

DRILL – T-DRILL DECISION MAKING DRILL

What It Is

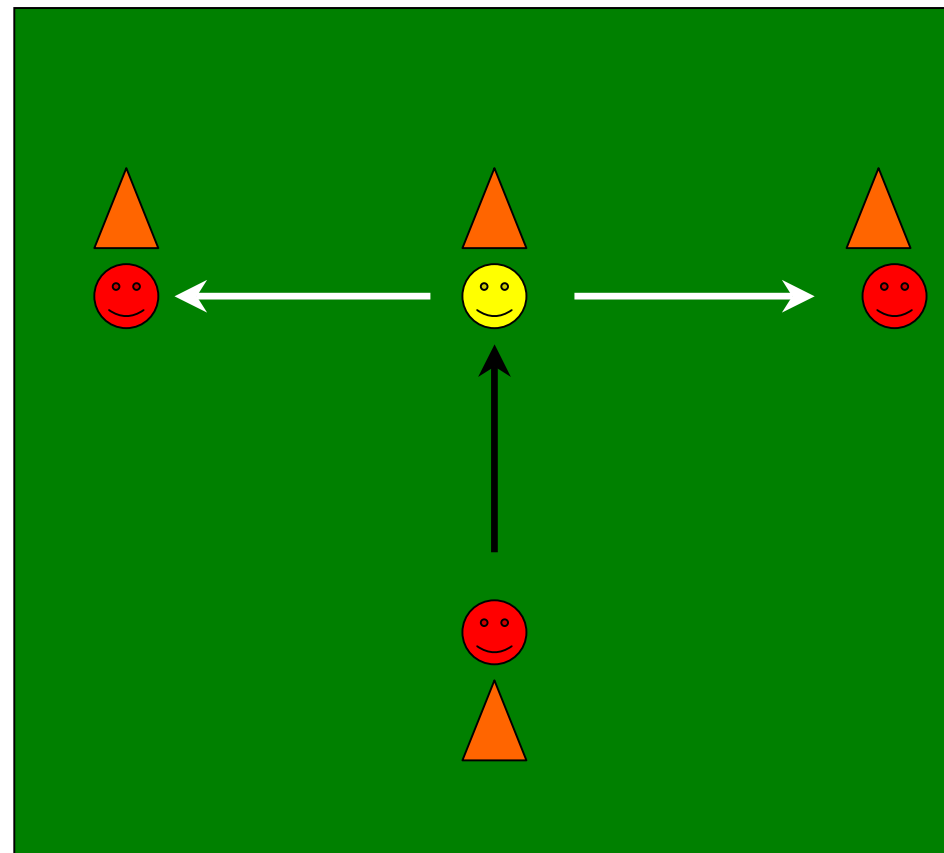
This is a drill aimed to enhance the decision-making ability of players whilst practicing kicking or handballing skills.

How It Works

1. Players work in groups of 4, with 2 outriders, a kicker and a player feeding the ball.
2. The feeder rolls or kicks the ball to the centre player and instructs the centre player on which outrider to kick to (eg. the left or right outrider).
3. Upon receiving the ball, the centre player then disposes the ball to the relevant outrider, as instructed by the feeder.
4. The outrider then returns the ball to the feeder and the drill begins again.
5. Players should continue this sequence for around 2-3 minutes before rotating positions.

Tips

The outriders should vary the kicking (or handballing) distance throughout the drill to force the centre player to adapt his disposal. You can also use two or three balls at once to increase the intensity.



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