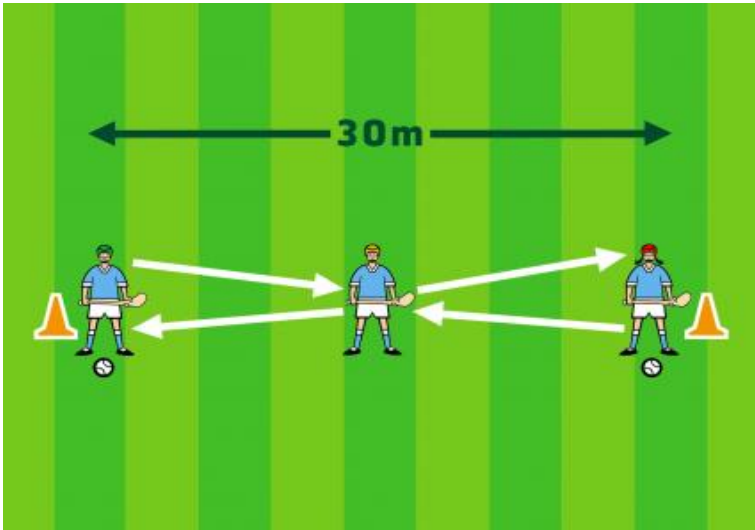


LEVEL 2

# CONTROLLING A MOVING BALL - CENTRE & CONTROL



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

**Organisation**

- Divide the players into groups of three
- Mark out a distance of 30m using cones
- Position one player at each end with a ball and the third player in the middle
- In turn, the outer players strike the ball for the middle player to control and return
- Count how many balls the middle player controls and returns in a set time
- Change the middle player and continue the drill

**STEP Variation**

Task - The players strike the ball at varying heights and speeds for the middle player to control

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

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes

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