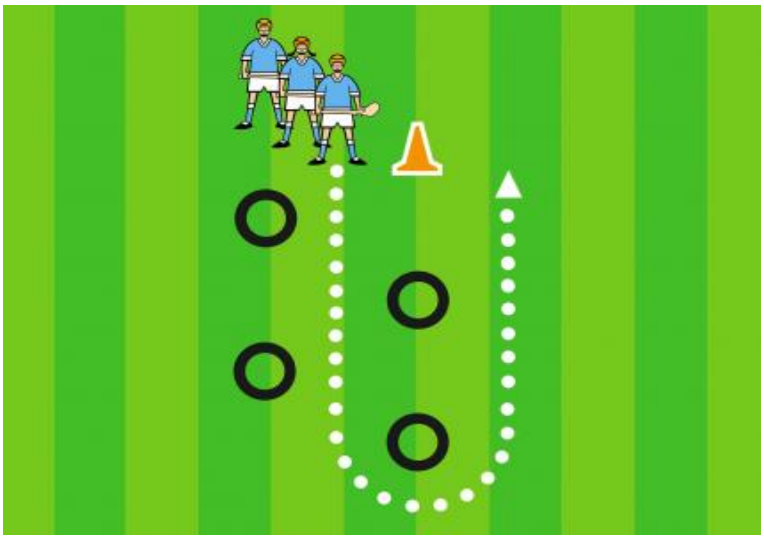
LEVEL 1

GROUND STRIKE ON THE RUN - LEFT RIGHT TYRE STRIKE



This is a basic drill to familiarise the player with the Ground Strike on the Run.

Organisation

- Place four tyres 5m apart in a zigzag formation
- Each player jogs through the tyre formation striking each tyre using the dominant and non-dominant side alternatively
- Players continue to the back of the line and repeat

STEP Variation

Task - Divide the players into teams and complete the drill as a relay

EQUIPMENT LIST

- Cones
- Tyre

Notes