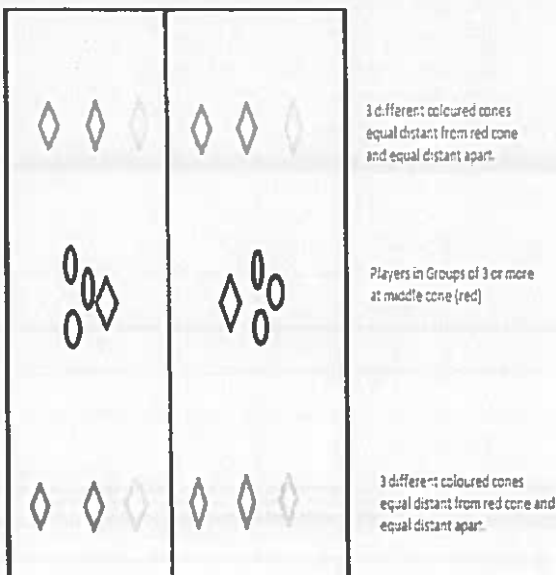


First Touch Drill – Change of Direction

1. Players start at middle cone (red) in groups of 3 minimum.
2. Player 1 runs to blue cone and returns ball to Player 2 and he in turn returns to red.
3. Player 2 must run to blue cone behind him (Player receiving ball always goes to cone behind him)
4. This forces all players to receive a ball from one direction and carry ball in the opposite direction, thus encouraging change of direction.

Progressions:

1. Change method of delivery and reception
2. Instruct Deliverer to go to a different coloured cone and Receptor must go to same coloured cone in opposite direction.
3. Instruct Deliverer he must go round 2 coloured cones and Receptor must go round 2 same coloured cones but in opposite direction.
4. Introduce a tackling component where player 3 tackles player 2 on receipt of ball at red cone.

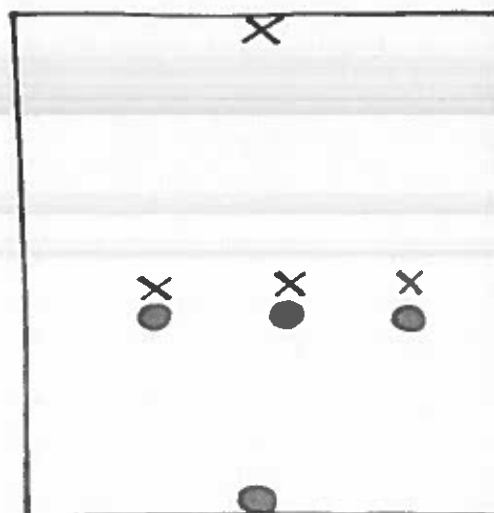


Support play/breaking tackle drill

1. Using a rectangular grid 3 v3 line up in the middle. Each team has a last man back(LMB) that protects the end line.
2. The ball starts on the ground where players must battle to rise it.
3. The team that wins possession must handpass the ball to each other working the ball past the opposition LMB over the line.
4. When a score is achieved the LMB is changed and play begins with the ball starting again in the middle.

Progressions:

1. When the team wins the ball off the opposition, they must work the ball back to their LMB first before beginning their attack back towards the opposition line.
2. Players are allowed strike pass to each other or back to their keeper.
3. Add players to increase intensity

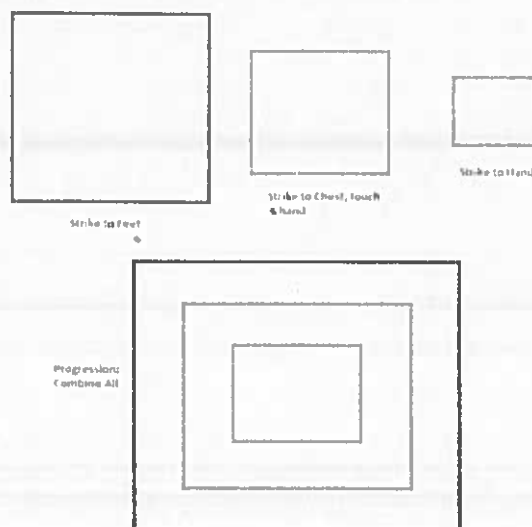


Ball Control Drill

1. Using 4 corner cones to create different sized squares
2. Place 1 or 2 players at the corner of each square and strike diagonal balls with players alternating (Stay at Core)
3. The size of the square will determine how a player delivers the ball and receives the ball.
4. Rotate the players through all squares to improve skills.

Progressions:

1. Combine all squares into one
2. Coach calls a colour which dictates both starting position and method of delivery and reception.
3. Coach can increase intensity of drill by changing starting positions numerous times
4. Players enter the square, they move into space when striking and receiving the ball.
5. Player in possession can only strike to furthest player away in the square encouraging movement into space.
6. Extra players can be added

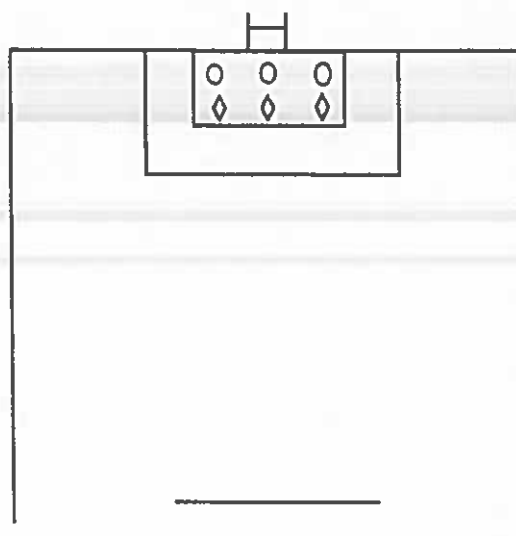


Conditioned Game – Forwards Drill

1. Place 3 backs and 3 forwards in the small square.
2. Place one goalkeeper in goals and your second goalkeeper on the half way line with all the balls
3. On the whistle, the goalkeeper on the half way line strikes a ball in the direction of the forwards.
4. The forwards must win possession on under pressure from the backs and get a score.

Progressions:

1. Inform the forwards that they cannot score until all 3 forwards have touched the ball (this encourages support play)
2. Backs cannot clear the ball until at least two of them have touched the ball (this encourages the forwards to win back possession once they lose it).
3. Goals Only increases intensity in the tackle.

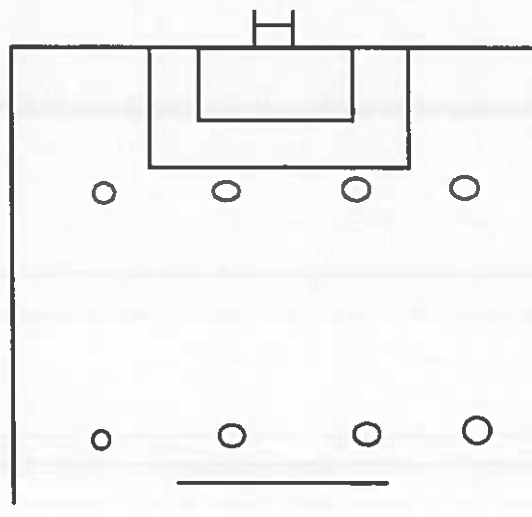


Shooting Drill

1. Place 4 cones equal distance apart along the 21 yard line and the equivalent along the 65 yard line.
2. Place one player at each cone on the 21 yard line with as many balls as possible at each.
3. Divide the remaining players into groups at the four cones along the 65.
4. For 90 seconds ball is delivered along the ground at speed, the outside players take it in turns to attack the ball, control it and strike it over the bar from distance. They return to their own cone after they have struck the ball and repeat.
5. After 90 seconds all groups move to the next cone and you also change the player delivering the ball. For the next 90 seconds all balls are delivered direct to hand so each player is attacking the ball, taking it in his hand at speed and striking it over the ball from distance.
6. Keep rotating the groups to different cones so they are shooting from different angles.

Progressions:

1. Change the method of delivery (low to feet, chest height, head height etc.) and method of reception (catch, touch and catch, touch and carry, knock down to ground) on every rotation.
2. Introduce a marker for each recipient to work on hooking and blocking.
3. Introduce a middle man on the 21 yard line to encourage combination play.



Small Sided Game – Game Based

1. Place one goalkeeper with balls in the goals and the other goalkeeper with balls on the half way line.
2. Place 3 backs and 3 forwards in a grid in the middle.
3. Put a ball in the grid and all 6 players must play a possession game inside the grid.
4. Backs always defend big goals, forwards always attack big goals
5. At any stage during the possession game the coach can call 'BACKS'. All backs will ignore the ball in the grid, disperse from the grid and make themselves available for a puckout from the goalkeeper in the goals.
6. Coach could also call 'FORWARDS' where all forwards will ignore the ball in the grid, disperse from the grid and make themselves available for a delivery from the goalkeeper on the half way line

Progressions:

1. Change the method of delivery from the goalkeepers
2. Two forwards must touch the ball before you score.
3. Two backs must touch the ball before they clear.

