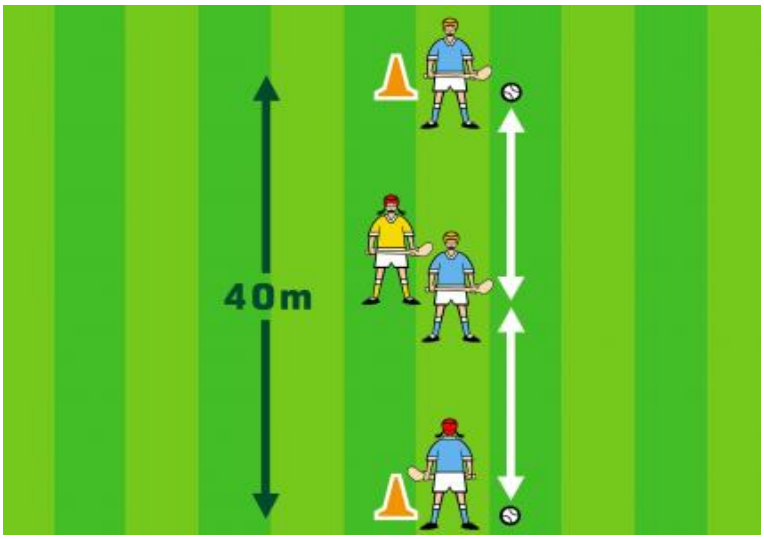
LEVEL 3

CONTROLLING A MOVING BALL - OPPOSED CONTROL



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This advanced drill to practice controlling a moving ball into the hand introduces an opponent

Organisation

- Divide the players into groups of four
- Mark out a distance of 40m using cones
- Position one player at each end with a ball, and two players in the middle
- In turn, the outer players strike the ball for the nearest middle player to control and strike back
- The second middle player provides shadow opposition
- Reverse the roles of the middle players as the second ball is played
- Change the feeders and receivers after a set time

STEP Variation

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

Task - To increase the challenge; Allow the opposing player to compete for the ball

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes