



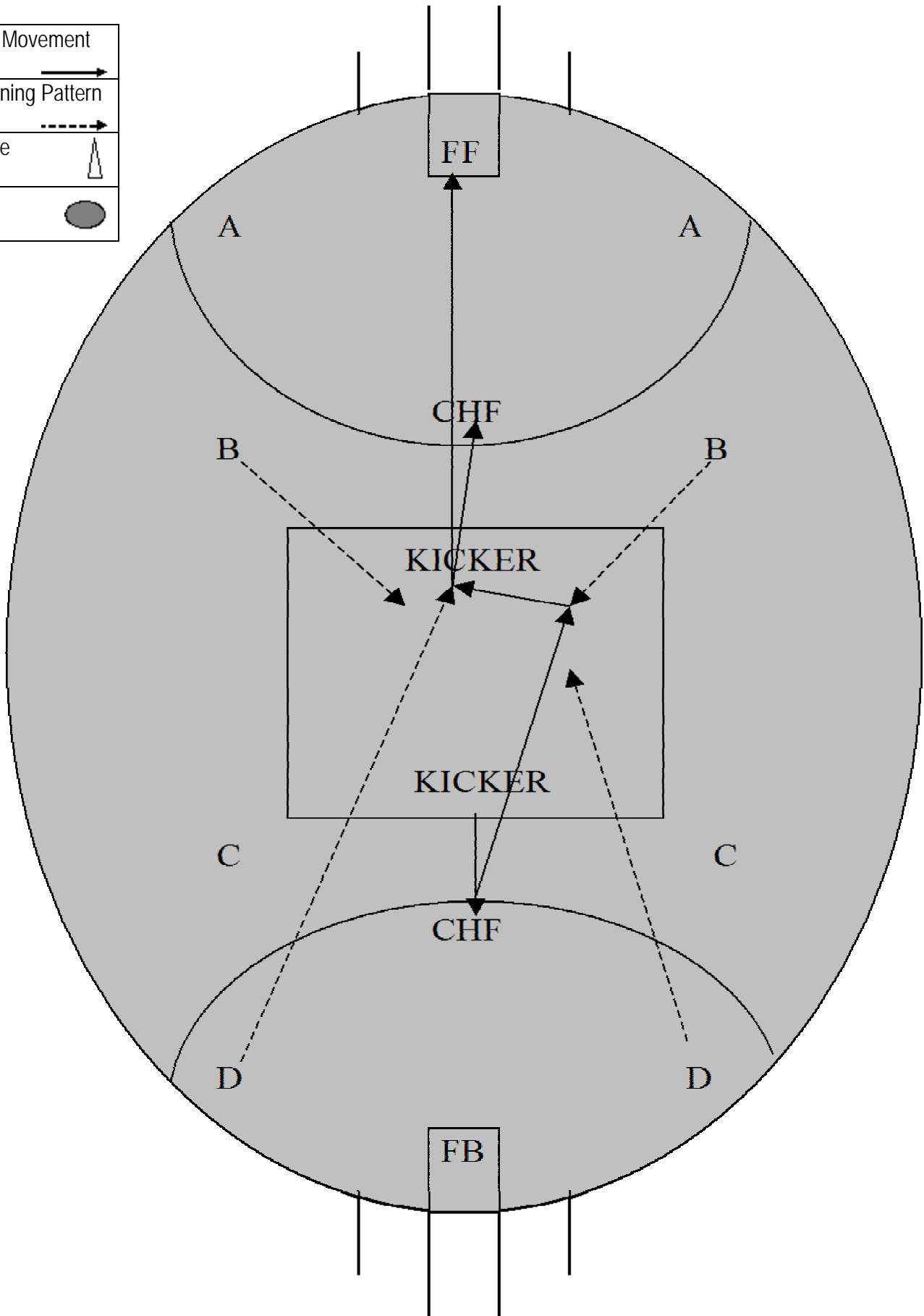


DRILL – CORRIDOR FULL OVAL DRILL

Ball Movement	
Running Pattern	
Cone	
Ball	



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DRILL – CORRIDOR FULL OVAL DRILL

What It Is

This is a drill that teaches “front and square” set up, hard inside running in numbers and long accurate kicking.

How It Works

1. Players are set up on cones at A,B,C and D, with a full forward and centre half forward at each end of the ground.
2. Coaches act as kickers. One coach kicks ball to CHF who marks and kicks to the best option of both leading players from B.
3. Both players from position D, push up front and square and receive a handball from player B, then look for either a short lead from the CHF or a long lead to full forward.
4. Running players assist the CHF, but if full forward takes the mark, he has a shot on goal.
5. Exercise then repeats from the opposite end, where second coach kicks to the CHF and he then kicks to leading players from C.
6. Players from A then push up and get front and square.

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