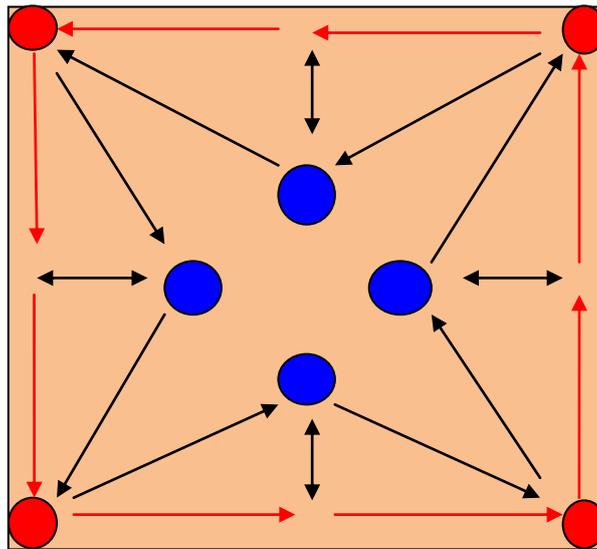


# DRILLS FOR THE WEEK

## PASS AND MOVE AROUND THE BOX

A good warm up drill. 8 players required . Create a large square using cones. (Adjust the size of the square depending on age of players). Reds have a ball each and move anti-clockwise around the box. Red players make a pass to blue players when they are on a corner and receive the return pass when they reach the half way point down the line. They then pass the ball back to blue and move to the next corner to receive a pass again.

**Coaching tips** - Ensure the pass is in front of the moving player so that the ball is caught with outstretched arms. Ensure bodies of red players turn to pass in. Vary the types of passes made.



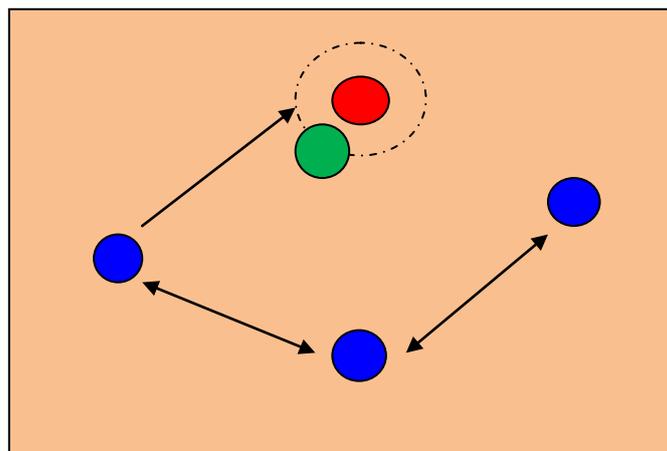
## DEFENCES QUICK FEET

3 blue players pass the ball to each other at a steady pace and attempt to pass the ball to the red player who is static (varying the types of passes). The defender, green, adjusts positioning according to the position of the ball and she attempts to intercept the feed to the red player.

**Coaching Tip** – Defence stays very close and ball side. Defence focuses on the ball only

**EXTENSION 1** – Red player becomes a little more active

**EXTENSION 2** – Blue players make a smaller area so the ball movement is quicker

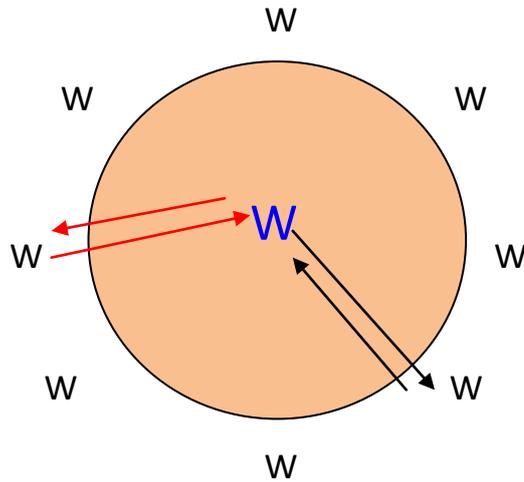


# DRILLS FOR THE WEEK

## TIMING CIRCLE DRILL

Players form a circle with one player in the middle with the ball. The centre player passes to any player in the circle, then runs out and takes any players position except the one she threw to. The players whose position has been taken then runs into the circle to receive the return pass.

**Coaching Tips** – Concentration is required as timing is essential. Strong drives forward and a well balanced land on receiving the ball. As the players become use to this drill, intensify the pace.



## PASSING UP THE LINE AND SHOOT

Fun way to finish off your training session. .Coach stands under the goal ring with 2 balls. Players form 2 teams W and X and stand on the side lines. Coach gives each player a number. Coach then calls out a number and throws the balls onto the court. The players who's number is called from each team, must run in and retrieve a ball. They are to then run back to their team and pass the ball to each player. Once they have passed the ball to each player, they are to run in and shoot a goal. The team that shoots a goal first gets one point.. Proper passing should be emphasized. (For uneven teams - for the team that has one less player, give one of the players in that team two numbers. This player will run when both their numbers are called)

