



Training Drills

Keeping your club safe

Coronavirus
(COVID-19)



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RETURN TO PLAY

9 PLAYER AND 1 COACH 1.5 M SOCIAL DISTANCING

- All cones in the drills are at least 1.5 metres apart
- No tackling
- No contested drills
- Some with Goal Keepers others without but all can be adapted to fit. Goal Keepers don't need to be in the goal to use practise use of their skills.

RECEIVING PRINCIPLES WB

- Receiving in motion fore stick SOB - 1pm
- Receiving in motion reverse SOB - 11am
- Receiving under pressure limited space effectiveness SOB
- Receiving being marked man on man (M2M)
- Receiving posting to receive + roll with SOB control
- Receiving on both sides of your body leading forward
- Receiving 1-2 wall pass creating 2 v 1 overload
- Receiving across your body - management of forward space
- Receiving OHS

DISTRIBUTION PRINCIPLES WB

- SOB - 1pm carry - forward vision assisting in your decision making
- SOB - 1pm carry push pass accuracy
- SOB -1pm carry ball speed executing push pass
- SOB -1pm carry accuracy of your slap pass
- SOB -1pm carry accuracy of your hit pass
- SOB - ball position 11am execution of 2 handed back hand pass
- SOB - goal scoring skills
- SOB - deflections
- SOB - ball redirection
- SOB - 3D skills
- OH - execution

KEY



Attacking
players



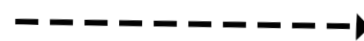
Goal
keeper



Pass
or shot



Player
carrying ball



Player
without ball



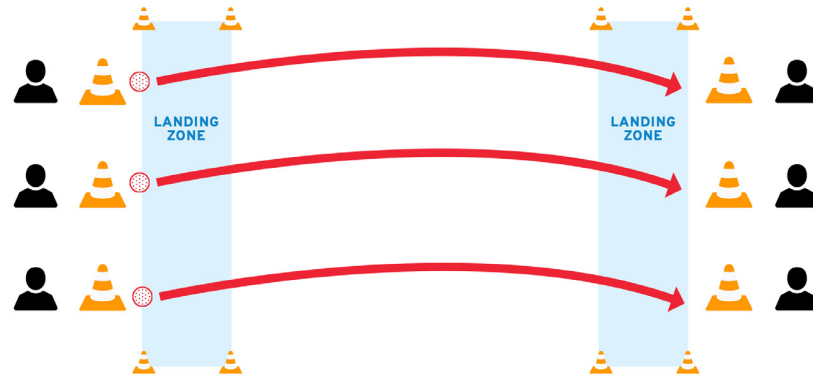
Cone



Ball



Distribution and Receiving Includes set up with a Goal Keeper



NOTES

- Core skill practice including Push pass, Hit, Slap and Overhead
- 6 players working in pairs or make 3's over similar distance if increase in player numbers
- 2 players and the GK Working on goal keeper feet and hand saves in Hot box. Players using SOB push pass for shot and accuracy
- Rotate red players out on a time system so all players get equal time with the keeper.

ATHLETE FOCUS POINTS

- Working on skill execution of the required skill.



Passing and Receiving

NOTES

Activity 1

- Red works around passing a 1-2 with all blue players
- Rotate players

Addition 1

- They need to call a name and the centre person passes to that person can not get it twice till every body has been passed the ball

Addition 2

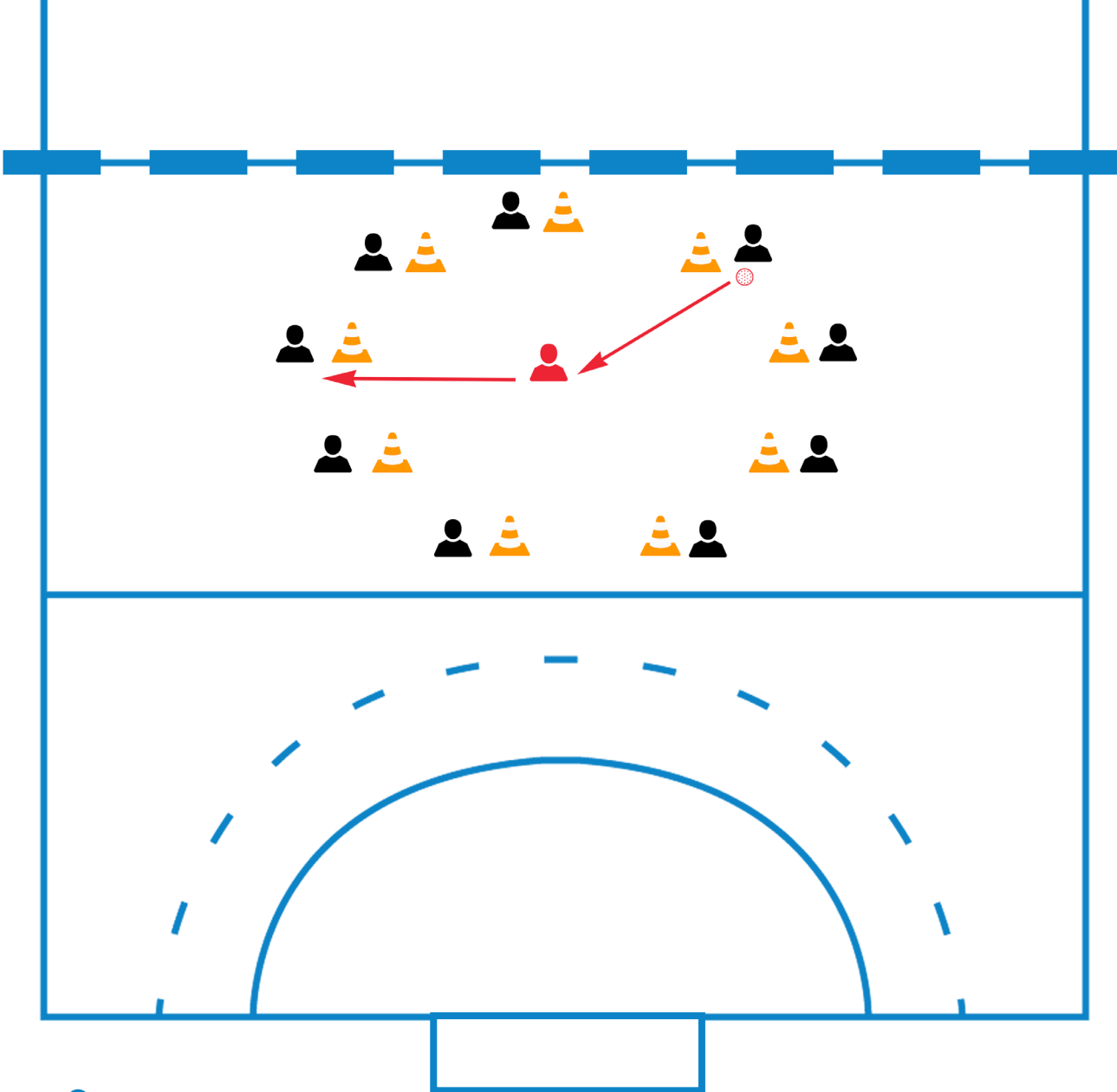
- They need to call a name and the centre person passes to that person can not get it twice till every body has been passed the ball

Addition 3

- Add different coloured ball at the same time neither ball is aloud to stop
- One ball colour goes to middle player other colour ball works out side they can not pass to the person next to them.
- Coach to call change and swap player in middle or ball colours roll.

ATHLETE FOCUS POINTS

- Stick on Ball receive and pass
- Receiving across body to 1pm
- Accurate SOB short distance push passing no slapping or hitting
- Next job where do athletes lead to receive
- Quick feet and body position





Multiple Drills

Get > Give > Go

- Open receiving
- Flat push or hit passing
- Vision in possession
- Continual movement, replicate a 2 minute player rotation

PASSING ON THE MOVE

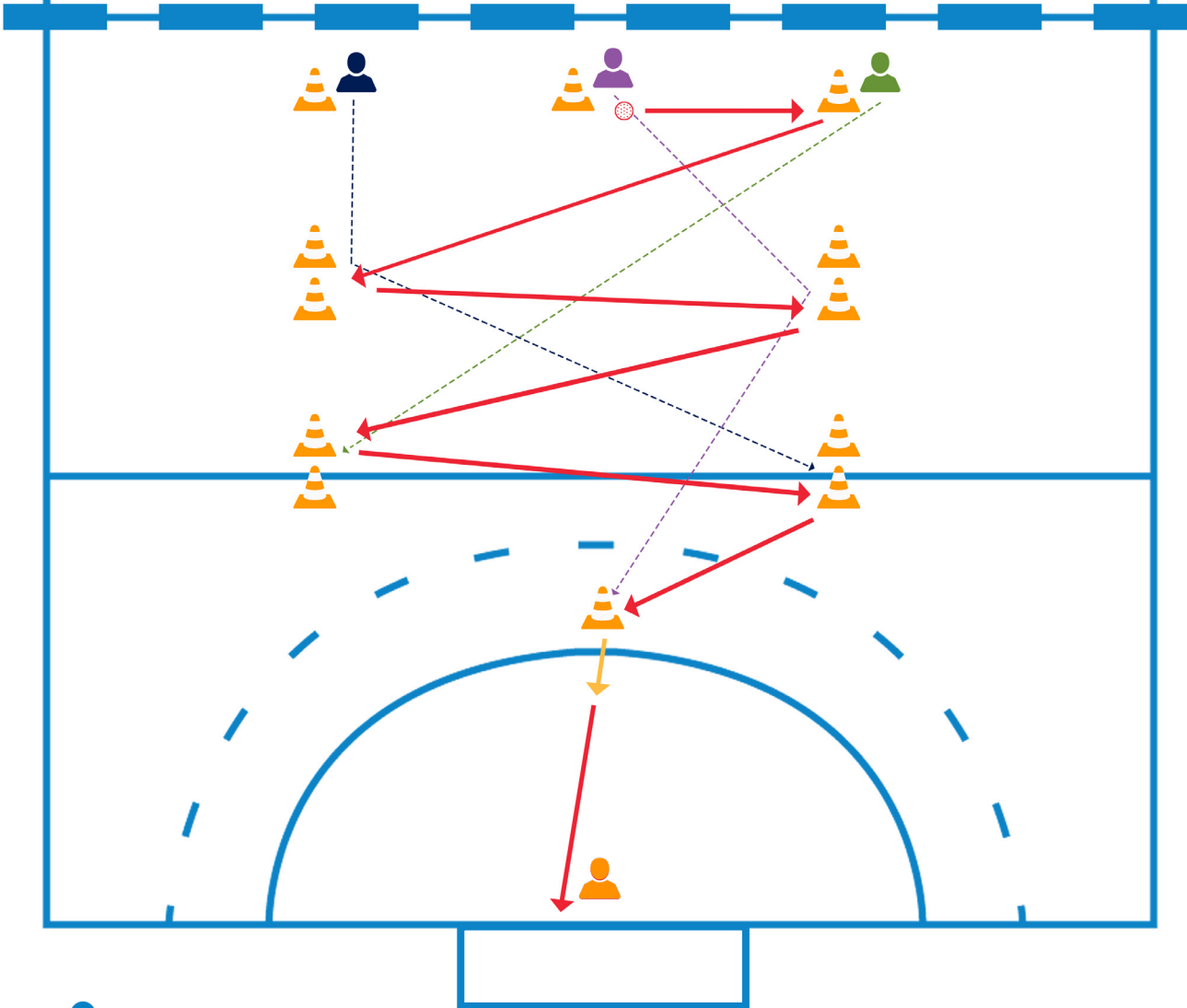
- Pass move forward and receive going forward
- Receive from right and left

STATIONARY HITTING

- 3 person hitting
- Hands together
- Stance and low body
- Shoulder position
- Round arm stick swing



Passing Precision

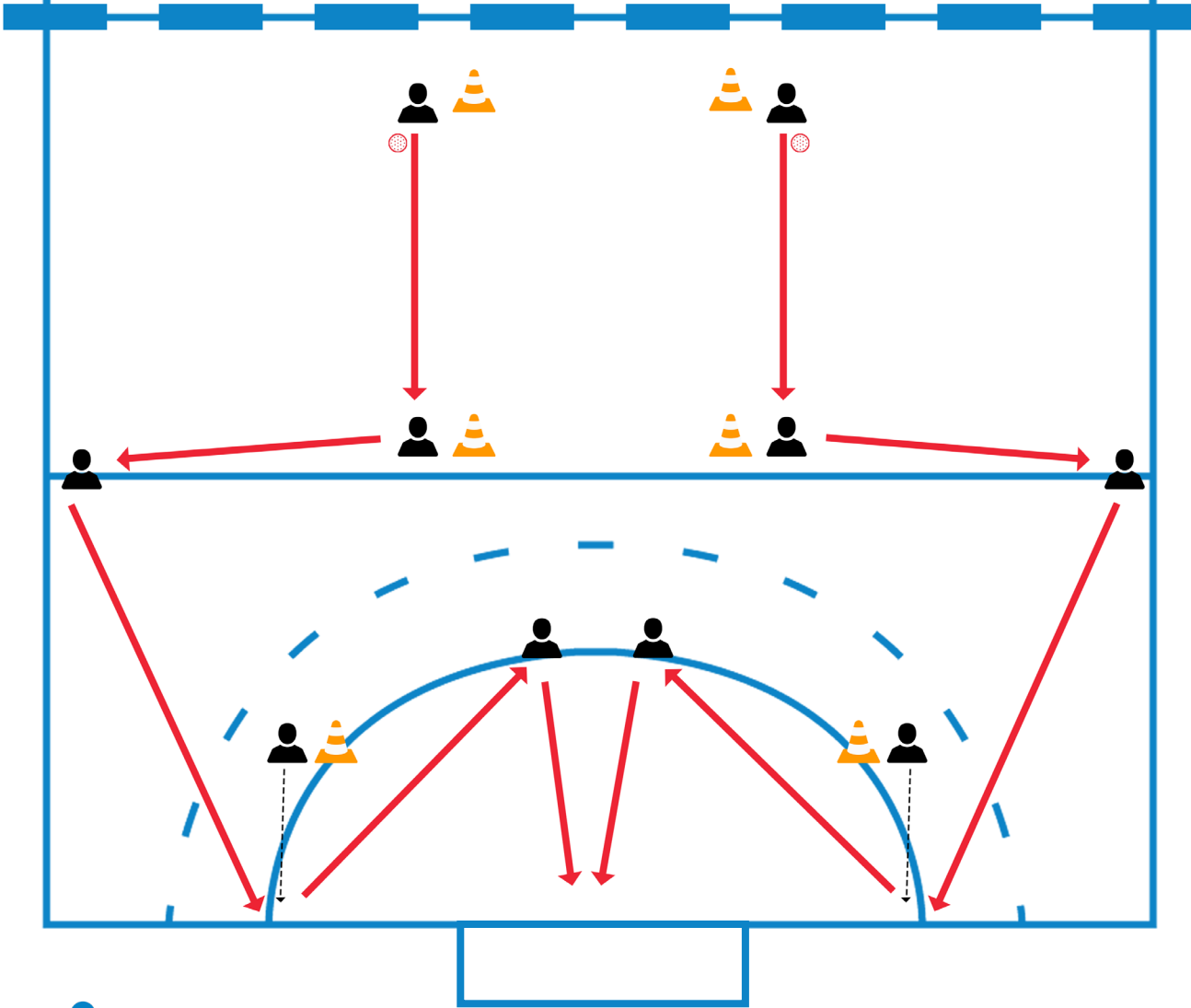


3 MAN WEAWE

- Flat deliberate passing
- Pushing and Hitting
- Accuracy
- Vision
- Next Job
- Goal Shot must be at goal
- GK move as passes are made from side to side



Passing and Receiving Mobile

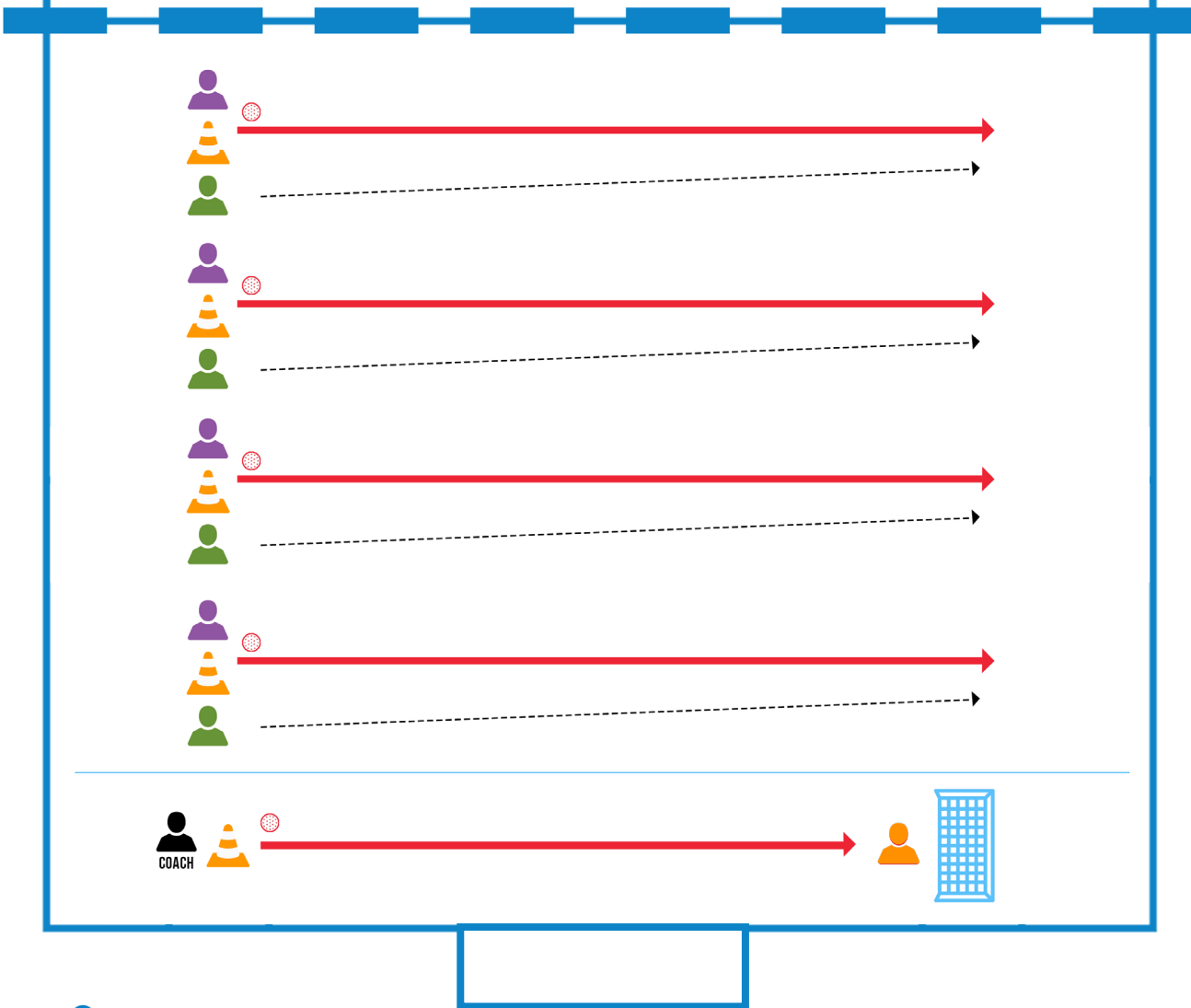


NOTES

- Receiving Mobile
- Distribution Mobile
- Pass of both feet
- Vary Passing Techniques
- Hit, slap, push, Tomahawk, shave.
- Follow Pass.



Fetch Warm Up



NOTES

Activity 1

- Spread the athletes around the area.
- Blue player pushes the ball the green has to collect and carry back.
- They time each other counting out loud to see which is quicker.
- Swap over

Activity 2

- Two teams pushers blue vs dribblers green
- Time the team to retrieve the balls quickest team wins
- Then swap from
- Change passing options

ATHLETE FOCUS POINTS

- Stick on ball carry 1pm
- Stick on ball carry 11pm
- Body and vision position (look at hand and stick position)
- Increase speed and distance levels



Pass and Move to Receive

NOTES

- 2 / 3 players max per exercise
- GK can be a player they use there kickers
- Set up 3 exercises
- Pass to a player then move to a free cone.
- Cannot repeat a cone till they have received at all 6 cones.
- Blow of the whistle means that they must switch balls with another team. They cannot switch with the same team before covering all teams.

Addition 1

- Jink passes and reverse bunt passing only

Addition 2

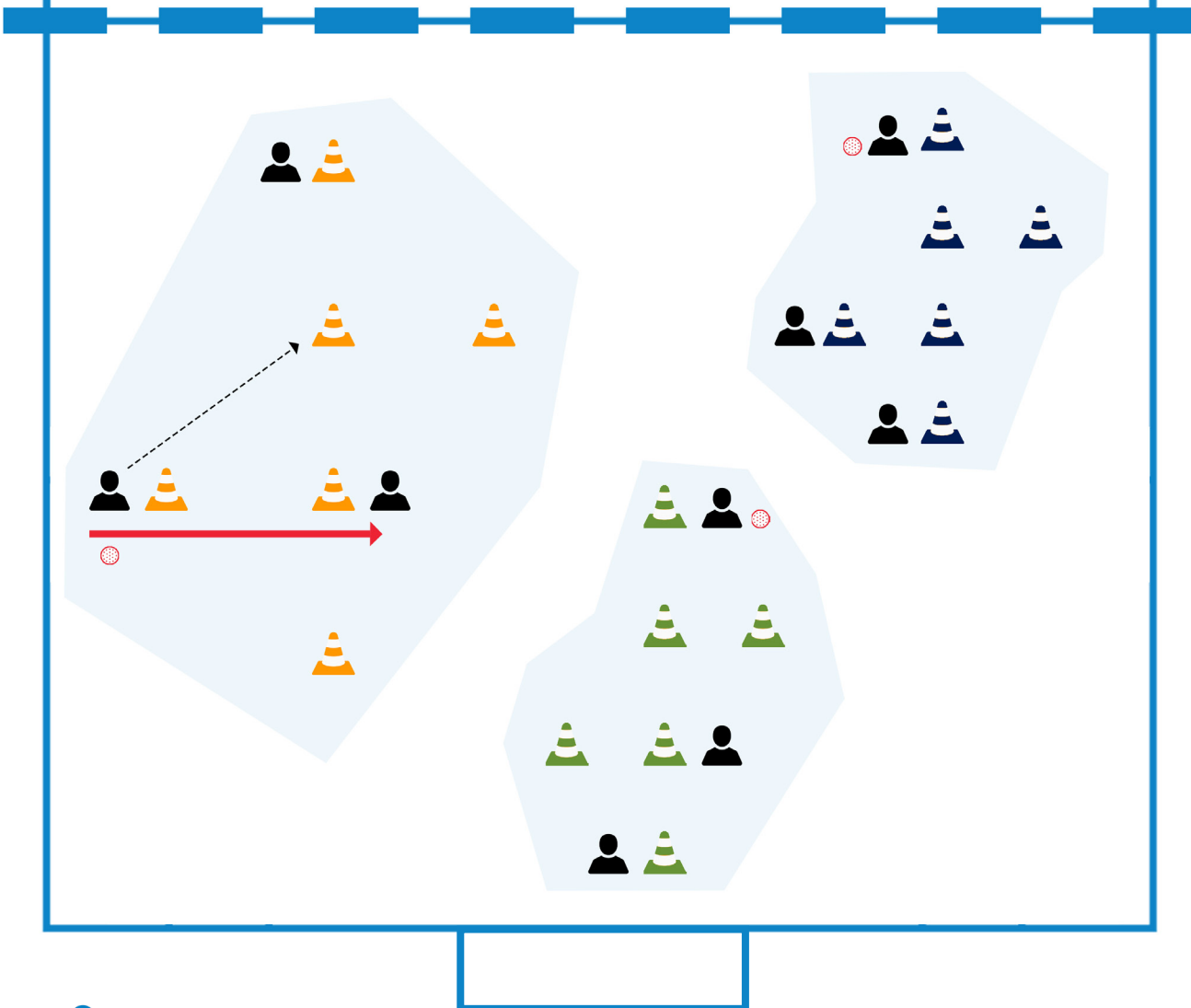
- Receiver carry's ball to cone the next receiver is on, then passes it to the player. The receiving player has made a lead off to a free cone to receive.

Addition 3

- Coach whistle allows 1 player from each team to change teams as well as the ball changing teams.

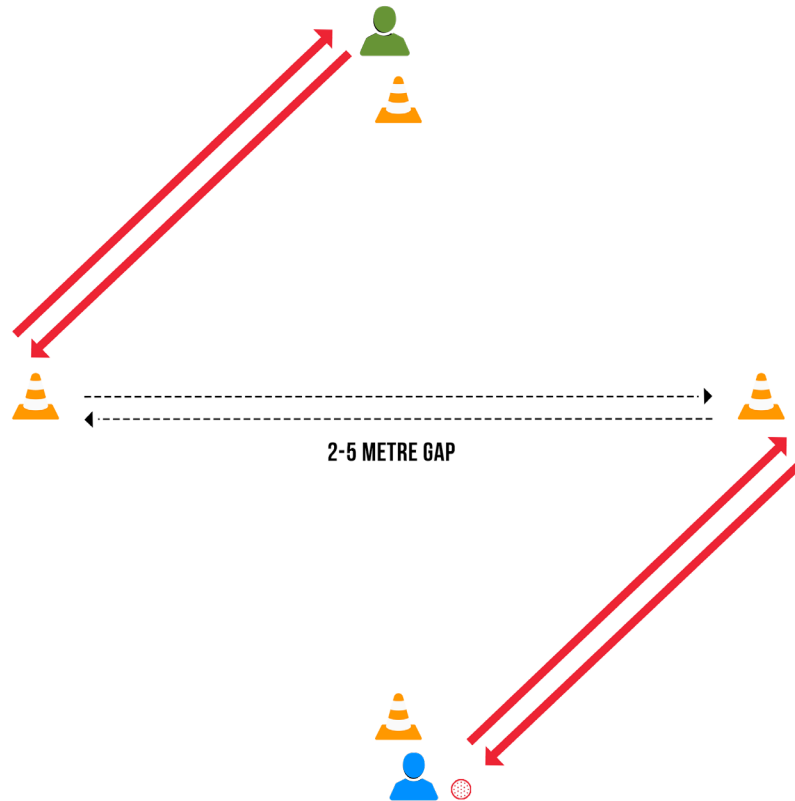
ATHLETE FOCUS POINTS

- Stick on Ball receive and pass
- Stick on Ball 11 and 1pm carry
- Receiving across body to 1pm
- Accurate SOB short distance push passing no slapping or hitting
- Next job where do athletes lead to receive
- Quick feet and body position





Pass and Move



PASSING THE BALL

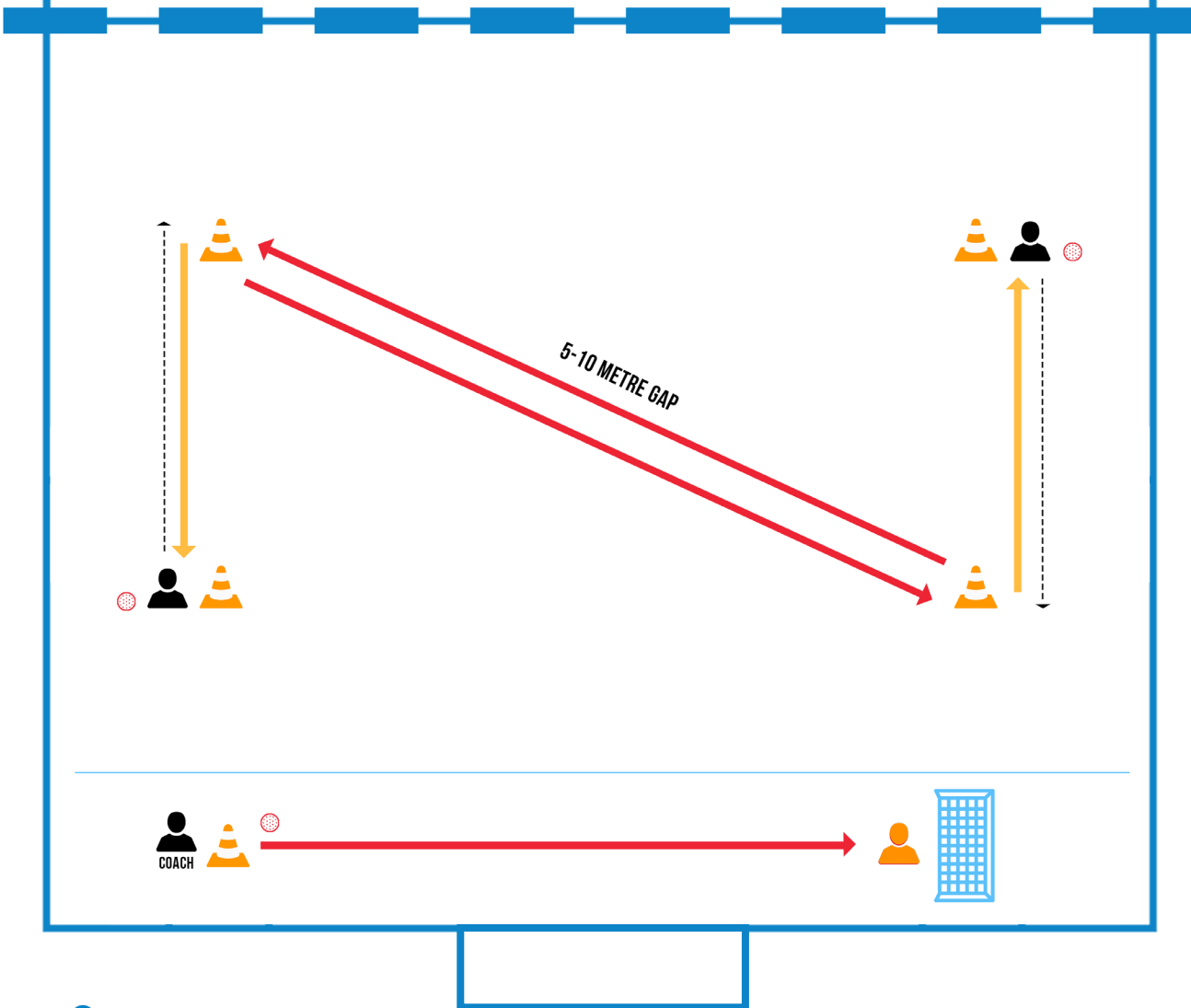
- Green player makes a pass to the blue player outside the marker.
- GK can do any of these roles your can flick to their hands or pass to their feet
- After blue passes the ball back they sprint to outside the opposite cone
- Purple repeats greens pass pattern
- Repeat the same 10 times
- Swap roles
- Players do different receiving styles passing styles to mix it up.
- Blue Player should work hard when going between passes

ATHLETE FOCUS POINTS

- Accuracy of passing
- Open receive
- Hand placement on stick when receiving
- Timing of passing to arrive at same time as the player arrives outside the cone.



Pairs Passing



PASSING THE BALL

- Two ball passing
- Players push pass on the move
- two ball at the same time across the angle
- Once they receive the ball they carry to opposite cone and repeat.

Addition 1

- Change the pass type

Addition 2

- Change the carry type

ATHLETE FOCUS POINTS

- Stick on ball receive and pass
- Stick on Ball 1 and 11 carry
- Receiving across body
- Next job where are they leading to next cone
- Quick feet



Passing and Receiving

NOTES

- Passing in 3 GK to use kickers
- Set up 3 interlink 10 meter triangles
- Athletes pass r around the triangle
- Different passing styles can be used

Addition 1

- Athletes compete against each team to get the ball around triangle

Addition 2

- Coach to call change direction of pass

Addition 3

- Coach calls players to swap 1 at time

Addition 4

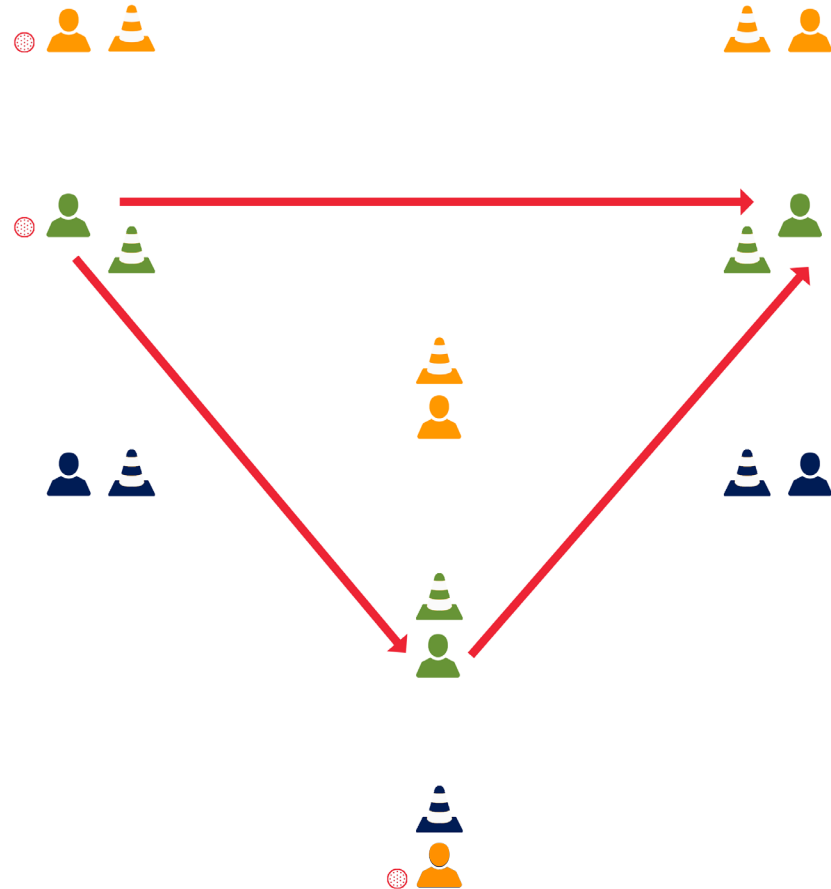
- Target ball each team try to hit the other teams ball with there ball
- If they hit the other teams ball. The teams who's ball got hit gets 10 of an exercise

Addition 5

- Coach calls carry
- The player with ball dribbles to the next cone instead of passing all players to react and run to the next cone they would have been passing to.

ATHLETE FOCUS POINTS

- Foot work
- Soft hand
- Stick on ball transition from receive to pass
- Hand position (Don't drop the bottom hand lower than the grip line good indicator
- Slow is smooth and Smooth is fast
- Focus on Receiving and Distribution





Circle post up pass to shot

NOTES

- 1 GK in the goal
- Red player is the scoring zone making little sharp leads not to stand still
- Green and blue lead out from circle to dotted line green picks up a ball of the cone pass to blue who delivers ball to red of lead to receive for them to take a shot.
- Green and blue then move back to circle line while red shots
- Next blue in line now passes to green for them to make the pass to striker. Continues round at speed until purple player is to last pass to green
- After green has passed his ball in purple leads in picks ball on circle line for last ball into red
- Rotate around circle

ATHLETE FOCUS POINTS

- Stick on ball trap and pass
- receiving across body.
- Quick push in to strong delivery to red
- Leading on to moving ball
- Next job where are they leading to
- Quick feet.
- Shotting options in relation to GK position.



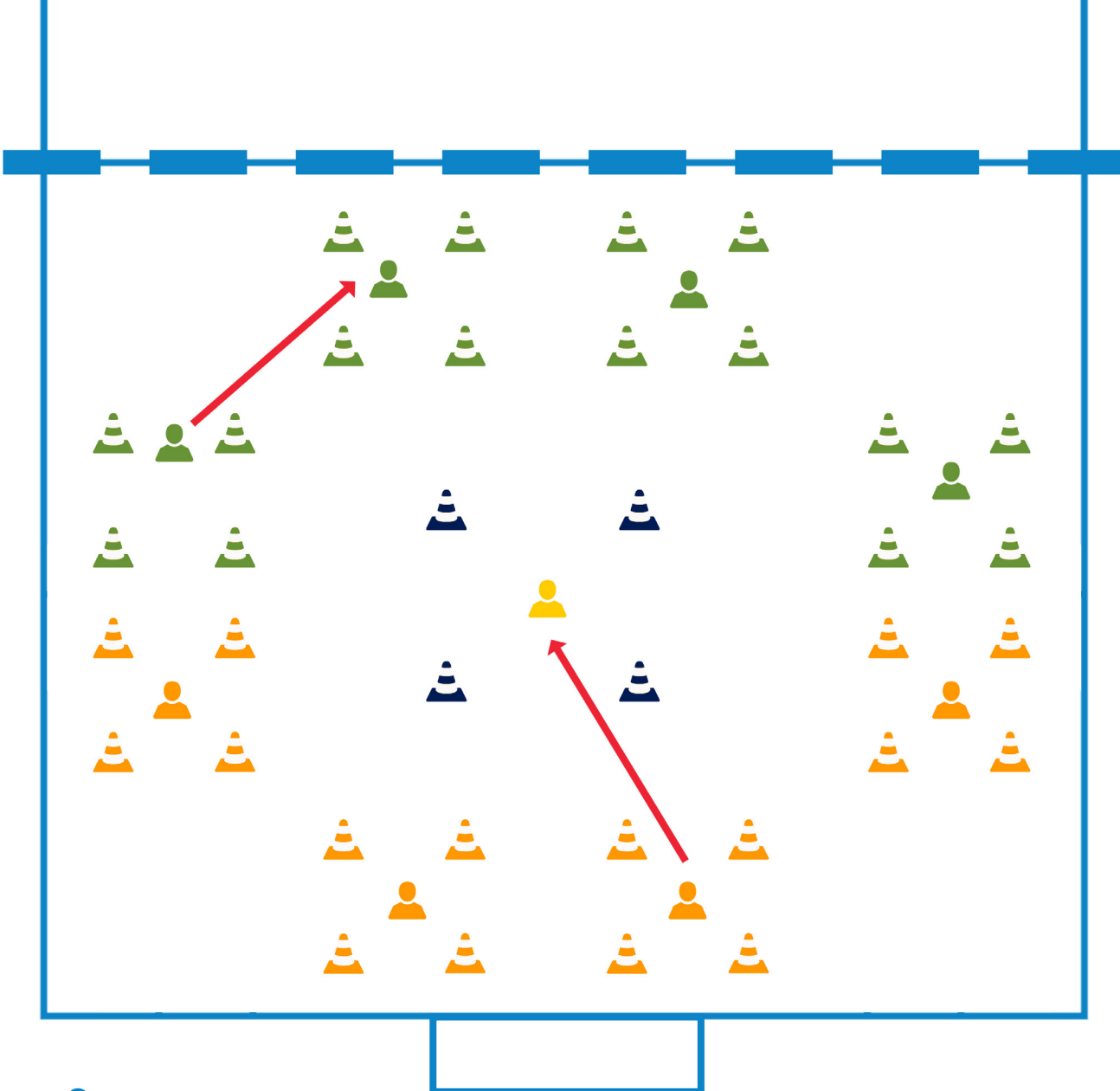
Outletting and Ball Transfer

NOTES

- Split players in the 2 teams of 4 as a back four across the pitch
- Give them a 5m movement area cones if you wish
- The 9th player yellow has a 10m area
- The 2 coloured teams transfer the ball around between themselves looking to not stay stationary they need to reposition in there box before they re gain the ball.
- The yellow player in the middle need to call for the ball
- post up and create a midfield option and re deliver the ball back into the group
- Yellow player needs mix up which player he receives from and which side
- Each team can call him to them if he doesn't have the ball.
- The transfer ball is not allowed to stop
- Yellow player can post up and last second call out nope or no good as if he was marked
- Player passing has to then redirect to another player
- Coach can call for a ball change each team has to pass there ball to the opposite team (outlet) and the yellow player swaps out with any other player.
- GK can take part in this drill they just use there kickers to pass

ATHLETE FOCUS POINTS

- Foot work
- Communication
- vision
- Stick on ball transition from receive to pass
- Hand position (Don't drop the bottom hand lower than the grip line good indicator
- Focus on Receiving and Distribution





Group Drill

NOTES

- Blue starts with the ball
- Red works a hard lead at the gate.
- Blue spots reds lead sends a weighted pass in to there path
- Purple is timing there lead to reach the top of the circle as red hits the gate
- Once red is through the gate they deliver a pass across the top of the circle at the two incoming players
- Blue steps over
- Purple picks up the ball carry's to create a shooting angle
- Purple shots across goal at bottom corner
- Blue has continued lead to redirect ball into goal should the shot be missing past the post.
- Green team are in a pass move zone ready to slide into the empty start slots plus 1 yellow player marked with green out line in diagram fill to in the slots once coloured team have completed.
- Yellow team is making there way back to the pass move zone after completing the exercise.
- If you don't have a gk just make equal groups of 3
- Having a player from each team mix to a new group help get all players working together may take a minute for the players to grasp the idea. So coach remind the jog back team the need to have 1 player Hussle to drop in the with next rotation.

ATHLETE FOCUS POINTS

- team work organization
- Bottom corner shooting
- GK movement



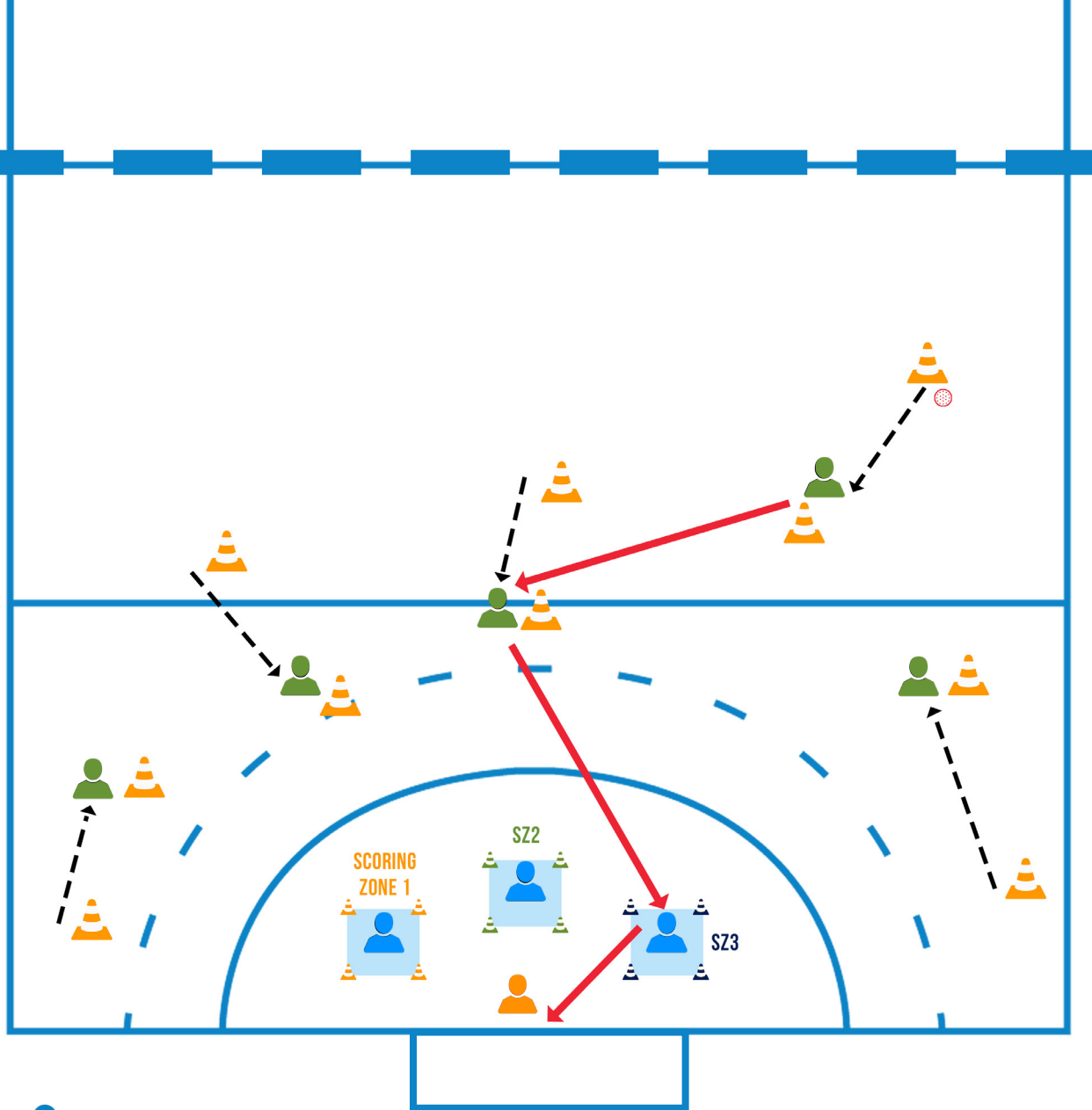
Rebound

NOTES

- Blue players get a 3 metre box in the circle
- Green players move between there 2 cones carrying ball with vision ready to pass
- Coach calls deliver and who ever has the ball fires a ball into a scoring zone player in a square they trap and shoots or deflects.
- If the keeper saves it the 3 blues play out the rebounds if it comes in there Scoring zone
- Keepers priority make the save
- Second objective save and clear the ball from scoring zone area.
- Rotate players after set number of balls

ATHLETE FOCUS POINTS

- Ball movement
- Striker rebound skills
- GK clearance angles





Follow Pass

NOTES

Follow my pass drill

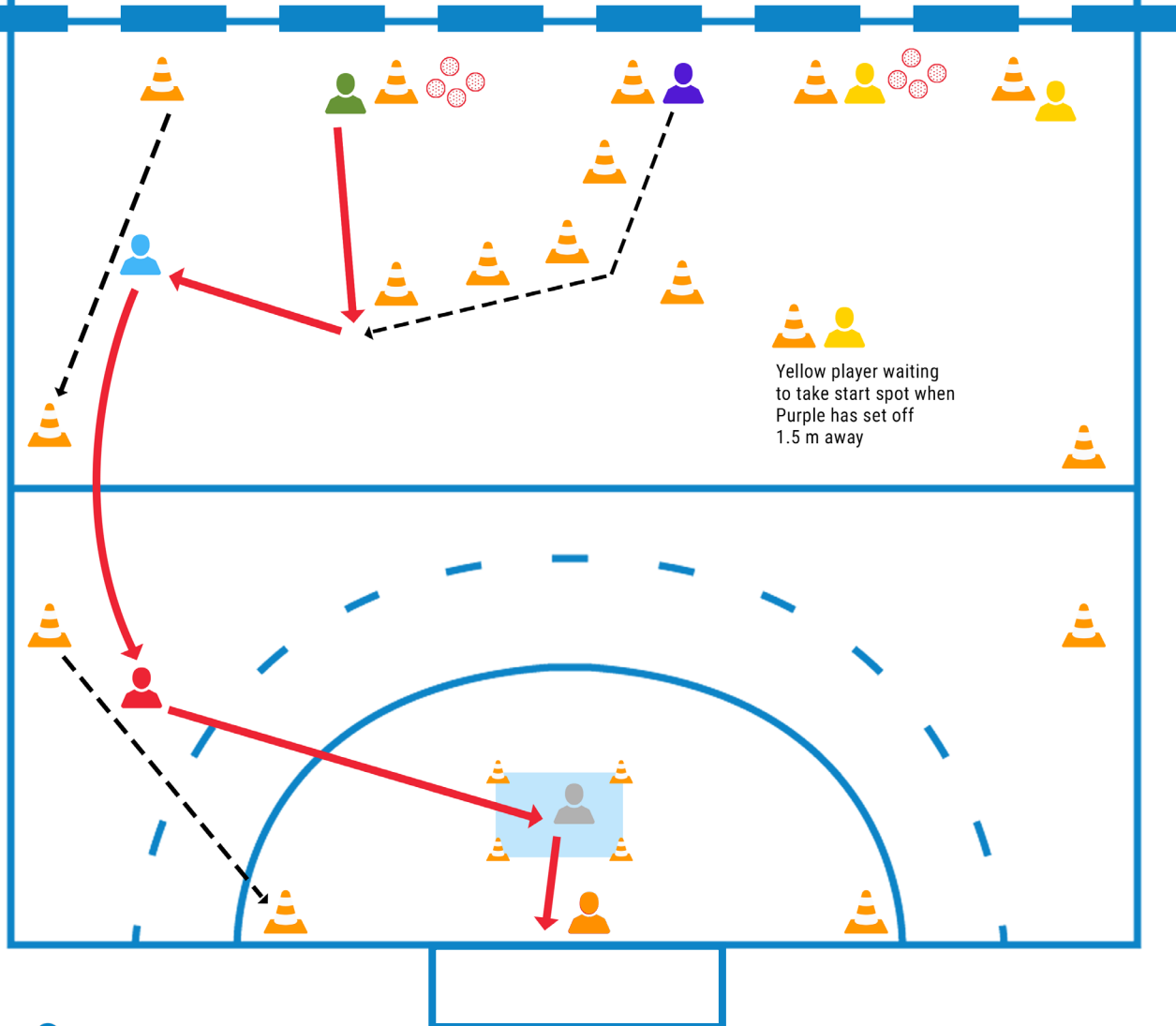
- Cones to placed 5m apart
- That's the players pick up zone
- As each pass is made all the players work along there 5 m line
- Ideas is the passing player has to look up pick up where the lead run player is and deliver weighted ball into there stride for them to pick up and pass off to next player
- GK to track players/ball movements in circle not just stand in middle of goal
- After green takes there shot they make a hard run back to where blues start position as if setting up for a half court press or the likes
- Stretch or shorted passing distance as you see fit.

ATHLETE FOCUS POINTS

- Stick on ball trap and pass
- receiving across body.
- Run onto Receive ball in direction the ball is traveling into space
- arcuate weighted passing over space
- Leading on to moving ball
- Next job where are they leading to
- Quick feet.



Circle Entry



NOTES

- Coloured team in drill
- Yellow team waiting to run opposite side
- Purple makes lead along cones
- Green delivers ball at last cone timing the ball to reach at same time as purple
- Purple is looking to spread ball to blue who is makes a lead between cones
- Blue picks up ball passes to red player making reverse lead
- Red hits hard ball to grey for an attempt on goal -deflection or trap and shoot.
- Grey and red rolls do both side for each set
- Gray is the shooter for the coloured team
- Them drops into yellow team to be reverse lead player
- Red comes in to the scoring zone to take the shot
- Rotate players after each set or do sets of 5

ATHLETE FOCUS POINTS

- Stick on ball trap and pass
- receiving across body.
- Run onto Receive ball in direction the ball is traveling into space
- arcuate weighted passing over space
- Leading on to moving ball



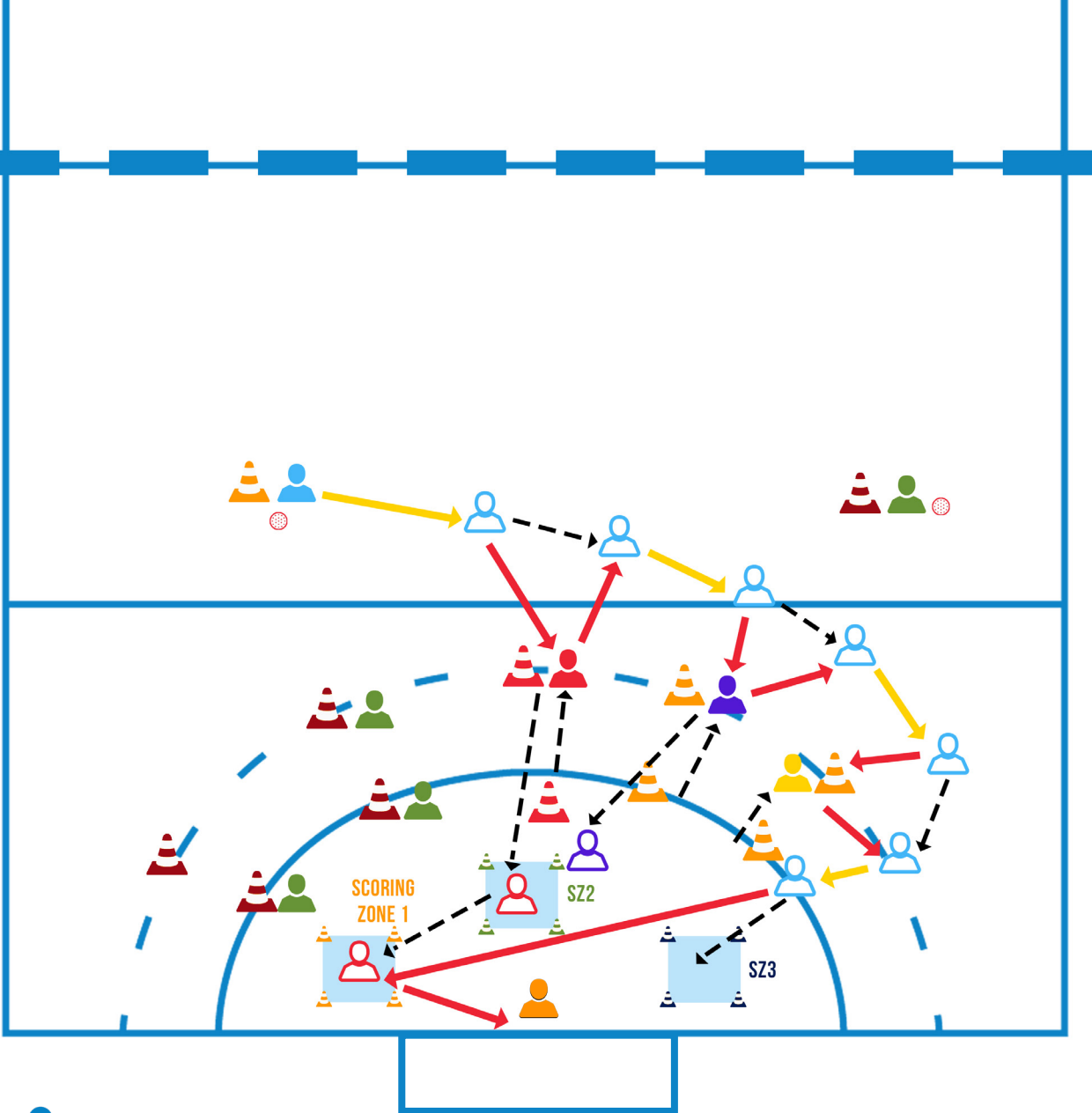
Post up 1-2 's working around the Circle 5m dotted line

NOTES

- Green team waiting to start opposite side once coloured team complete.
- Blue starts with the ball
- Red works a hard lead at the dotted line (think free hit striker post lead ball travel 5m)
- Blue spots reds lead sends a weighted pass in to there path
- Red creates a 1-2 parallel with the blue player as they run to the dotted line looking for the striker pass. Once red completes his 1-2 he leads the scoring zone 1
- Purple is timing there lead to reach the dotted line to receive next 1-2 and yellow does the same
- Once purple has made there 1-2 they lead in to SZ1 red reacts to new purple lead in to the circle and makes lead from SZ1 to SZ2 to pick up and ball going past the post or for the pass tap in.
- Blue player have completed his 1-2s along the dotted line carry's ball to circles edge and now has 3 choices
- Direct shot players in zones for rebounds
- Play ball to SZ1 and work hard to get themselves to SZ3
- Or pass to SZ2 again working hard to SZ 3 to pick up rebounds

ATHLETE FOCUS POINTS

- Timing off post up lead runs
- Vision movement in the circle





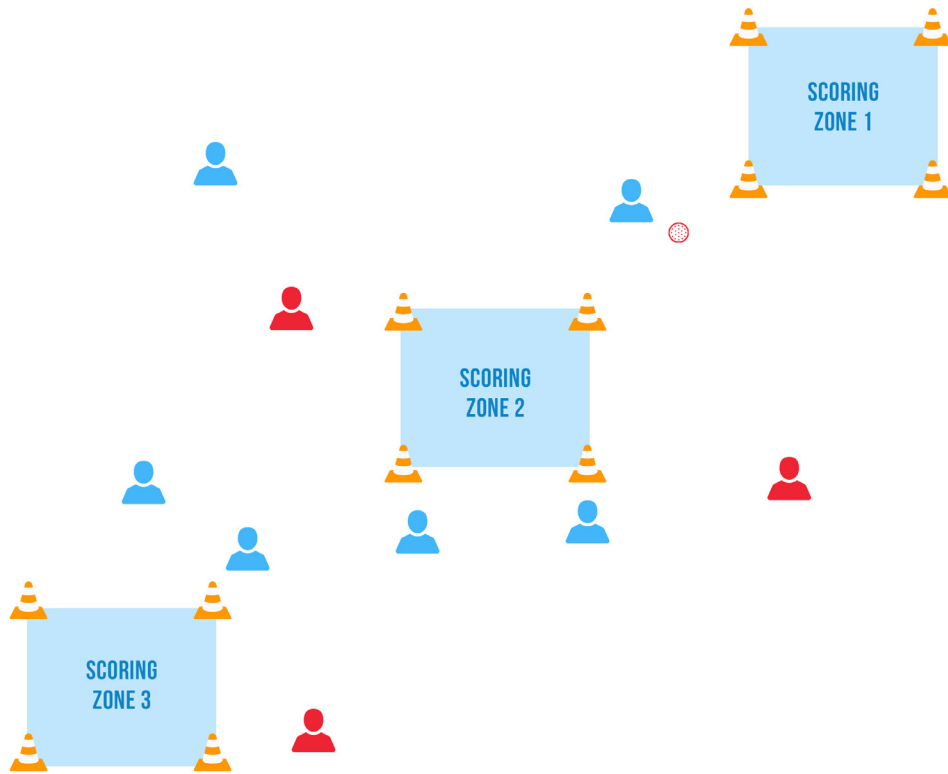
Netball over load

NOTES

- 6 attacking player 3 defending players. Can change to 5 and 4
- Players can not dribble with the ball.
- Pass and move only
- No tackling interceptions only
- Players to only move in clear space keeping to 1.5 metre separation (out stretched arm and tick as guide).
- Score a point buy either completing a set number of passes (set by coach)
- Or receiving a pass in a SZ area players can not stand in the area they lead in lead out 3 seconds max. These areas can be any place but dice displays work very well- example is a 3 dice lay out
- After set amount of time tally up the score swap players round or give a target score
- If defence win the ball they play on overload team need to work to win the ball back to start getting points again. If defensive team score a point or hit the pass number they get double points.
- GK can join this drill they just pass using there kickers use as distribution training (good idea to put keeper on the team with more players.

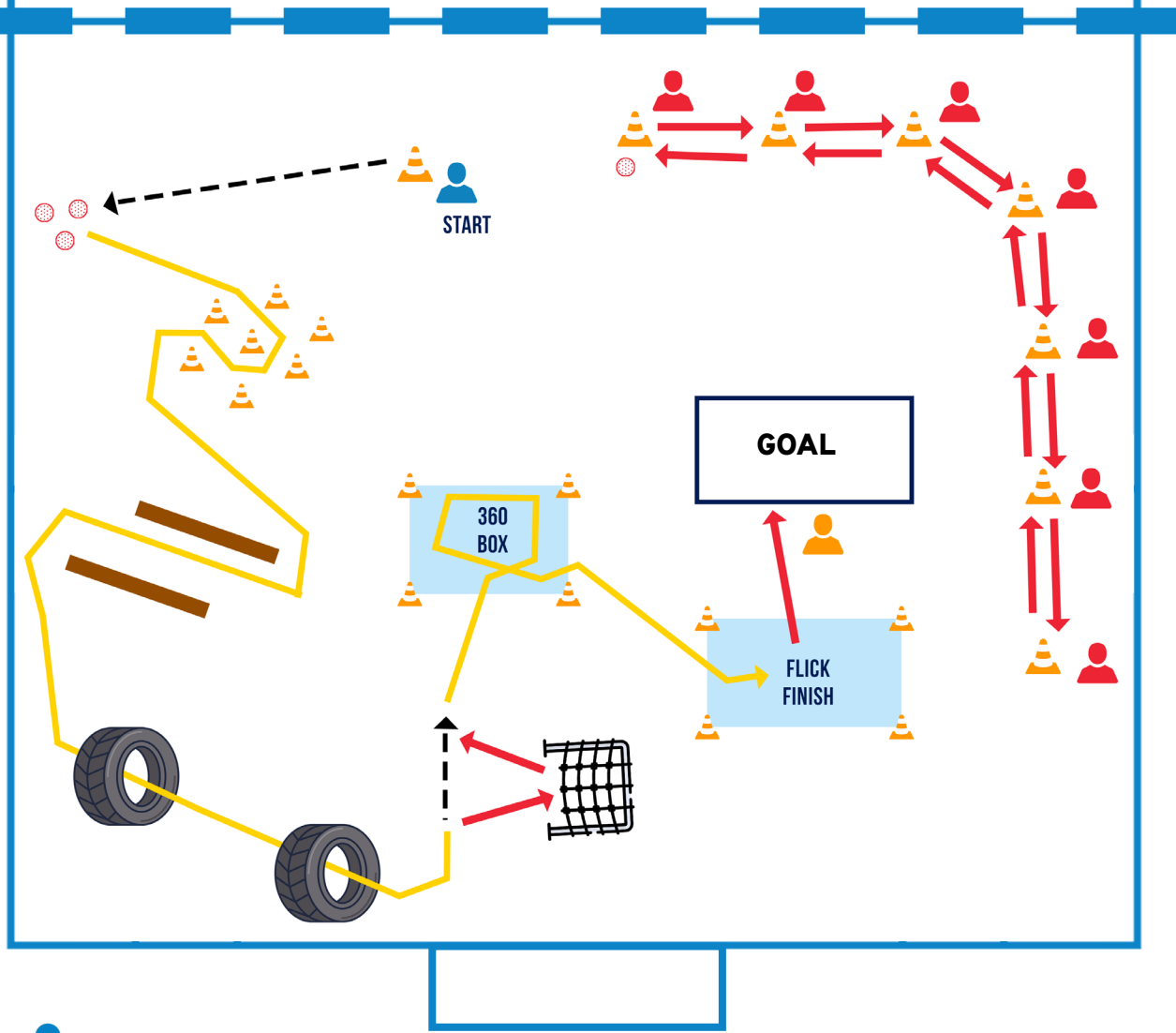
ATHLETE FOCUS POINTS

- Stick on ball trap and pass
- receiving across body.
- Run onto Receive ball in direction the ball is traveling into space
- arcuate weighted passing over space
- Leading on to moving ball
- Next job where are they leading to
- Quick feet.





Obstacle Course and Fun Challenge



NOTES

- Blue v Red
- How many passes can the 7 red complete before the blue has there shot
- Rules
- Clean pass no mistakes and a goal they get there time minus 5 passes from the team for the goal
- Clean pass keeper saves or they miss plus 5 passes to the red team plus there time.
- Each section they miss or don't complete team get a 10 sec penalty or what coaches suitable penalty
- Coach to keep time with timer Make any scoring system time keeping you think works
- If you wish to do a none competitive one just have them take turns with the reds passing a ball.
- You can set them off in a chain after the blue had passed the second obstacle reminding them they have to stay 1 obstacle behind the person in front.
- Make any course you want with what ever you have to hand kids love to try this
- Obstacle course are only limited by your imagination to use what you have lets go outside the box
- GK can also do the courses with their stick or kickers might need slight rule modify for them but they love trying.



Out letting targets

NOTES

- Out letting through lines can be any place on the field Example is for 16 transfer outlet
- Over heading restriction. (coach to call if wanted randomly)
- No dribbling
- The green players move the ball around the back line looking to out let to SZ2 to complete the exercise They don't have to go to SZ1 before SZ2 and can pass back the Green or SZ1 if needed
- DZ players move along there box picking up the hot line or players they work very hard in the first part if the green move the ball around
- SZ players out number the DZ players so should be working hard in to getting a clear pass from the green team.
- In theory green should have clear pass to a SZ player at any point if they work as a team
- DZ players need to communicate on what roles or strategy they want to implement block the ball or the player or both.
- Work on sets of 5 before rotation player roles

Addition 1

- Change the width of the drill smaller works the SZ players wider works the DZ players

Addition 2

- Coach calls the ball delivery
- Player role changes
- Add 5 meter carry rule
- Or a 3 second time limit on ball time per player

Addition 3

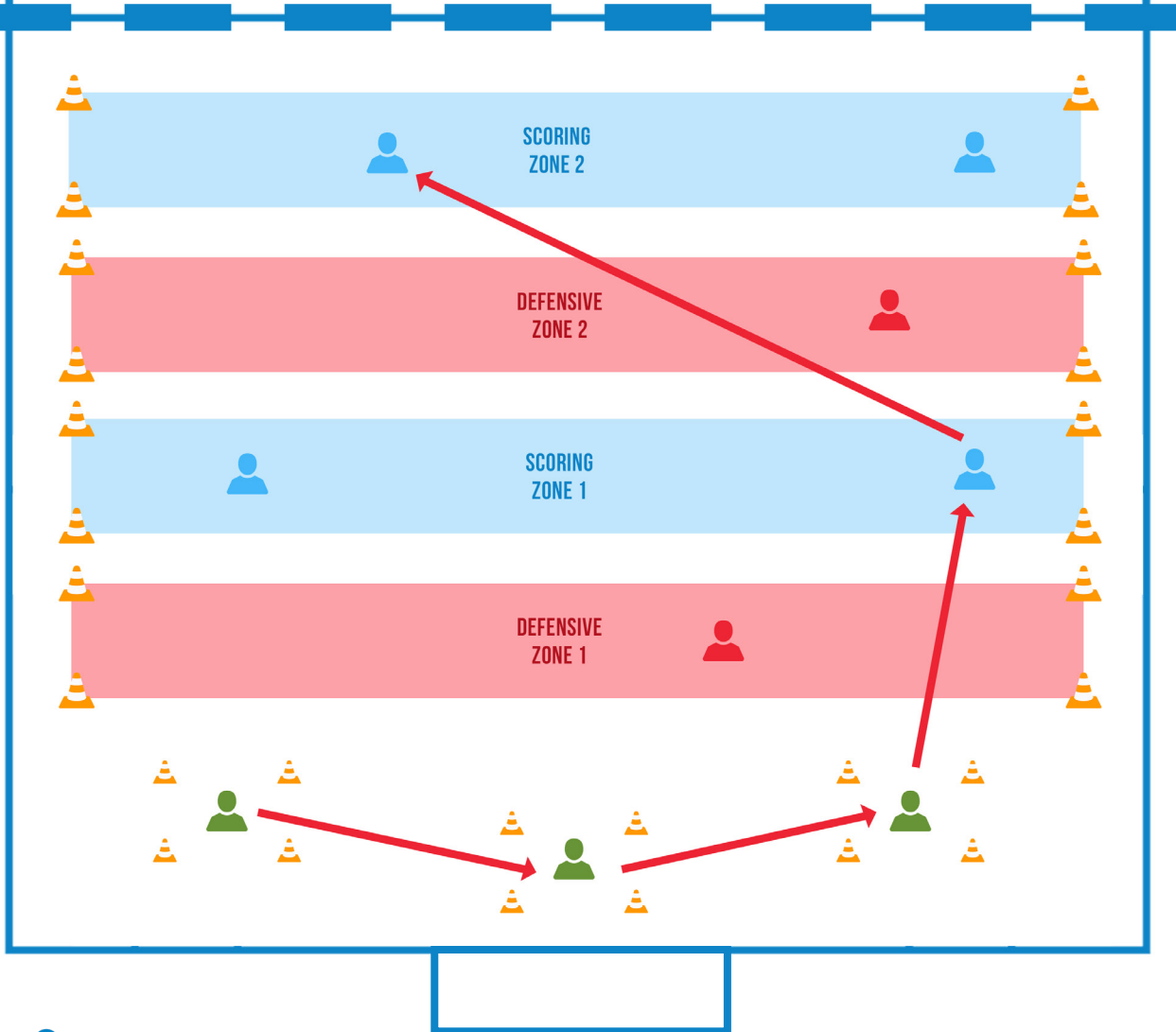
- Change the number of DZ to SZ player ratios.

Addition 4

- If you have GK drop a player from either the green team or the SZ2 team and have them take a shot once ball gets to SZ2

ATHLETE FOCUS POINTS

- Ball deliver speed
- Weighted passes to lead on to not always straight to player
- Movement off the ball
- Communication between lines verbal and none verbal





Multi Ball

NOTES

- Multi balls in play different coloured /marked balls help.
- In the diagram I have 3 balls going but start with 1 then 2 and build up to 3.
- Players pass balls around blue and orange box
- GK calls a ball colour
- that ball if delivered straight to free blue box player to take a shot.
- Work through all the balls

Addition 1

- Once a ball has been shot coach throws another ball in keeping it at the required number of balls

Addition 2

- Players follow there pass and change boxes as drill continues

Addition 3

- Time limit on possession of ball

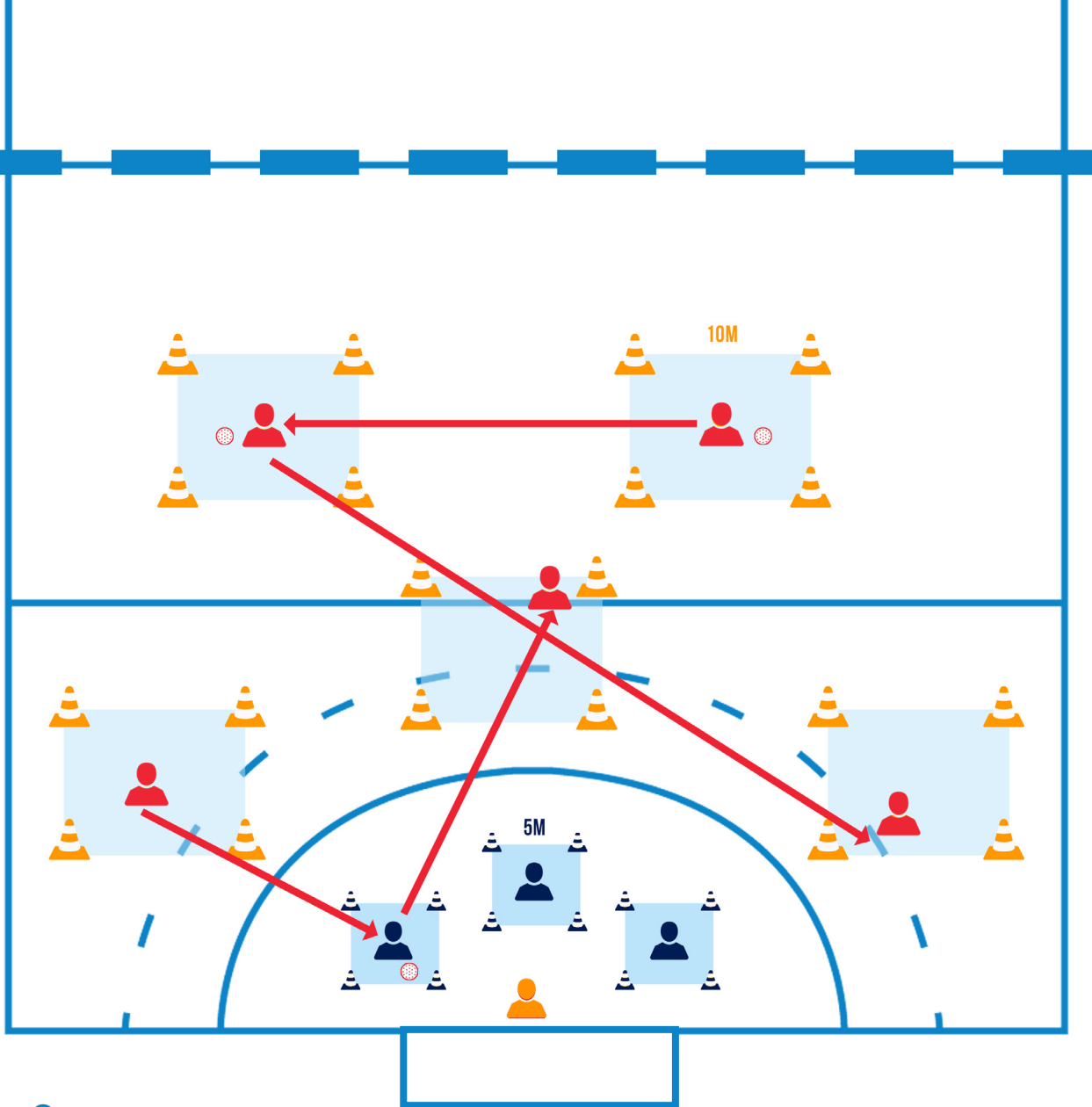
Addition 4

- If you don't have a keeper just add another box and put a tyre or plank in goal.

Rotate blue players as you wish or after they shoot they sprint out to the passes box to swap.

ATHLETE FOCUS POINTS

- Communication
- Vision
- Players not to stand still
- GK clear loud calls
- Bottom corner shooting





Keeper clear

NOTES

- Set up 1 central 5m x 15m SZ2
- Setup 2 - 15m x 15m SZ1 and SZ3 one each side the central SZ2
- GK gets the SZ2 there job is stop any ball getting past them 5 points every ball they stop
- Blue have to send an Ariel ball into the SZ3 if it lands in SZ3 and goes out they get 5 points
- If it lands with out pink trapping it but they keep the ball in blue get 1 point
- If pink trap the incoming Ariel ball they get 5 points
- No dribbling the ball they get 1 pass before they have to throw the Ariel pass.
- 1.5 metres apart out stretched stick as a guide.

Addition 1

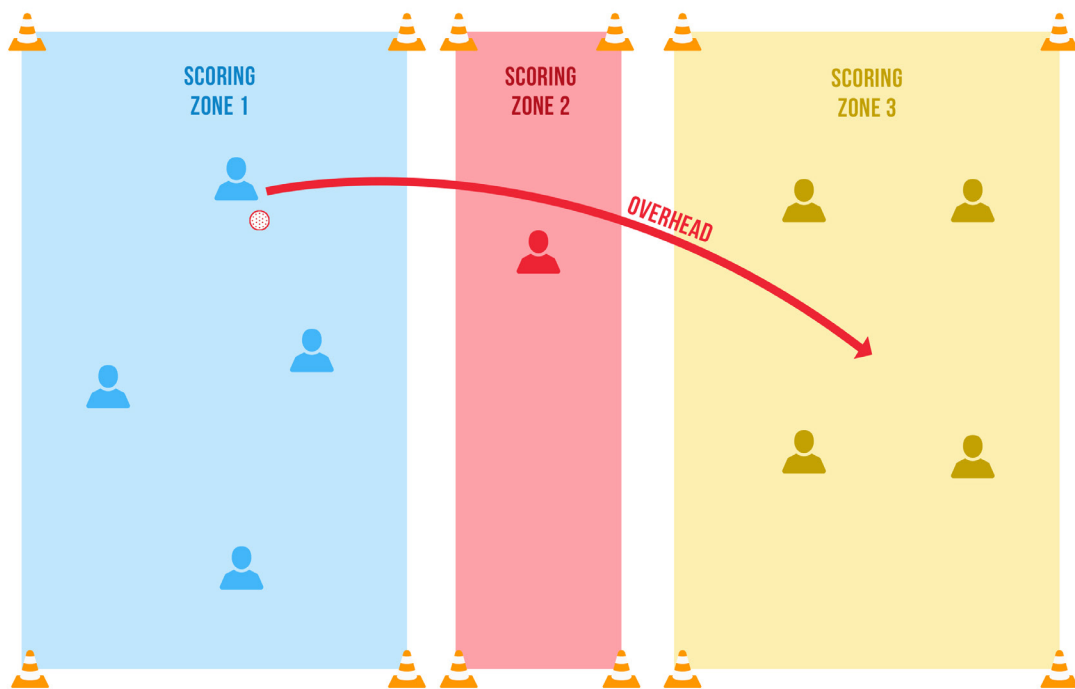
- Put time limit on pass
- If the ball lands with a trap they get 5 points does not have to go out

Addition 2

- If no GK just give a team an extra player and play as before
- In this addition you can make the no ball zone bigger as the keeper aspect is not a factor.

ATHLETE FOCUS POINTS

- Ariel passing core skills controlling distance and Height
- Ariel Receiving skills
- Communication





Steal

NOTES

- Set up 2 15m x 5m SZ
- 10m apart
- Blue team pass ball around ball around 1.5 metres apart out stretched stick as a guide.
- No dribbling
- At any point they can send players to intercept the red teams ball 1.5 metres apart out stretched stick as a guide.
- If they get a intercept they have to pass it back into there SZ to claim the ball red can try to intercept back
- Once ball has left the SZ they can not touch it blue have to receive the ball to claim the steal if it's a miss pass red get a new ball with no lose of point.
- Red at the same time are trying to steal blues ball
- First team to get a steal gets the bonus Pink player for there team.
- First to get 5 steals
- Coach feeds new ball to team stolen from
- Players can not stand still.
- If coach catches them standing they loose a point

Addition 1

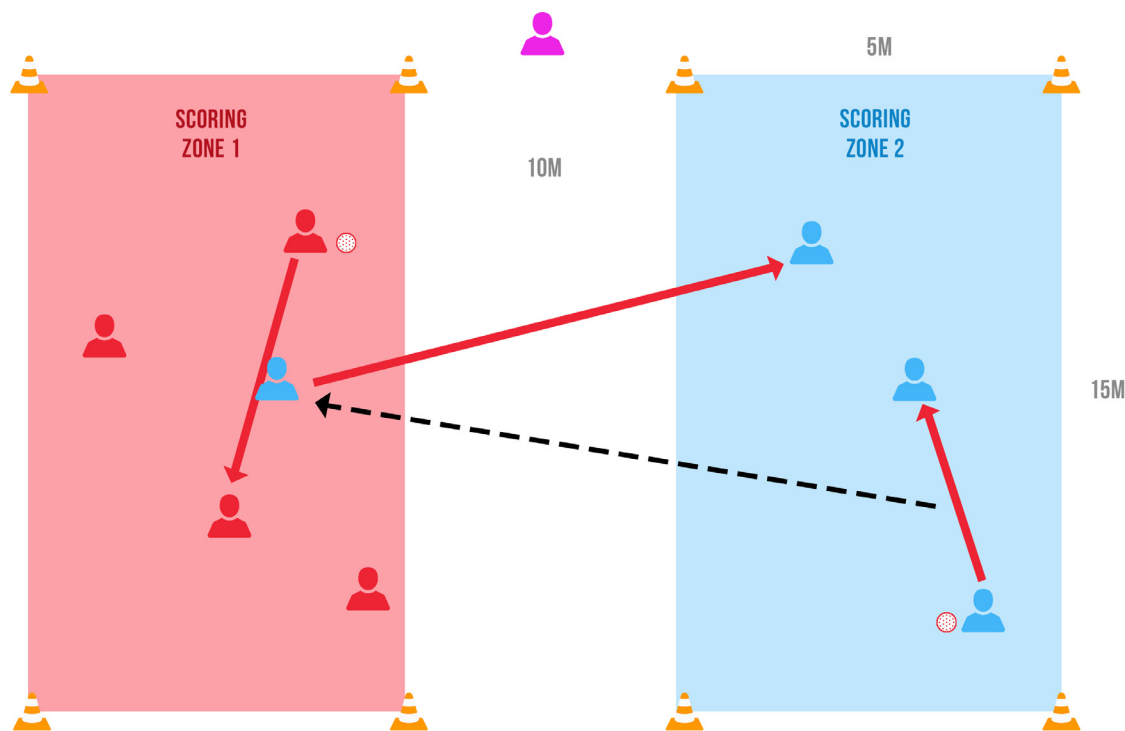
- Players can not pass back to the player they received from.

Addition 2

- Change size of SZ keeping in mind 1.5 distancing

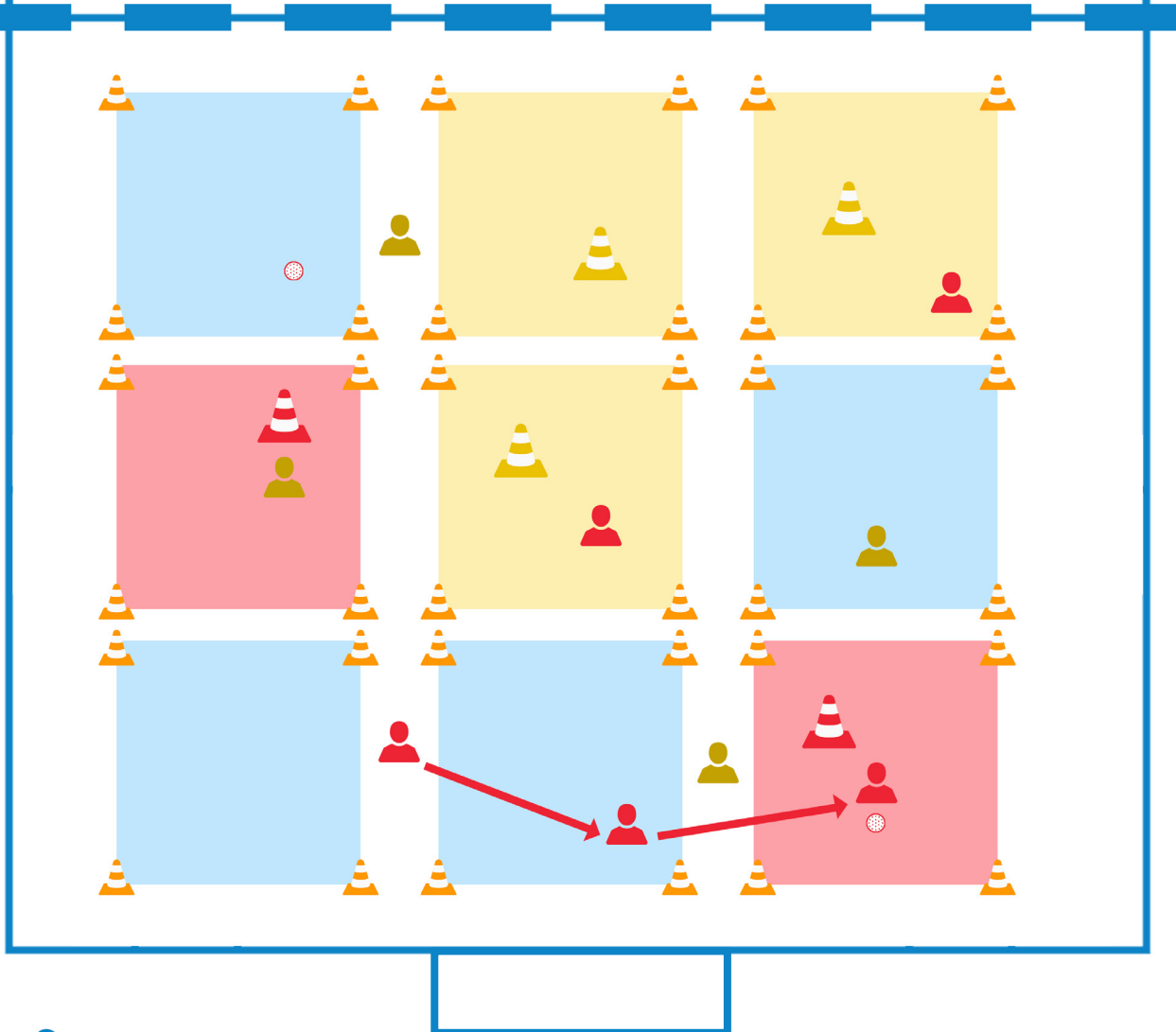
ATHLETE FOCUS POINTS

- Ball deliver speed
- Weighted passes to lead on to not always straight to player
- Movement off the ball
- Communication





Territory Game



NOTES

- Set up quarter field split into segments
- 9 areas in this drill. More zones can be added for a harder the game
- Each team has to receive and pass the ball around like netball interceptions only no tackling staying 1.5 metres apart out stretched stick as a guide.
- Idea is they turn all the zones to there colour by passing in and out of the zone.
- Coach can drop a coloured cone in the zone or a bib to mark which team owns the zone.
- All zones are neutral to start blue on this drill example.
- Team wins buy getting all zones there colour.
- Or after a time limit they count who has the most.
- GK can play this game as an outfielder with there kickers and put them on a side to give that team the number advantage

Addition 1

- Use overload teams 6 vs 3 and so on

Addition 2

- Add time restriction on ball possession per player if they go over and they lose the ball

ATHLETE FOCUS POINTS

- Ball deliver speed
- Weighted passes to lead on to not always straight to player
- Movement off the ball
- Communication