**Skill(s) to focus on in Activity/Drill: Name of Drill – Strike, Control, Pass**

* Drill that covers striking & first touch control, and hand passing
* Require players to work in pairs, and “read” what the other player is doing

A

Player A

Player C



`

Player B

A

Player D

**Description of Skill Activity**

* 1 Ball, 4 players per drill, 2 cones in a straight line, approx. 20m apart
* 2 players at each end. Players do not switch ends !
* Player A starts with the ball, hand passes to B who is moving toward C&D
* Player B Strikes a low ball towards D. D controls the ball with the hurl (1 touch is possible),
* Player D hand passes to Player C should be running towards A&B
* Player B controls the ball, handpasses to player A who is moving toward C&D
* A strikes towards C, who controls and passes to D (who should be moving towards A&B)
* Player do not switch ends, after striking retreat behind the cone

**Things to note and make players aware of:**

* Players alternate who controls and who strikes
* The “striker” must read how well their partner is controlling the ball
* The “striker” must be moving when they receive and strike to ball – no static passing
* All players use both sides to strike the ball.

**Variations and Progressions of Drill:**

* One touch control and handpass – no need to catch the ball
* Vary the strike – low, bouncer, head high to test the control