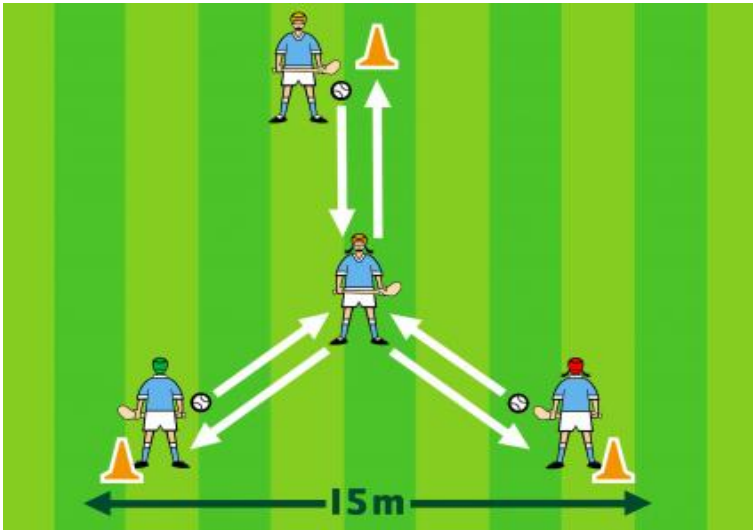


LEVEL 2

CONTROLLING A MOVING BALL - TURN & CONTROL



EQUIPMENT LIST

- Cones
- Player
- Sliotar

This intermediate drill requires the players to change direction before controlling the ball

Organisation

- Divide the players into groups of four
- Mark out a triangle with cones 15m apart
- Position one player at each corner, with a fourth player in the middle
- In turn, the outer players strike the ball low for the middle player to control and return
- After a set time, change the player in the middle

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

Notes
