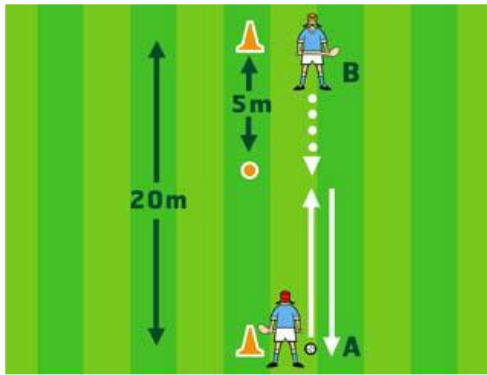


Basic Drill



Move and Control

Move to the ball, control it and return it

Controlling Moving Ball

Key Points

1. Adopt the lifting position for low ball or move hurley to intercept the ball if it is in the air.
2. Hold the Hurley at an angle to deflect the ball towards the body.
3. Release the non-dominant hand to catch.

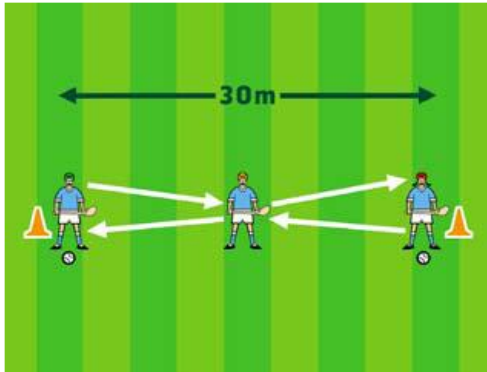
Head - Hands – Feet

STEP - Vary the activity

Vary Space Vary Task

Vary Equipment Vary Players

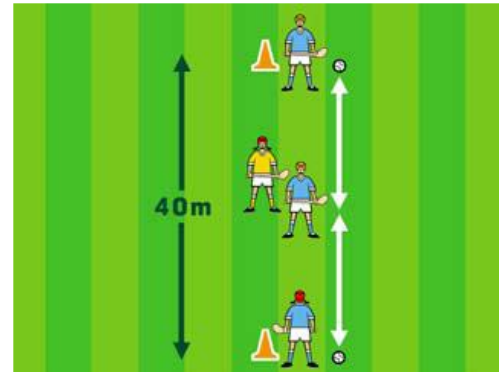
Intermediate Drill



Centre and Control

Players on the outside in turn strike the ball for the centre player to control and return

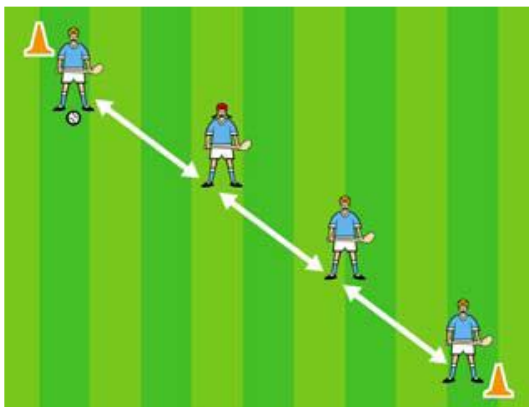
Advanced Drill



Opposed Control

Second player provides shadow opposition to centre player controlling the ball

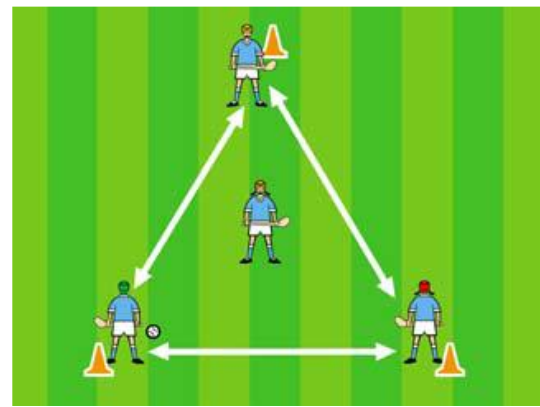
Fun Game



Control and Strike Relay

Players move the ball up and down the line

Modified Game



Piggy in the Middle

Player in the middle attempts to block the ball while outside players pass and control