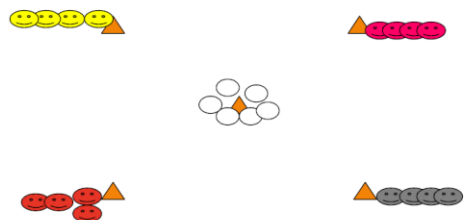


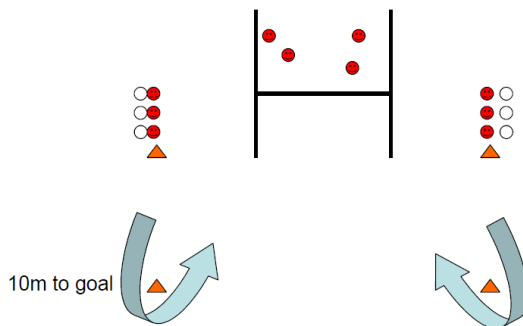
## Warm Up-Rob the nest



Game starts with four corners. Each person at a corner is numbered 1-4. 6 Balls in middle of square around centre cone.

Aim of game is to get 3 balls at your corner at the same time but you are only allowed transfer one ball each time. Once all balls are taken from the centre circle then any nest/corner can be stolen from until one person has 3 at their nest at same time. Other players at corner can not hold ball from another player coming to rob the nest.

## Hook Kick

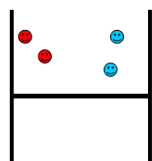


Hook kick technique – check previous drills

Players start on end line solo out to cone directly in front of them.

Turn corner and hook kick over the bar.  
Change side for every second kick – left foot/right foot.

## Scoring on run opposed



Set out as above.  
All players have bib/cloth loosely tucked into back of shorts.

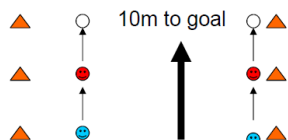
Red player with 2-3m head-start.

On whistle he must pick up ball and shoot for score before blue player steals his bib/cloth.

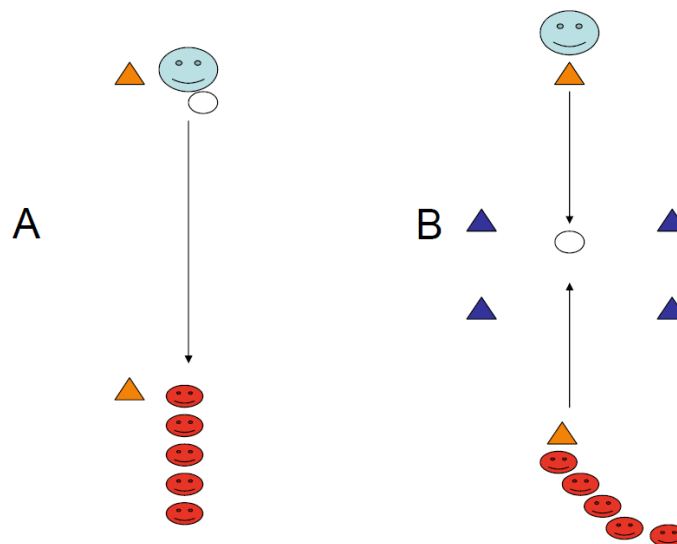
Rotate goes each time.

Change position of shooting.

Practice punt or hook kick shooting under pressure.



## Running into ball



# Running into ball

- A – Coach 10m away from players. Coach rolls/throws/bounces/kicks ball towards oncoming player.
- B – As above but player must gather the ball in the blue square.
- Player – eyes on ball at all times, eyes open at all times, slow down slightly before gathering, two arms extended to catch with hands, wrap ball straight up into chest with elbows tucked into sides, run on forward when ball is in possession.