

Quick Hands (1 ball each)



Start hand passing in a circle eg.

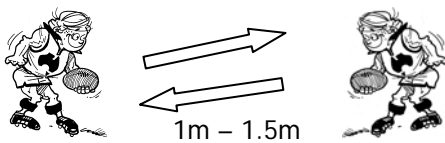
Both players use right hand.
Then switch to left hand

Left hand, Right hand (1 ball each)



Hand pass on your right hand, catch the other football and hand pass back left hand. Keep the same ball on the same line.

Half Volleys (1 ball each)



Roll the football at/away from the player. Make sure that the person receiving the half volleys is hand passing when they are down, not taking the ball to the upright position to get rid of the hands.

Side to Sides (1 ball each)



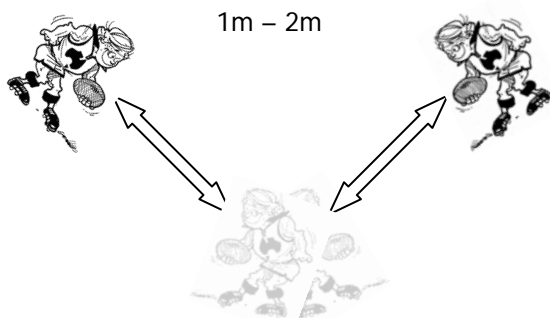
Player has to work both ways, collecting the football out in front.

Meet the ball (1 ball each)



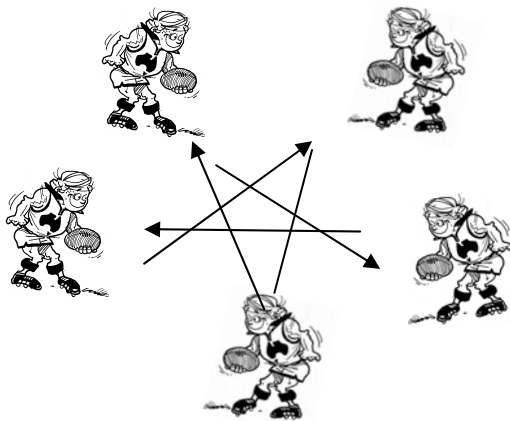
Player has to work both ways taking the football in his hands and getting rid of the ball quickly.

Triangle Hand pass (1 ball each)



Two people hand pass to one person, you can change the angle of where the football comes from, to improve the players peripheral vision.

Star Hand pass



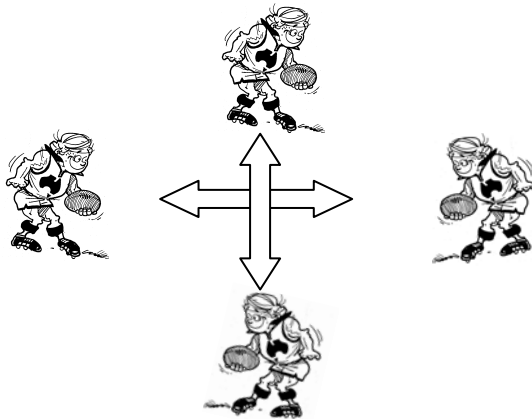
Even Numbers on 5 groups

Start off with one football, inserting footballs as the group understands the exercise.

Promote blocking after football is released.

Insert tackle bags.

Slips Catches



Aim of this exercise is to hand pass at the same time and try to get a ricochet of the football to catch before it hits the ground.

Two players per side

Skill Development

Ground Skills

- 70% of the ball is won at ground level.
- Practice rolling the football at the player;
- Focus equally as much on rolling the football away from the player

Development of Basics

- Concentrate on skill correction, the earlier the faults are detected the greater chance a player has of playing at the next level.
- Focus on the basic skill of marking, kicking, hand passing and pickup.
- Once players are competent at marking then put the players under pressure to execute these skills.

Drills and Skills – Keep them Basic – Develop as the team progresses