



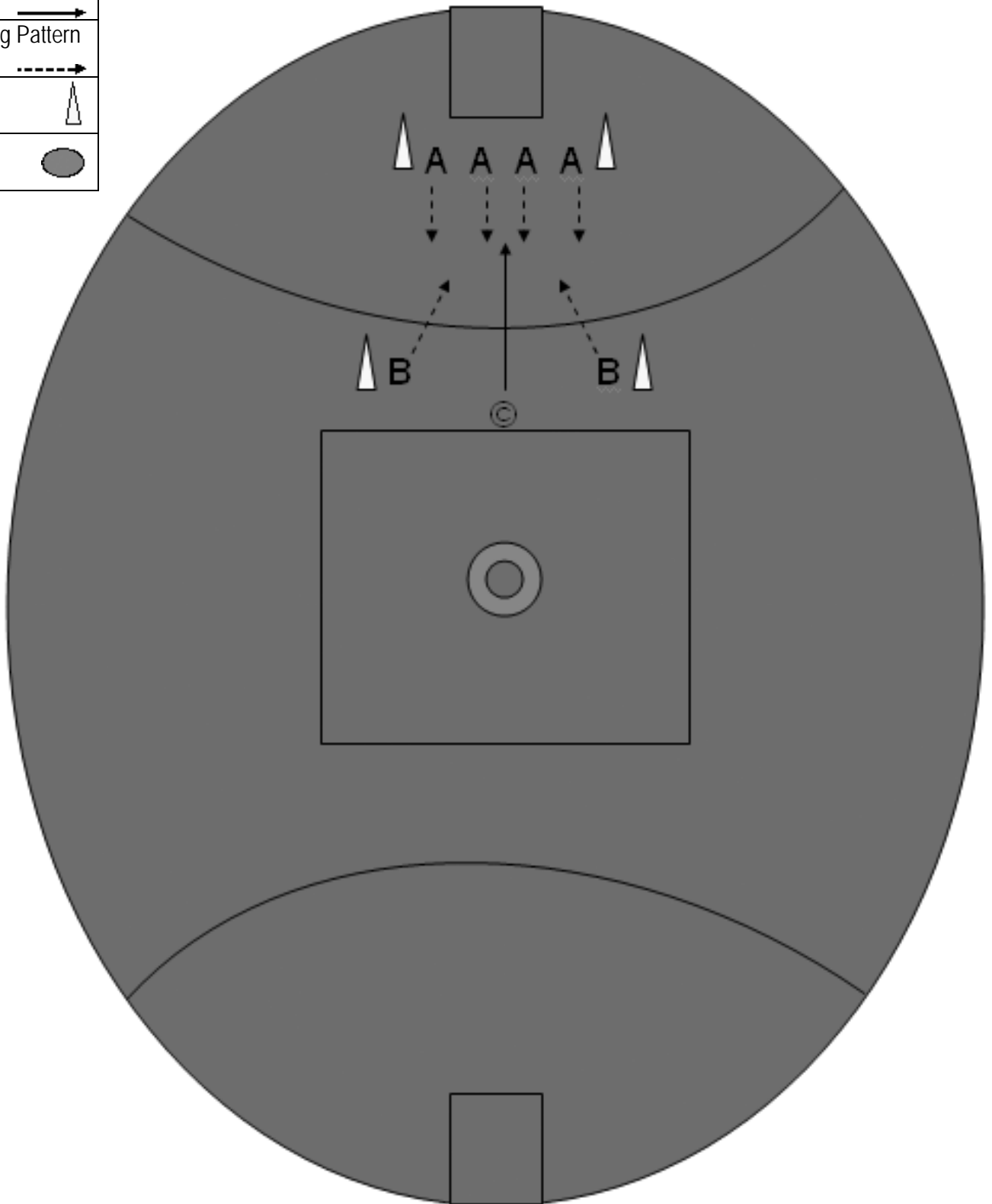


DRILL – HOLDING GROUND

Ball Movement	
Running Pattern	
Cone	
Ball	



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FOOTY TIPS FOR COACHES AND PLAYERS

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DRILL - CUE KICKING

What It Is

This drill is a great warm up type drill and is done at a high intensity. It generates excitement and voice among the players and encourages them to attack the ball hard and work together in tight spaces. It teaches the waiting players – marked 'B' on the diagram - to hold their ground and maintain position to become a "release" player, rather than over running a contest.

How It Works

1. Players set up in 6 even groups.
2. 4 of these groups shall position themselves about 25 metres in front of the kicking coach. These players will be receivers and are marked 'A' on the diagram.
3. The remaining 2 groups position themselves on each side of the coach and start out wider than the 2 widest (outside) players in the receiving group. These players will be waiting players and are marked 'B' on the diagram.
4. The coach kicks the ball in hard along the ground to the 4 receiving players running at him.
5. At the same time, the waiting players will run towards the receiving group, then stop and hold their ground, maintaining a suitable distance from the oncoming group in order to receive a handball. As the group advances towards them, the players holding ground may have to crab back to maintain the distance until the ball has been gathered.
6. Once the receiving group has gathered the ball, they will handball to one of the waiting players ahead.
7. The receiving group will then continue to run through the lines towards the coach, calling out to the waiting players to handball the ball back.
8. Once the receiving group has regained possession of the ball, they will handball it back to the coach.
9. The drill will then start again. Players will rotate around to a new group and return to their starting positions.

Tips

There should only be 2 players in the waiting group at one time to reduce recovery time.

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