

Hi All,

After watching the games this week. I found a drill that may help with agility of some of our players.
This drill will assist with the ability to reoffer and think about the next move after players have thrown the ball or defended.

Our players currently stand still and admire their own pass or just watch what everyone else is doing instead of offering for the next pass or moving into another position.

Try this drill It should come after you warm up, and should be high intensity, i.e. run quickly and keep it going for 5 minutes.
(write down your combinations first so you are not standing thinking, and the players are not waiting for you.)

BASELINE DRILL

This drill is good for increasing speed and quickly changing direction. It really keeps players on their toes

| | | | | |
|---|---|---|---|---|
| 3 | 4 | 5 | 2 | 1 |
| 2 | 3 | 4 | 1 | 3 |
| 1 | 5 | 1 | 4 | 2 |
| 4 | 2 | 2 | 5 | 4 |
| 5 | 1 | 3 | 3 | 5 |

GOAL LINE

| | | | | |
|----|----|----|----|-----|
| P1 | P2 | P3 | P4 | P5 |
| P6 | P7 | P8 | P8 | P10 |

Line your players up on the goal line p1= player1, etc.

Using chalk write down different numbers, 1-5 for each player in different order.
(Should probably do this before players turn up for training).

- On your whistle, call out any combination of numbers, say 4,2,5.
- Players then have to sprint to their number 4, then return to baseline and sprint to their number 2, then return to baseline and sprint to their number 5.
- Keep calling out different combinations for 5 mins, alternating the rows (row 1 goes then row 2 goes etc)
- Make sure your players are set well apart. Use the width of the whole court and length of a goal third for this exercise

LET ME KNOW HOW YOU GO!!!

Cheers Jacqui McDonald