




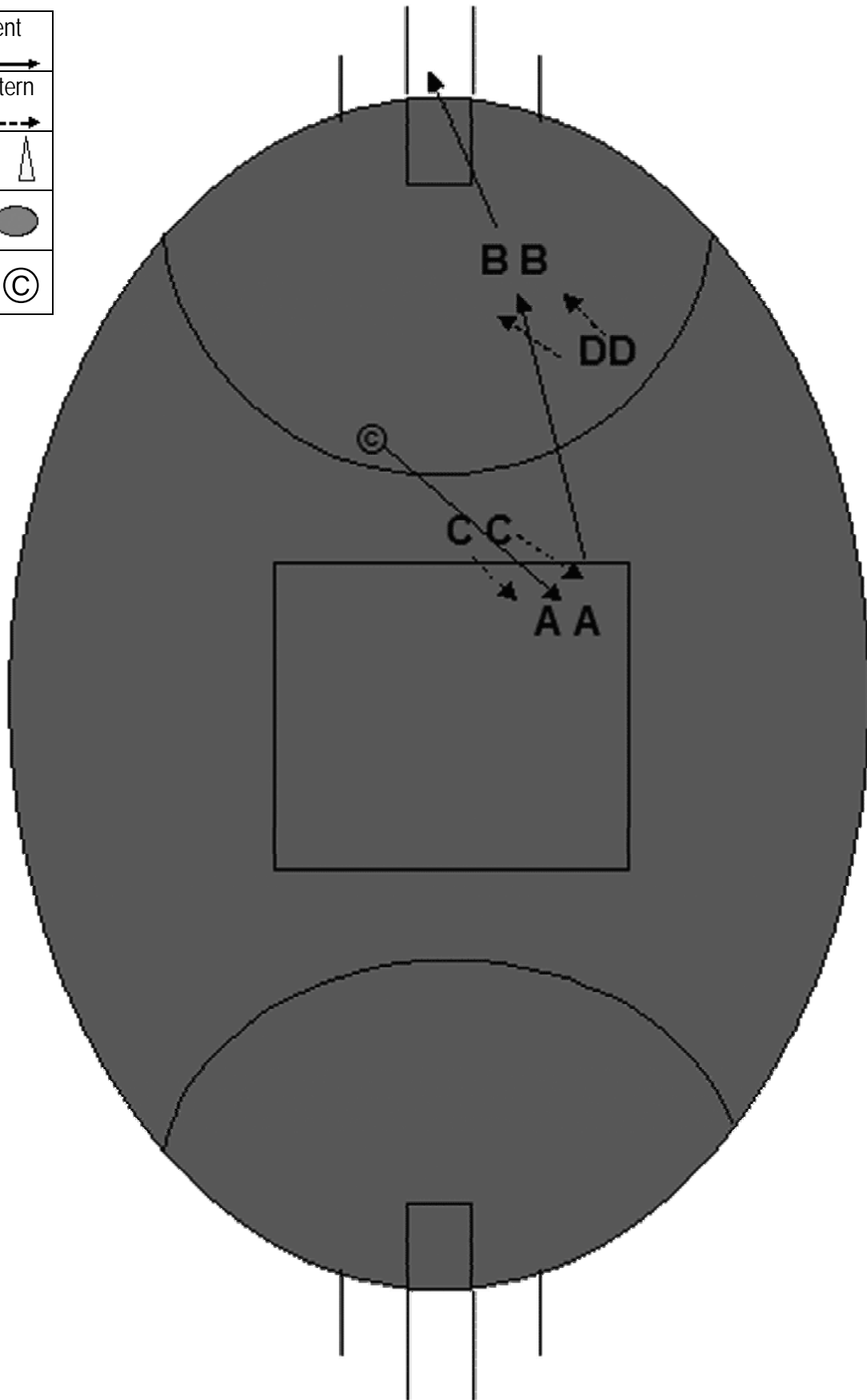


DRILL – READING OFF HANDS

Ball Movement	
Running Pattern	
Cone	
Ball	
Coach	



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DRILL – READING OFF HANDS

What It Is

This is another great drill to teach players the art of crumbing a contest. It also includes marking practice for markers at positions A and C, and realistic goal kicking practice for players at position D.

How It Works

1. The coach kicks to 2 players at position A who are competing for a high ball.
2. 2 players from position C run towards the contest and read the ball of hands, before working the ball with handball into a position to kick long to 2 players competing at position B.
3. These 2 players compete and 2 players from D move in and read off hands, then get ball into a position to kick on goal.
4. The drill then starts again with the coach kicking to contesting players at A.

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