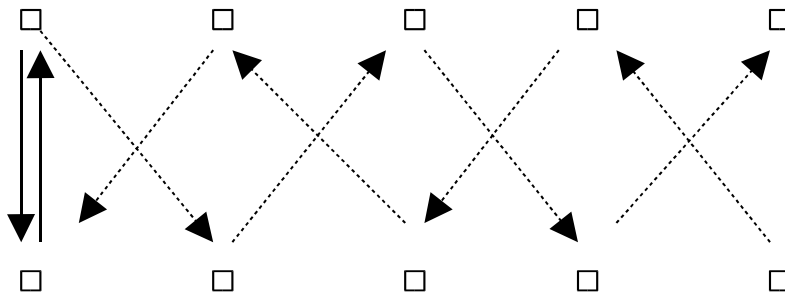


## Simple Warm Up Drills

### Lines:

### Notes:

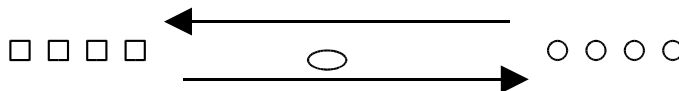
Form two lines of about ten players, standing side by side, facing each other. Practice hand balling and short kicks back and forth. Move farther apart as the level of accuracy increases. Vary the activity by alternating in angles working the ball down the line. Start a second ball in the line if the handling becomes too easy. Work back and forth down and up the line. A variation of this drill is to stand directly across from a person on the other line and hand pass a ball across and roll the ball back to the other side. Do this five times and then alternate.



### Gathering:

### Notes:

Get into two lines similar to the line drills, rolling the ball along the ground and having the other line pick it up and handball the ball into the ground to the facing line. This drill warms up the entire body and helps in gathering the ball on the run. Try to have others guard or try to keep the gathering player from gaining control without too much contact. Hurry the gatherer.

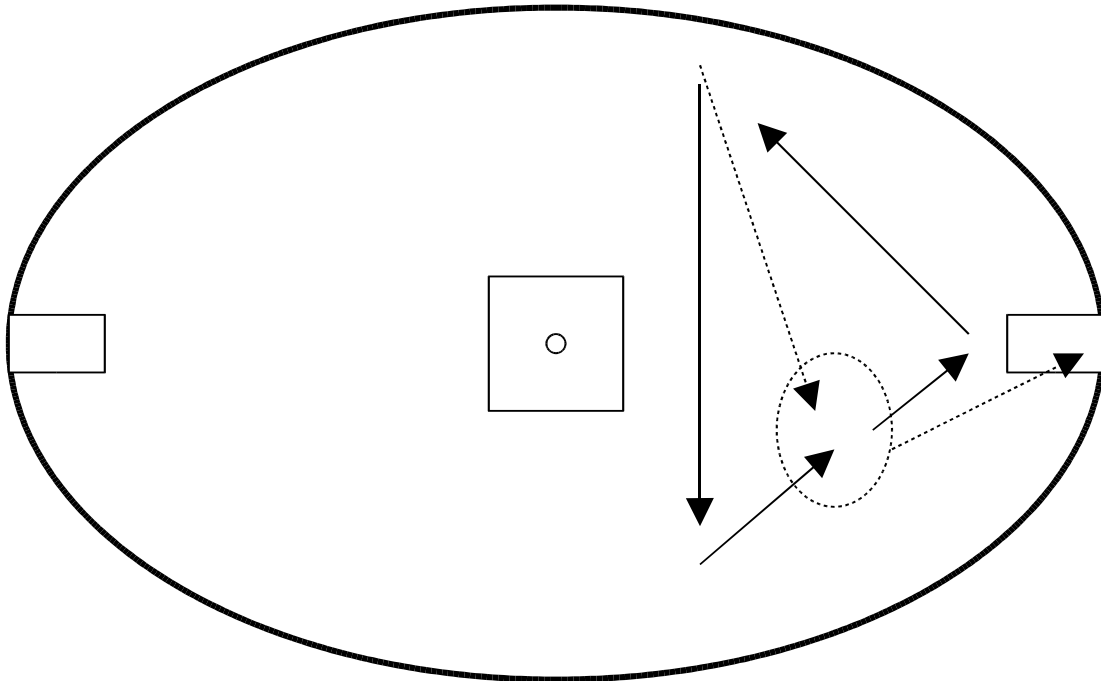


## Triangle Skills Drill

Ball handling skills that are combined with kicking to a man on the run, and anticipation of team mates kicks, so that they can get into open spaces to create successful drives into attacking zone.

### Notes:

Position 1, kicks the ball to stationary man at position 2. Position 3, anticipates the kick from position 2, when the man in position 2 has gained full control of the ball, then 3 runs HARD into the "hole" or open space. Position 2 then kicks the ball into that space, leading the third position. Position 3 is then to kick or handball back to the new man in position 1, or he can kick for goal, depending on the drill. Players will rotate and participate in all three positions. 1 to 2, 2 to 3, 3 back to 1, and so on...



## Goal Kicking

Practice set slots from various distances and angles.

### Stationary:

#### Notes:

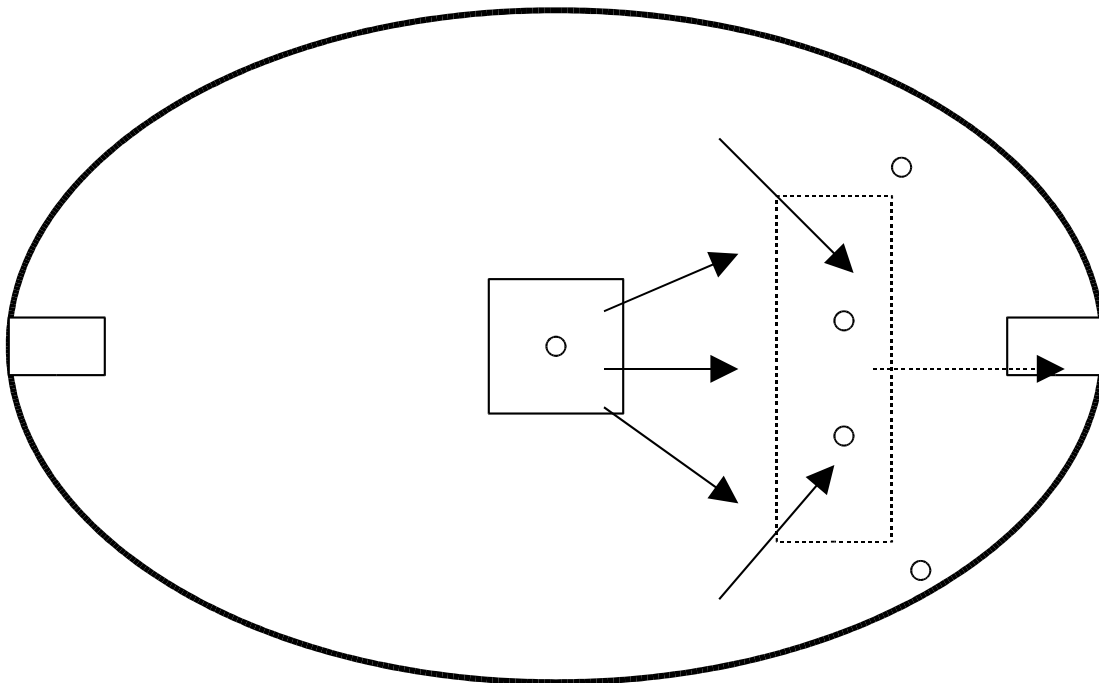
1. Don't try and kick the leather off of the ball!
2. Look at the goals to line them up, watch the ball as you place it onto the foot until it has been kicked. Then look up to see the final results.

### Running Shots at Goal:

#### Notes:

See Previous "Triangle Drill" and in addition, have players lead from the Half Forward flank to a space in the middle, catch the set up kick, then run into goals, kicking for goal, using the notes for stationary kicking.

Player runs through the goals, gets their kicked ball and goes back to the pack for another turn.

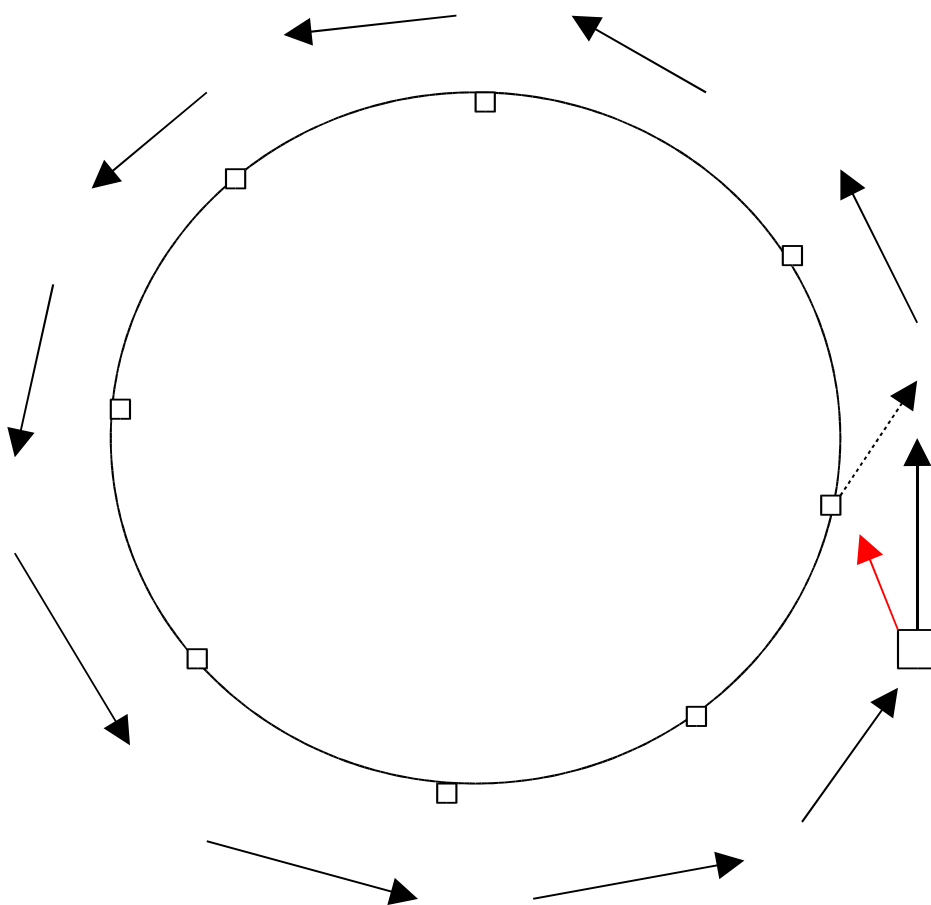


## Handball Circle Work Drill

Running fitness while giving and taking controlled hand passes are some of the objectives of this drill. As you run around the circle, the idea is to give and receive a pass from every person in the circle then the last person to get a hand pass is the next to run around the circle. After a few rounds, it may be necessary for those not receiving a pass to let the runner know. Communication and concentration is a goal of this drill.

### Notes:

A member runs around the circle taking and giving a hand pass to each person around the circle. The purpose is to keep the hand passes in front of you. Do not rush to get all of the targets in one round, try and concentrate on getting good quality passes as you run. The runner may ask for help on those whom he has not had an exchange with, those not, will raise their hands. Call names as you run and the other members should encourage your progress.

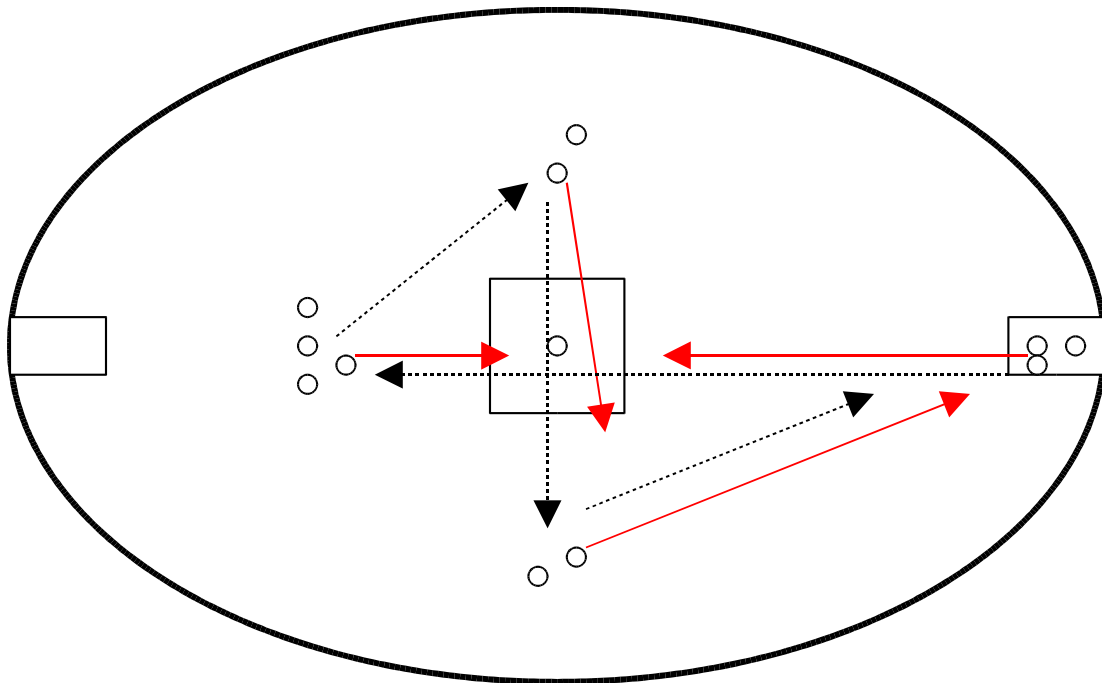


## Jason's Drill

Game type situations with quick hand ball disposal after a mark is the accent of this drill. There are many other skills used, such as kicking for goal, bouncing, quick gathering are other benefits of this drill. This drill is named for Jason Bush, a great skills player the Magpies had the chance to work with during the first few weeks of Season 2000. He introduced this drill to the club.

### Notes:

A member from the group at the right, kicks the ball straight, to a player running in from a lead from the group just past center square. As the lead person takes the mark, a runner from the group on the right, runs across the ground and takes a "blistering hand pass" from the marking player. The person taking the hand pass, then kicks to a member of the group on the left and he takes a running shot at goal (red lines). The order of movement in this drill is as follows. First kick goes across the ground to the marking pack. From the marking pack, you next go to the hand pass group and then across to the kick for goal pack, then back to the kick group (black dotted lines).

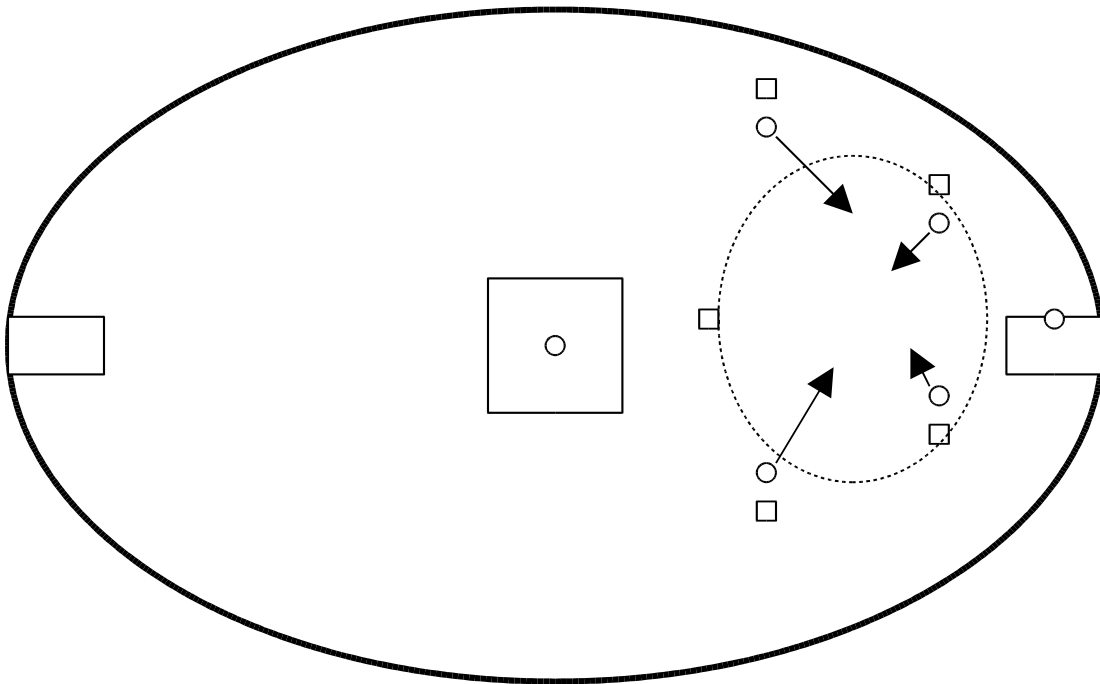


## Kick Out Drill

Learning how to effectively set up drives, starting at the most important place... the defending goal square! Learn to make wise choices, and keep ball away from the attackers nearby.

### Notes:

A player in the goal square, (offense) kicks out to a lead from one of his players, setting up to clear the ball back to the middle and set up a scoring drive. The attackers, (defense) try hard to get the ball away from you and score goals. The offense rotates the players so that each gets a chance to play every position in the drill.

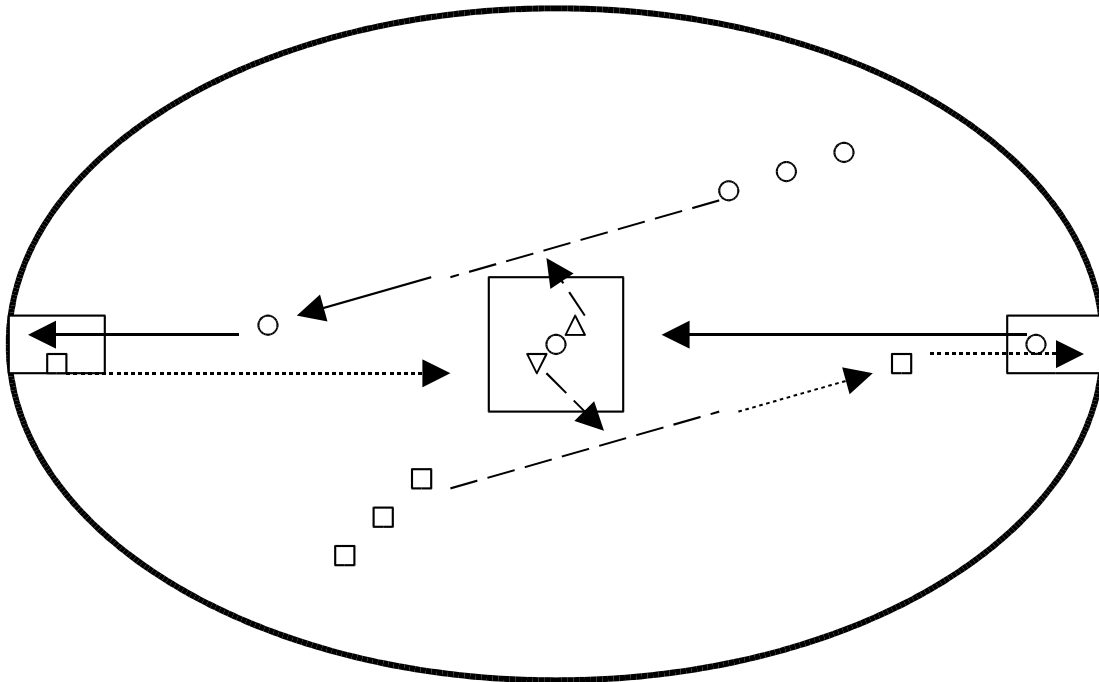


## Match Drill

Learning basic ball handling drills and to efficiently move the ball down the ground and attack your goal. Kicking, bouncing, gathering, handballing, accuracy at speed, and team communication are the goals of this drill.

### Notes:

Kick the ball from the back line to a stationary, (Coach) person in the middle. Players starting from the corners of the goal square will run past the coach, calling the others name, at full speed to receive a handball, then proceed to kick the ball to the forward line calling the name of the intended player. The player on the forward line will try for goal. Players rotate to the various positions, (except the handballing coach) and you can have a separate group go the other way, or have others defend these offensive drives.



## Run Through Drills

Learn various ball handling skills using different situations.

Basic Handball: **Run back and forth concentrating on ball handling.**

Handball with Bounce: **Practice bounce with stress on ball situation.**

Loose ball on the ground: **Gathering skills picking up a rolling ball.**

Kicking: **Simple kicks concentrating on your target.**

Long Kicking: **More difficult than the previous!**

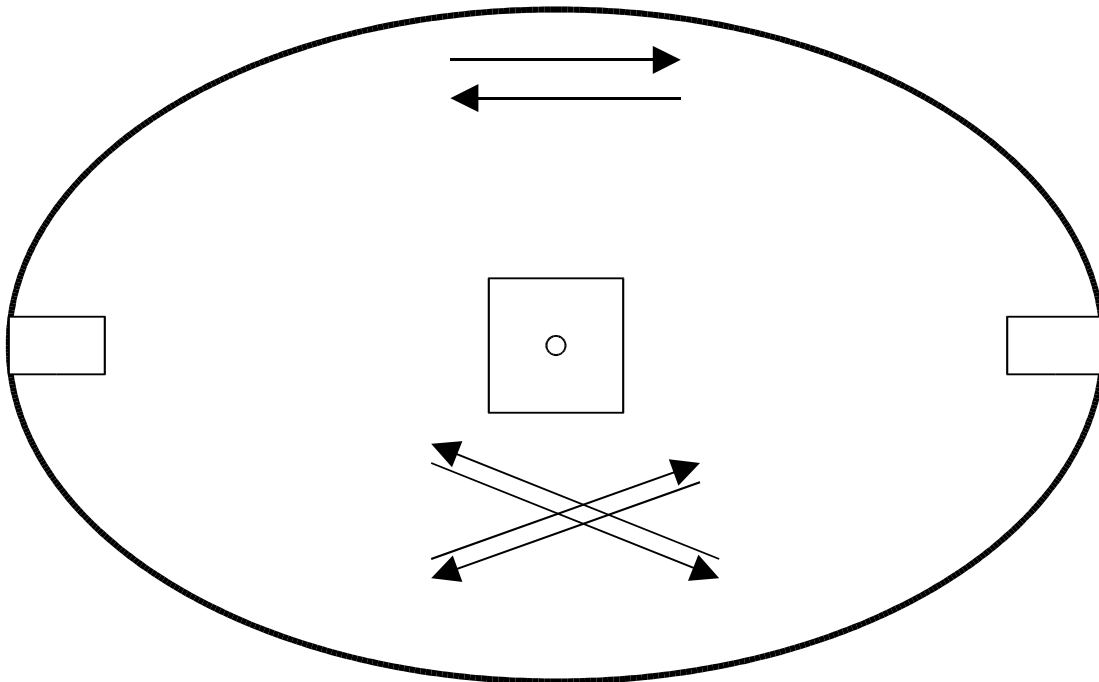
Bounce then kick: **Ball handling then quick kick preparation.**

Handball one way, Kick the other: **Varying the drill to handle both.**

Criss-Cross: **Two lines going across each other. (Fun but difficult!)**

### Notes:

1. Start by setting out cones and emphasize accurate kicks.
2. Extend the distance and start leading as the accuracy improves.
3. Emphasize backing up the players in front of you. The second man should be ready to run up to and catch a ball that goes deeper than the intended target.
4. Criss-Cross is very difficult and requires timing and concentration. After finishing one side get into the line stressing the other drill. Alternate back and forth. Have fun!





## Circle Work

Good exercise to end a training session. Works on all skills with the element of fitness and awareness. Concentration and coordination are the key goals here. Keep your mind open, many things can happen!

### Notes:

Set a circle with cones, (the more players, the larger the circle!) players need to space themselves evenly around the circle. Everyone moves around the circle, passing the ball around. It does not matter if you kick or hand-pass, just be active, visible and heard. Call out to the other players: go for passes, set up leads, have fun, just keep moving. This should be done about ten minutes before the end of training. If things go real smooth, toughen it up by adding another ball or two!

