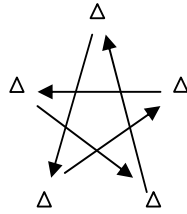
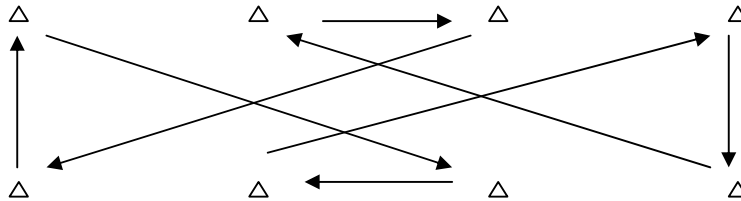


1. Star Handpass



2. 8pt Handpass

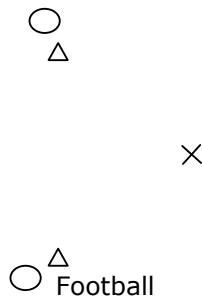


Start on a corner marker

This drill promotes players running and carrying the ball and players getting front and square to the ball carrier.

Players go to the marker they give to

3. 3 on 1



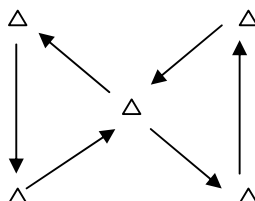
× - **Defender**

○ - **Attackers**

One football per group

Attackers have to work up and down the lines/ markers to ensure that the ball carrier has two options.

4. 2 man In (Handpass)



Even numbers on the outside cones.

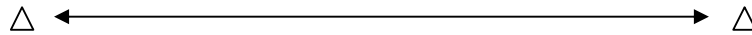
Two players, start on the middle cone

Start the drill with a football at opposite corners.

Effective drill to increase voice and quick hands

5. Lane Work

a)



Straight Lane work kicking

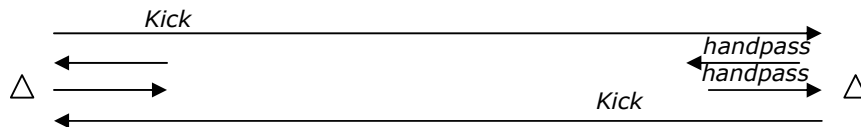
b)



Push Back

Player takes a mark on the cone. A team mate stands the mark while the player pushes back off the mark. Player then delivers the football back down the lane to his team mates. This drill promotes to players to get back off the mark quick and teaches them the skill of kicking over a person on the mark.

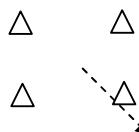
c)



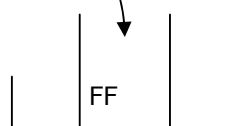
Give and Get

Player kicks the ball to a leading player, who gives the hand pass back to the kicker, who then gives the ball back to the next player in line, that player then kicks to the leading player at the other end.

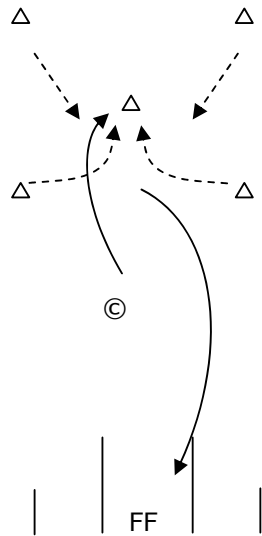
6. Reaction & Delivery



Players work the ball by hand between the 4 markers. Once the coach blows the whistle, players break from the grid and deliver to a leading full forward. Once players are comfortable with the drill insert bump pads after the handball grid and add a full back for pressure



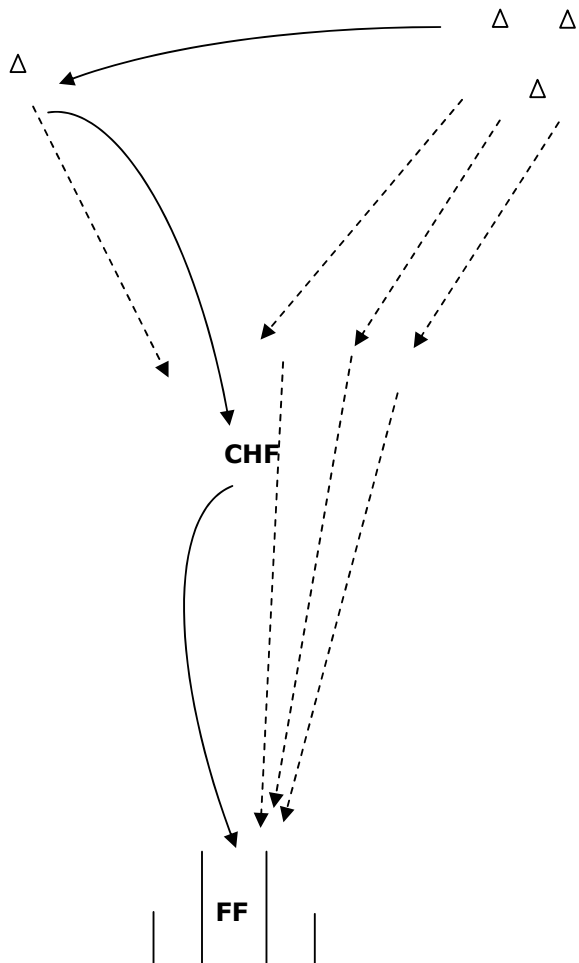
7. Front and Square



© kicks the football to the middle of the square where there is a contest. Ball is contested. One player from each of the two front markers (closest to coach) get front and square to the conest. Players on the two back markers time their run to receive the football and deliver it to the leading full forward.

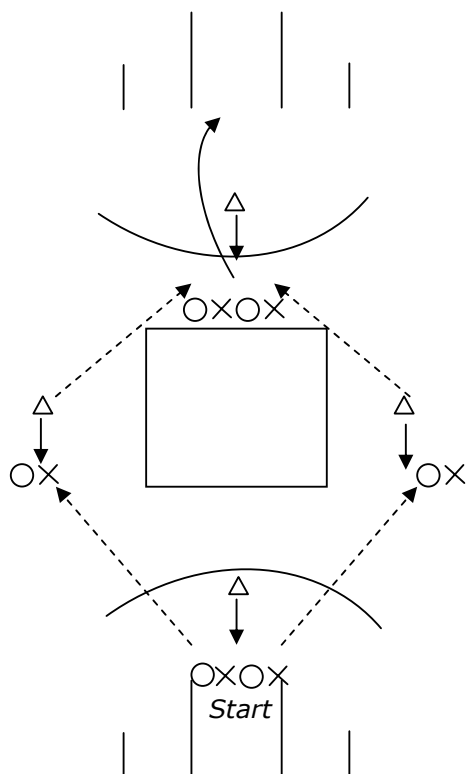
Once players understand the drill insert defenders near the coach and add a defender on the full forward.

8. Switch of play and forward delivery drill



Ball starts with two players in a contest. They bring the ball to ground and three players come off the cone. Players work together to switch the ball to a stationary player. Those three players work hard to get front and square at the centre half forward. Players then deliver the ball to the full forward who has a shot on goal.

9. Three Efforts



△ = **Coach**
 ○ = **team one**
 × = **team two**

Drill is designed for man on man and to be accountable with second and third efforts.

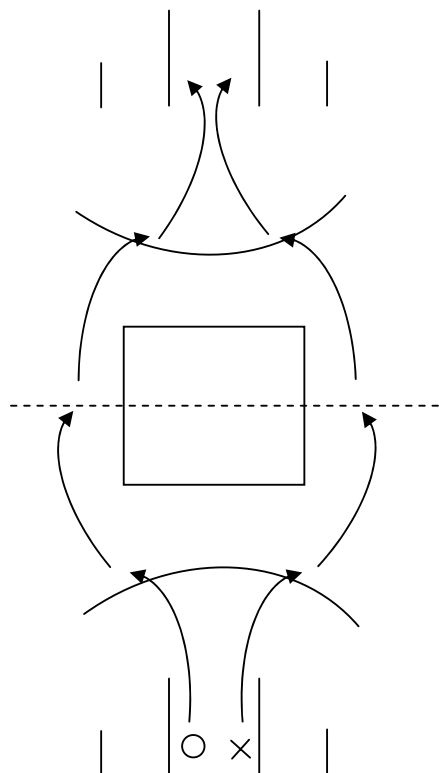
Starts with a 'two on two' contest with a coach kicking the ball inside 50. Players work together to win the ball back to the coach.

Once coach is happy, player split to either wing with a 'one on one' contest. Once the coach is happy he blows his whistle to release players to the last contest.

Players rejoin to have a 'two on two', working together to win the football and finish with a shot on goal.

Players slowly jog with their football back to the start.

10. Goal Race



Two teams.

Game starts with both teams having a football. All members of the team must start on the defensive half of the ground.

Ball is kicked out of full back when the whistle is sounded by the coach.

Teams work together to move the football down the length of the ground.

Teams cannot kick their football through the centre square, football must go around.

Teams can only kick a goal when their entire team has crossed the half way line.

Once the goal is scored the football goes back in the other direction when the coach blows his whistle to recommence the game.