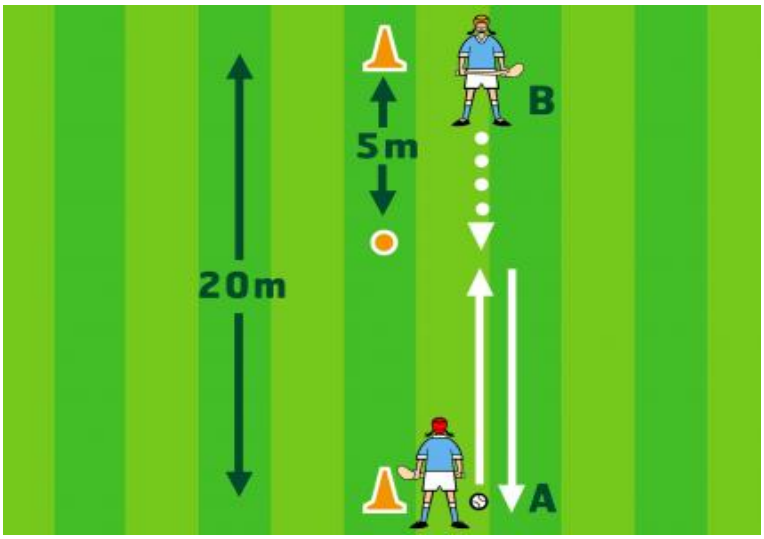
LEVEL 2

CONTROLLING A MOVING BALL - MOVE & CONTROL

HURTING



This is an intermediate drill to practice controlling a moving ball into the hand

Organisation

- Divide the players into pairs 20m apart
- Place a marker 5m from one of the outer cones
- On the whistle, Player A strikes the ball low; Player B runs forward to control it at 5m mark
- Player B continues forward, striking the ball back to Player A before jogging backwards to the outer cone
- On next whistle, repeat the drill
- Reverse the roles after a set number of repetitions

STEP Variation

Task - The players strike the ball at hip height for their partner to control

Space - To increase the challenge; increase the distance between the players

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes