
Wrap / dumps & split etc

## EQUIPMENT

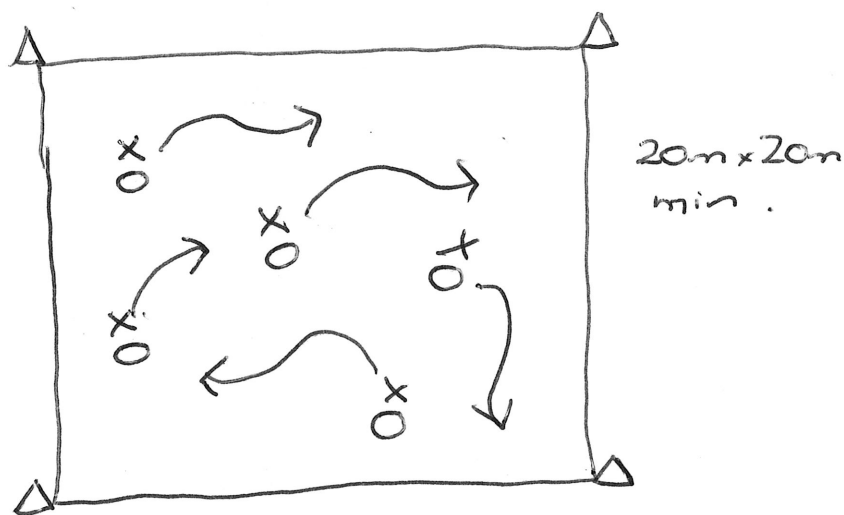
6 Hats  
1 Ball  
Team Exercise

## EXPLANATION

Players O stand on opposite hats & pass to players X as they run through.  
Hand off then next group begins.

## DRILL - EVASION SHADOW

LEVEL - BEGINNER ↑



\* Stress Safety  
Use large area  
Smallish Groups.

## EQUIPMENT

4 Hats

PAIRS

\* Large Area

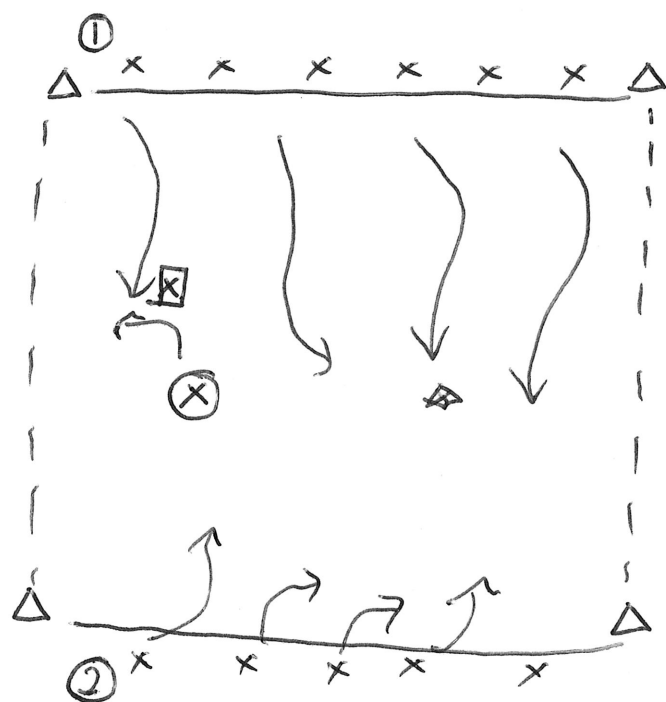
## EXPLANATION

Players pair up & within the square try to run/dodge/evade partner who must act as a shadow

On Whistle must be able to Touch partner

## DRILL - TOUCH MINEFIELD

LEVEL - BEGINNER



## EQUIPMENT

4 Hats min  
(others for Boundaries)

Large Numbers

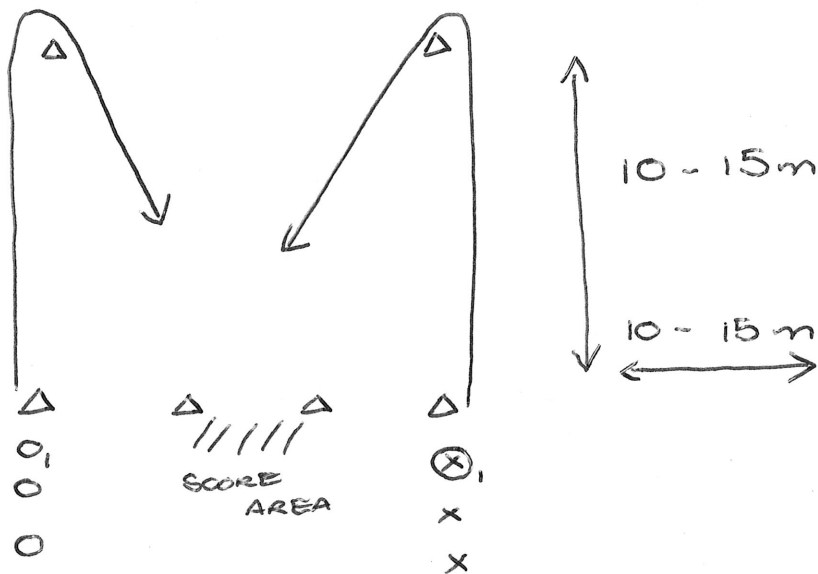
## EXPLANATION

Player (X) in middle runs & Touches players as cross on whistle if player is Touched they must sit [X] where Touched & attempt to assist in catching on second run

\* area depends on Numbers

## DRILL - SCORING RACE

LEVEL - BEGINNER



### PROGRESSION

- \* Add Hat in middle & make players scoop ball

## EQUIPMENT

- 5-6 Hats
- 2 Balls
- 2 Teams

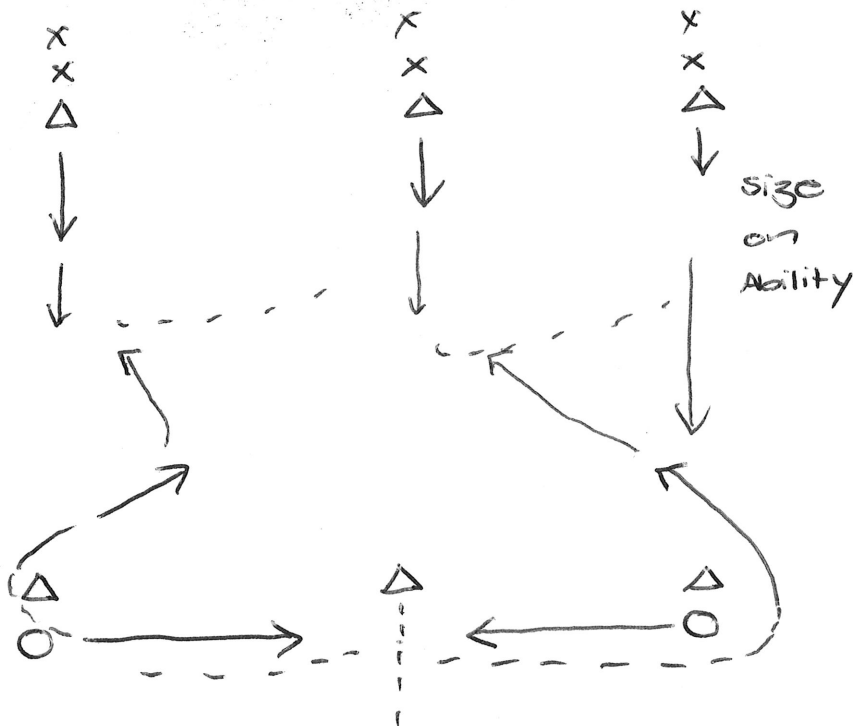
## EXPLANATION

Player X, starts with the Ball & on whistle races O, up & around hat & attempts to score between 2 middle hats

Coach takes ball & distributes to next in line  
keep Score for comp.

## DRILL - DRAW & PASS ①

LEVEL - MEDIUM SKILL



- \* make Defenders work for a while then swap.

## EQUIPMENT

- 6 Hats
- 2 Balls
- Team Drill

## EXPLANATION

3 lines at far end wait for players O to run at each other & cross in the middle as they do players run & attempt to draw & pass to get past defenders that enter field after rounding hats.