

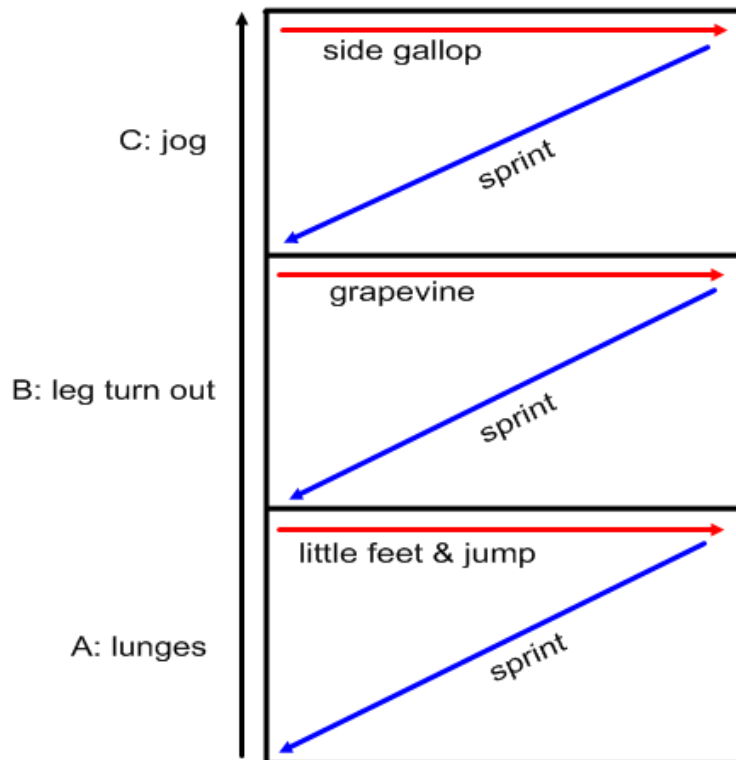
Warm – Up and Training Drills

At training a basic warm-up should last approx. 15mins.

General Warm-Up: Warm-up should use a half-court

- Jog, up and back 3x
- High knees, up and back 1x
- Butt kicks, up and back 1x
- Side gallop, up and back (face the same way up and back, stretches opposite sides of leg) 1x
- Little feet and jump, up and back (jog approx. 3 steps and jump up as if catching a lob) 1x
- Leg lunges (take 3 steps and lunge on 4th step, alternate legs)

Warm-Up using the whole court: this should be repeated 2-3 times



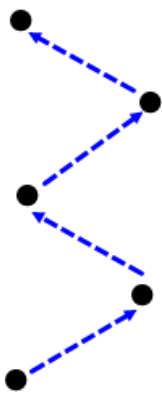
Running/Agility Drills:

Little feet: This drill is good to practise taking off for a Centre pass.

- Team stands on base line or transverse line and jog lightly on the spot (or 'little feet'). Coach points left, right or up and team turns that way quickly or jumps, and then resume 'little feet'. Coach says 'GO' and team should push off using the foot they are on (don't step back) and run a couple of steps.

Zigzag drill: This drill is good to develop dodging and double breaking skills.

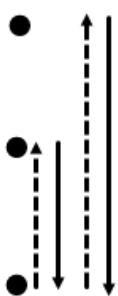
- Use 6-10 cones to mark out a zigzag (chalk is awesome if you don't have cones).



Players jog to a cone and use their outside foot to push towards (or dodge) to the next cone. Encourage players to use 'little feet'. Once at last cone, can ask players to push off the drive to receive a pass from the coach.

- This drill can be varied to help Junior players learn about the 3ft rule, they need to jog up to a cone and pretend it is their player with the ball, encourage them to take a big step back (or 3ft) and have their arms up big and strong. Hold for a second and move to the next cone.

Shuttle Runs: This drill can be used to develop a 'drive and then recover' skill.



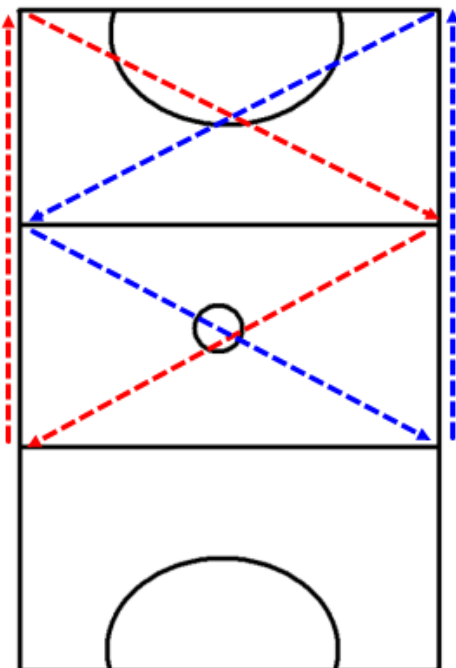
- Using $\frac{1}{2}$ or $\frac{2}{3}$ of the court, set up 3 – 4 cones to use as a shuttle run, all cones should be spread at least 5m apart. Sprint to the 1st cone (drive or work), back-pedal to the start (recover), sprint to the 2nd cone, back-pedal to the start, and so on.

- Can vary this drill by adding a pass on the final drive, encourage players to keep their eyes up.

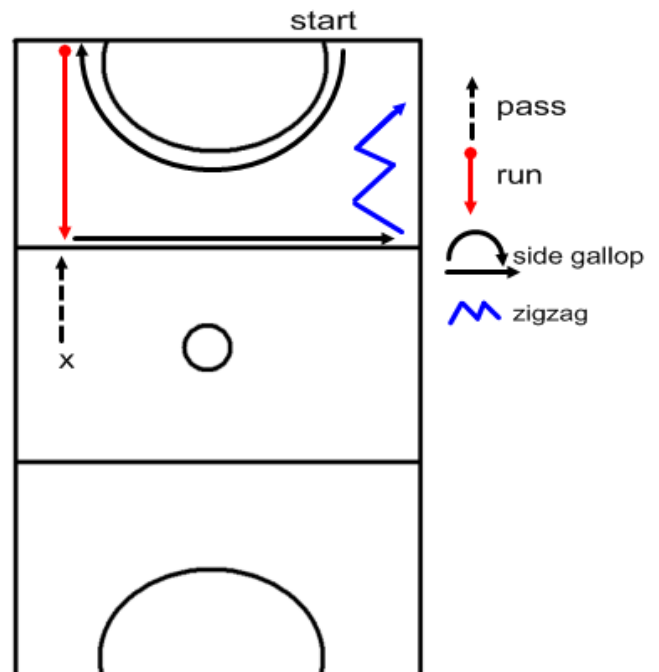
Use the markings on the court to make up your own drills!

- E.g.

Run the diagonals against a team-mate.



Circuit drill.



Pair Drills:

Chest passes:

- Step into pass and push ball forwards, no 'chicken wings'

Shoulder passes:

- Step forward with opposite leg to throwing arm, the pass should be flat and strong.

Lobs:

- Step into to give more power, needs to be high enough to get over a defender.

Bounce passes:

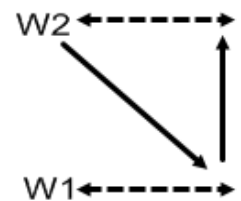
- Step into the pass, ball should bounce 2/3 of the distance between the pair.

Little feet and pop: This drill can help get eyes 'in' and reflexes ready.

- Stand 1m/3ft apart: worker jogs on spot ('little feet') with hands resting on quads (thighs), thrower 'pops' ball gently in any direction and worker has to reach/stretch to catch ball and passes back. Do 10x and swap.

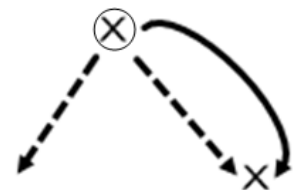
Side-to-side: This drill can help develop the skill of passing to run onto the ball. It can also help develop the '1,2' with stepping.

- 2 workers stand opposite each other, the 1st worker without the ball leads out to the side and receives a diagonal pass, the 2nd worker follows the lead out to the same side to receive a straight pass. Repeat this by leading out to the opposite side. Do 10x.



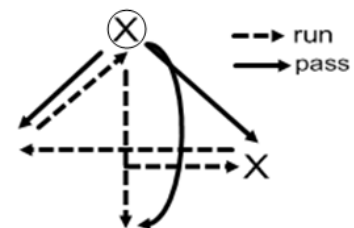
'V' Drill: This drill can help with passing accuracy and timing with short passes and lobs.

- Stand 3ft apart: thrower stands still, worker moves in a 'v' shape with the thrower standing at the point of the v. Worker receives a short pass when moving along the arms of the 'v'. Do 10x and swap.



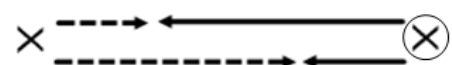
Left, Right, Up & Over: Helps with passing accuracy and timing, and running onto the ball.

- Stand approx. 5m apart: worker jogs right to receive a pass, left to receive a pass, moves forward and touches the ball and side-gallops/jogs back to receive a lob. Do 10x and swap.



Short and long: Helps with accuracy, distance and firmness of passes.

- Stand approx 10m apart: worker runs forward to meet a pass between worker and thrower. Catch ball and return to the thrower, worker runs back to the start. Can either receive the ball on the drive and again when running back *or* alternate distance and types of passes. Do 10x and swap.

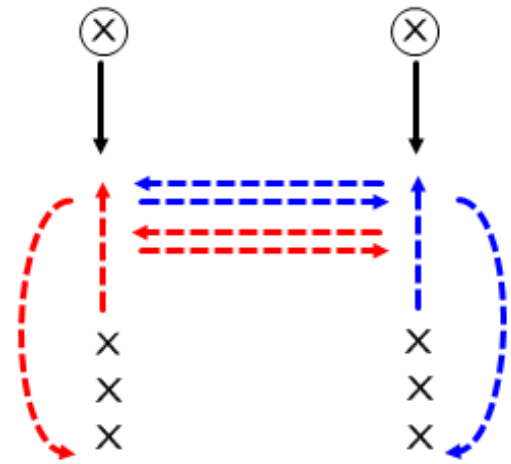


‘You can always change a simple drill into a harder drill by changing the dynamics’

Team Drills:

Cross over drill: This helps to develop driving forwards and sideways for a pass. It can help to practice landings to prevent stepping (emphasise ‘1, 2’ of feet when landing). It can also develop a sense of space and peripheral vision as to where a player is in relation to others.

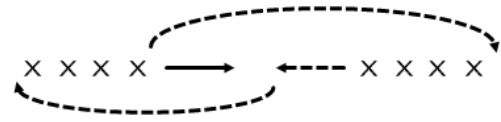
- 2 lines of workers stand approx. 5m apart facing towards the 2 throwers. There should be at least 5m between workers and throwers (can be further). The 1st two workers run forwards to receive a pass, they return the pass and cross over to receive and return a pass from the other thrower. Cross over again to receive a pass from original thrower, return to the back of the line. Emphasise that players should be talking i.e. who has front or back when they cross over to avoid collisions. Swap throwers to make it fair for all.



- Variations:
 - To help develop pivoting: after the 2nd cross over when returning to original thrower, worker receives a pass but does not return the ball to the thrower. Instead the worker pivots on their grounded foot and passes to the next person in line. The next person must use a shoulder pass to return ball to the thrower and then commence their turn at the drill. **N.B. remind worker to think about landing with ‘1,2’ where 1 is their grounded foot to pivot on.
 - To develop dodging: after the 2nd cross over when returning to the original thrower, the worker receives a pass and returns it to the thrower. The worker stands still and the next worker in line must dodge around the stationary player (in an angle shape, run out to ‘lose’ your defence, cut in to receive the ball). After the dodge, the drill continues as normal and the stationary player should move to the back of the line.

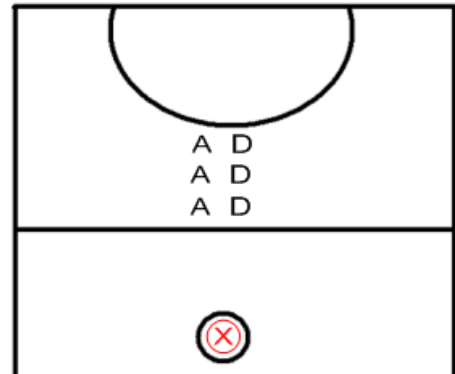
Shuttle Ball: a good drill to use before a game to get hands and fingers warmed up.

- 2 lines of workers at least 5m apart. Ball starts with the 1st person of one line; they pass it to the 1st person on the other line that is driving forwards. After releasing ball, players move to end of opposite line. Must only pass ball to the player at the front who is driving forwards. Vary types of passes.



Attack/defence Swap-over: A good drill to develop attacking and defensive skills and moving forwards for the ball.

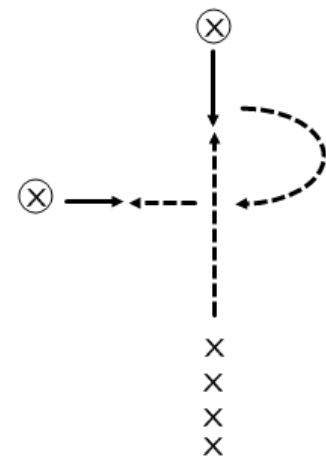
- Team separates into pairs, one attacker and one defender. Each pair lines up on the transverse line, with the thrower standing in the centre circle. Thrower calls play and the first pair starts the drill. The attacking player must receive 2 passes by driving, double-breaking or dodging; they are not allowed to receive a pass when behind their defender.



Once the attacker has received 2 passes they return to the end of the line and the next pair begins. The defence needs to have their eyes up and hands over the ball. On their next turn the pair swaps roles.

Drive and Slide: This drill helps to develop the skill of running onto the ball, 'clearing out' and 're-offering'. It can help develop spatial awareness of others on-court.

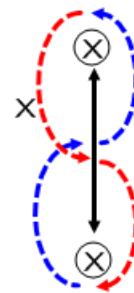
- 2 throwers, 1 standing approx. 10m away from the line of workers, the 2nd standing to one side. The first worker drives forward for a pass from the thrower that is straight ahead and returns the pass. The worker then side-gallops right a couple of steps still facing the same way ('clearing out'). They then turn their body left and do an inside pivot (pivot with a shorter distance). When they are facing the 2nd thrower the worker should drive again to receive a pass and return ball to the thrower. They then return to the end of the line.



- This can be developed into a fast-paced drill with 2 workers moving at the same time. A 2nd worker should begin the drill when the 1st worker starts to 'clear out' of the space. The 1st worker should time their 2nd drive just after the 2nd worker has cleared a space. It is important that eyes are up for this whole drill, workers should not be looking at their feet.

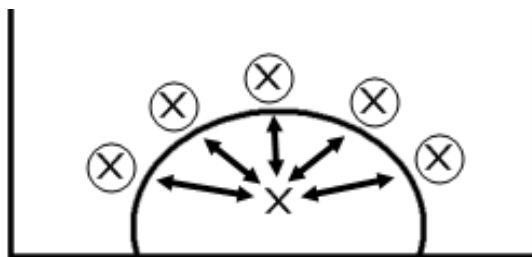
Figure 8 Drill: To develop the skill of using the outside arm to gain an intercept. It can help to develop the timing of an intercept.

- 2 throwers stand 2m- 3m apart and do flat chest passes. The worker must run in an 8 around the throwers, timing their run to use their outside arm to touch the ball or to get an intercept. 5 intercepts/touches and swap.



Fan Drill: This drill is to develop peripheral vision, quick strong passes and good hand/eye coordination.

- Use the goal circle as an arc for throwers to stand around. Worker stands at least 2m away from arc. Worker starts with one ball and thrower on the end starts with a

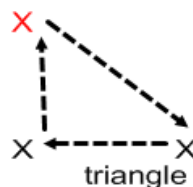
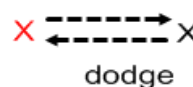
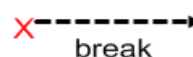


second ball. Using chest passes, the worker passes to the 2nd person in line and the 1st person in line passes their ball to the worker. The worker then passes the ball to the 3rd person in line and receives a pass from the 2nd person. Continue passing by alternating balls to alternating players. When reaching the end, return the other way. To do this the worker needs to pass the ball to the 2nd last person twice. Start this drill off very slowly, it helps to call out the name of the person the ball should be going to. The worker should not be sliding along when passing, rather just turn on the spot.

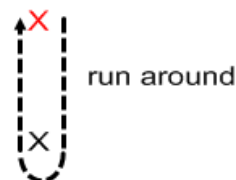
- To create an element of competition, halve the team and have them race each other; challenge them to no dropped balls for the whole team; or time how quickly each player can complete 2 arcs.

Line Drill: This drill is good to learn about the importance of timing when breaking for a pass and about spatial awareness.

- Players divide evenly and line up at each of the 4 red cones. Each set of cones has a particular movement which needs to be completed before a player can receive a pass. Players need to time their run and drive for the pass so that they receive a pass almost straight after the player before them. Players cannot be standing waiting for a pass (they have gone too early).
- An emphasis should be placed on 'eyes up' so that players know where the ball is and when they should be timing their drive for a pass.

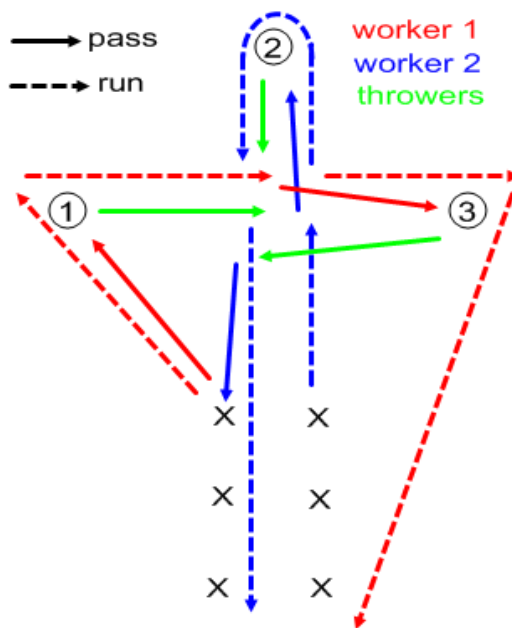


- To add a competition element set up another set of cones and race each other; or have a challenge each week timing how fast the drill can be done without any dropped balls and without players going too early.



3-Leaf Clover: This drill can be used to develop spatial awareness, timing and passing skills.

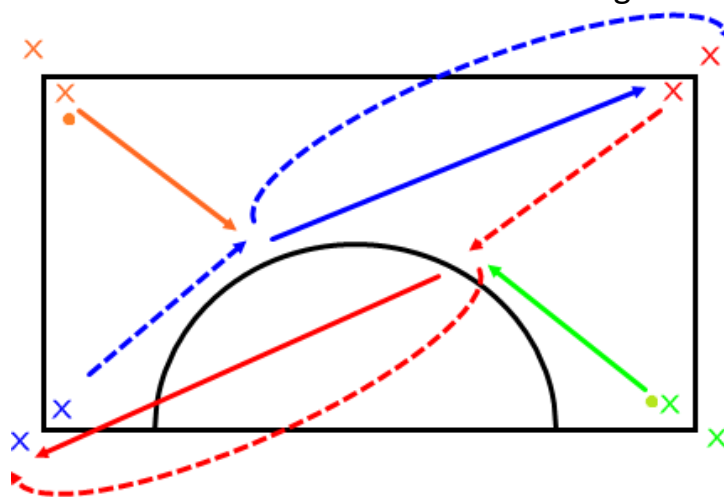
- This drill requires 3 throwers (use parent helpers if possible) and at least 4 workers. The 3 throwers need to stand as 3 corners of a diamond, with the workers standing in 2 lines at the 4th corner.
- This drill needs to be done in pairs. Worker 1 starts with the ball and passes to thrower 1, then follows their pass (run behind thrower 1). Meanwhile worker 2 is driving towards thrower 2; they receive a pass from thrower 1 and pass off to thrower 2. The 2nd worker follows their pass and runs behind thrower 2. Worker 1 then drives towards the thrower 3 and on the drive receives a pass from thrower 2. Worker 1 passes off to thrower 3 and follows their pass and returns to the end of the line. Worker 2 drives towards the line and receives a pass from thrower 3. They pass off to the new worker 1 and return to the end of the line.



- It helps to walk through this drill a couple of times before speeding it up. Make sure workers switch roles so that they run both paths.

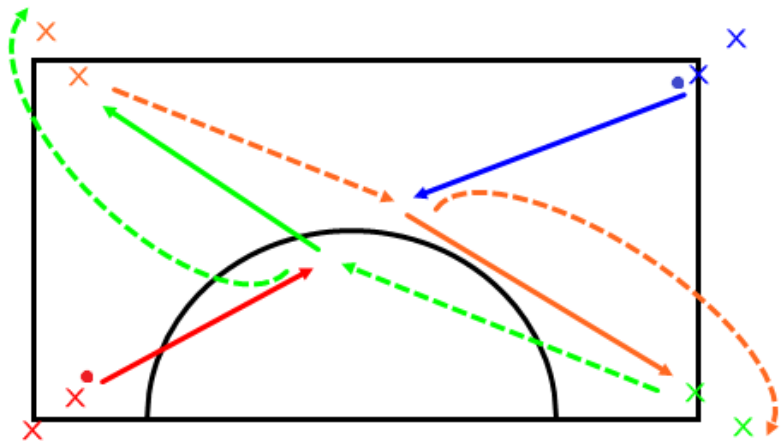
4 Corners: This drill is a good to use both at training and before a game. It will help to develop the timing and accuracy of passes, and allow players to be spatially aware as they move on-court. It can also help to develop the timing of a drive for a pass.

- Team uses the 4 corners of $\frac{1}{2}$ of the court, with at least 2 players standing on each corner. There are 2 balls being used, which start at opposite corners. It must be made clear to all players when commencing the drill that they should receive the ball from their right or left. This drill should be walked through slowly before making it quicker. The description will have players receive the pass from their left.
- 2 players (from opposite corners: blue and red) drive forward and receive a pass from the corner on their left. They should land ('1,2') when they catch the ball and immediately pass off to the corner they are running towards. The player then runs to the end of that line.



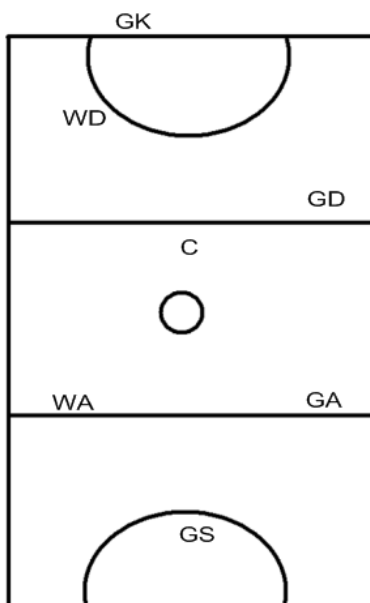
When both balls are at opposite corners again, the next 2 players (the ones who started with the ball: orange and green →) should drive forward, receive a pass from their left, pass off to the opposite corner and drive behind that person. This sequence continues until the team has a steady rhythm where balls are being dropped less frequently.

- Variations: vary the types of passes used (chest, shoulder, lobs); move the corners in so that length of passes varies.



Strategies

Backline throw-in: When the ball goes out in the defensive end it is important to have a strategy in place to move the ball back into the court again. This is just one of the ways to set up for a backline throw-in, it is important to give the GK a couple of options so that you do not lose possession.



- In this strategy, the WD sets up on the same side as the GK and 'holds the circle' creating space in front of them for a pass. WD is the 1st option.

- C stands in the middle of the transverse line, ready to drive forward to get a pass at the top of the goal circle. C is 2nd option.

- GD stands in the opposite corner to the GK, ready to drive forward, ready to get a pass just inside the goal circle. This is the 3rd option, it is generally not safe to pass across the goal circle.

Where ever the GK is standing for the throw-in should determine where the other players should be standing.

It is not recommended that the WA and GA should go past the centre circle when the ball is moving up the court from a backline throw-in; they should be used as the last option when the ball is moving into the centre third.

Use this as a guide to structure your training sessions and before/after game time.

Training	Before Game	After Game
10 – 15mins: Warm-up	10mins: Warm-up	Shake hands with other team, do team cheer
10mins: Running/agility/fitness Drills	10mins: 2-3 team drills	5mins: Warm down and debrief, pay umpire
15 – 20mins: Skill work (passing drills, team drills, tactics)	5 – 10mins: Tags to players, captain to do toss for centre pass, half court	
10 – 15mins: Half-court or game (practise what you have done at training)		
5mins: Warm down jog and stretching		