**Skill(s) to focus on in Activity/Drill: Name the Drill : Timing and Control**

* Players begin to move at speed
* Lift, solo, hand-passing drill
* Require accuracy and concentration

AAA**ABC**

**Description of Skill Activity**

* Can be used for any number of players, min 6
* Setup two lines on cones, approx. 20 meters apart. 3 players at each cone.
* One ball between each pair, starting at the yellow end
* Player with the ball at yellow end rolls the balls in front, lifts, solos and handpasses to player at white end
* Player at white end takes handpass, and does the same back to yellow cone
* Players follow the ball, and switch end after every play
* **Variations and Progressions of Drill:**
* **Variation 1**
* Player A at yellow end solo’s towards white cone
* Once they are halfway across, player B from white cone starts to run towards yellow
* Player A handpasses the ball at the red x, both players should be moving in opposite directions. No stopping allowed.
* Player B runs towards yellow end, where another player should be moving towards them
* Handpass should happen at the green x
* Speed and timing is key
* **Variation 2**
* Player at yellow end strikes a low fast ball towards white cone
* Player at white cone “attacks” the ball, tries to control and strike back towards yellow
* Players must “attack” the ball, better to do this and miss, rather than stop and wait for the ball
* Players follow the ball, switch ends after each strike