



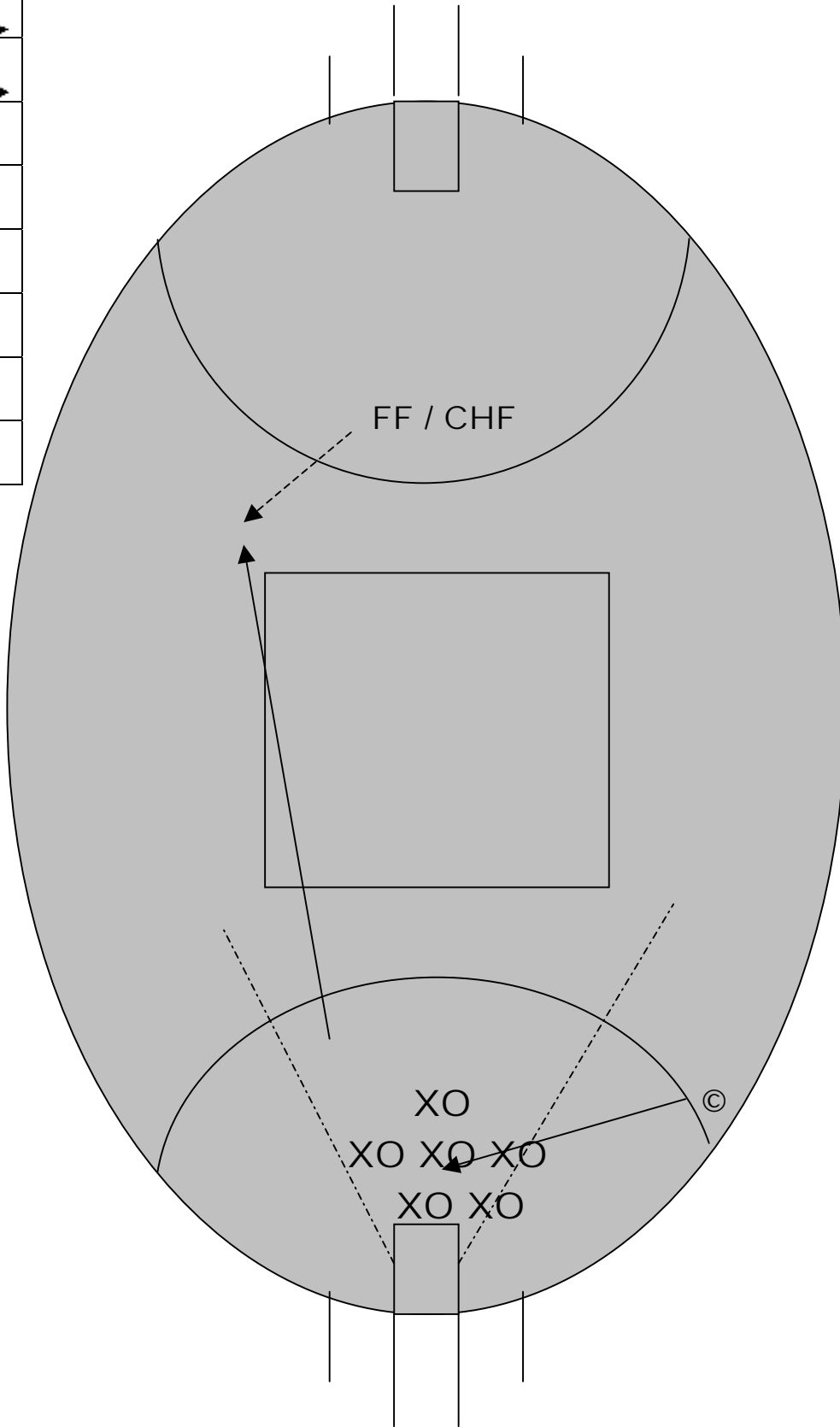


DRILL – FUNNEL

Ball Movement	
Running Pattern	
Cone	
Ball	
Attacking Players	X
Defenders	O
Coach	©
Forwards	FF / CHF



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DRILL – FRAWLEY’S FULL OVAL DRILL

What It Is

This is a great drill that teaches players how to play corridor football.

How It Works

1. Set up a series of cones in a funnel pattern from the goal square.
2. Have 6 offensive players versus 6 defenders at the top of the square, with 2 leading forwards at centre half forward.
3. The coach kicks into the group, who start in various positions, such as laying on the ground, sitting etc.
4. If the offensive players win the ball, they work the ball from the defensive goal square and get it to the leading forwards. If the defenders win the ball, they can kick a goal.
5. Regardless of who wins the ball, all play must remain inside the funnel up to the 50m arc to give players the opportunity to learn how to play corridor football.
6. Variation – you can also try using 6 on 5 to create a loose man.

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