

CONTESTED BALL

WITH PAT CRIPPS

TRAINING GUIDE

Expected outcomes:

- Target agility and coordination
- Target footwork and hand-eye coordination
- Loose ball reaction speed
- Establishing favourable positions during contested balls
- Confident ball handling
- Improve evasion techniques
- Cleaner and more efficient handballs
- Improved stoppage craft.

Equipment required:

- Football.
- 6 cones (or similar).
- Tennis ball or smaller ball.
- 1-2 training partners for some drills.

Preparation:

Warm up and cool down (pre and post stretching). Wear appropriate clothing and footwear. Take caution if you have a past or existing injury. Train in a safe environment. Follow the recommended program guide for reps and sets as provided.

DRILL 1



Footwork - Agility

Focus on improving your agility and coordination with this easy warmup

• **Equipment required:** 6 cones.

1. Set up cones (or other items) in a straight line, 50 to 70cms apart depending on your height.
2. Run between the cones in a zig zag motion, forward and back.
3. Try to improve your speed and footwork accuracy each set.

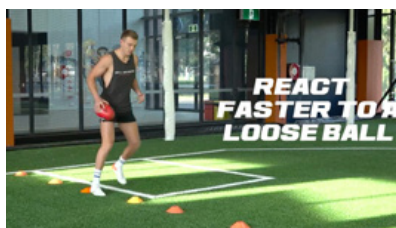
• **Drill progression** (+ Footy, 1 training partner):

4. Receive a handball or ground ball from your teammate as you reach the final cone.
5. Return handball and run to the starting cone.

• **Training guide:** Repeat set for 45 sec. 15 sec rest. Repeat x 3.

PUSH yourself: Have your partner alternate the trajectory of each handball. This will force you to keep your eyes up from your feet and ensure better coordination and game awareness.

DRILL 2



Footwork - Game Awareness

Improve agility, coordination and in-game focus and awareness.

• **Equipment required:** 6 cones.

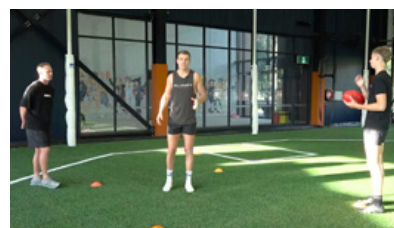
1. Set up cones (or other items) in a straight line, 50 to 70 cms apart depending on your height.
2. Run back and forth alongside the cones while stepping one foot between each cone in an in-out motion.
3. Complete on the other foot by running alongside the alternate side of the cones.

Drill progression (+ Footy, 1 training partner):

4. At the final cone, have your training partner alternate between handballing or throwing a ground ball for you to catch.
5. Return to starting cone.
6. Complete on the other foot by running alongside the alternate side of the cones.

• **Training guide:** Repeat set for 1 min. 30 second rest. Repeat four times.

DRILL 3



Footwork - Stoppages

Further your midfield craft and reaction speed for accurate possessions and disposals under pressure.

• **Equipment required:** Footy, 2 training partners, 4 cones to establish position points (optional).

1. Set up cones in a square 2-3 metres apart.
2. Position your training partners opposite each other while standing off to the side to form a triangle shape.
3. Run into the training partner acting as the opposition and push off.
4. Move forward, into the ball and receive handball from the training partner acting as the ruck.
5. Return ball to the ruck and move to the alternate side of the opposition, forming a triangle on the alternate side of the training partners.
6. Repeat and return to starting position.

• **Training guide:** Repeat circuit 10 times and swap with partners. Repeat 4 times.

PUSH yourself: To increase difficulty, position training partners further apart and include more competition for the ball from the opposition.

DRILL 4



Stoppage Craft - Contested

Focus on winning or controlling the ball in a contested situation by creating separation from your opponent.

• **Equipment required:** Footy, 2 training partners.

1. Position your training partners opposite each other while standing off to the side to form a triangle shape.
2. Run into the training partner acting as the opposition and push off.
3. Practice aiming for the opposition's shoulders to throw the player off balance and create more space.
4. Catch handball from the training partner acting as the ruck.
5. Return ball to the ruck and move to the alternate side of the opposition, forming a triangle on the alternate side of the training partners.
6. Repeat and return to starting position.

• **Drill progression:**

7. Position your training partners opposite each other and start beside the player acting as the opposition, with one arm held in lock-up position.
8. Practice staying in front and catching the handball from your training partner with your one free hand.
9. Repeat on other side with alternate arm in lock-up position.

• **Training guide:** Repeat each variation x 10 (alternating sides). Swap with partners. Repeat x 3.

CONTESTED BALL

WITH PAT CRIPPS

DRILL 5



One-Handed Takes

Enhance your ball handling skills, grip strength and one-handed takes.

• **Equipment required:** Footy, 1 training partner.

1. Position your training partner delivering the ball 3 – 4 metres away.
2. Practice receiving with one hand. Avoid relying on chest takes to improve ball control and grip strength.
3. Bring handball over in a looping motion for a controlled handball return to the training partner.
4. Alternate sides and practice receiving handballs with other hand.

• **Training guide:** Continuous training with a partner for 2 mins (alternating sides). Swap with partner. Repeat x 4.

DRILL 6



Ball Control - Touch & Focus

Improve your ball handling, hand-eye coordination and focus with this repetitive touch craft drill.

• **Equipment required:** Footy, Tennis ball or second, smaller ball, 1 training partner.

1. Position your training partner 2 to 3 metres opposite you, each holding one ball.
2. Practice synchronised and controlled back-and-forth of the different sized balls.
3. Catch and control with one hand.
4. Keep on the balls of your feet throughout.
5. Vary the distance throughout the drill to test reactions. Add another ball to increase the difficulty.

• **Training guide:** Continuous training with a partner for 1 min (alternating sides). 30 sec rest. Repeat x 4.

DRILL 7



Ground Ball - Contested

To win a contested ground ball, maintain movement, protect your head and drive from your legs.

• **Equipment required:** Footy, 1 training partner.

1. Position training partner 3 – 4 metres away.
2. Roll a ground ball towards your training partner.
3. Step over the ball to gather. Avoid headfirst movement.
4. As the training partner tackles you, turn your hip and drive forward with your legs. Remain moving.
5. Practice dropping your shoulders to power out of the tackle successfully.

• **Training guide:** Repeat x 5. Swap with partner. Repeat x 4 (alternating sides).

DRILL 8



Absorbing Tackle Pressure

Focus on absorbing tackle pressure, controlling the tackler and disposing ball.

• **Equipment required:** Footy, 1-2 training partners.

1. Position training partner 3 – 4 metres away.
2. Training partner throws ball or rolls ground ball towards you.
3. With speed, gather ball and raise arms as training partner tackles you.
4. Upon contact, bring arms down quickly and pin your opponent's arms.
5. If you have an additional training partner, handball to them from this position.

• **Training guide:** Repeat x 5. Swap with partners. Repeat x 4.

DRILL 9



Touch & Release From Stoppages

Improve your timing, reaction speed and accuracy for more efficient disposals.

• **Equipment required:** 4 cones, Footy, 1 training partner.

1. Set up 4 cones in a T shape. Position at the base of T with training partner standing opposite at the middle cone of top of T.
2. Training partner delivers ball, alternating between ground balls, handballs and ruck taps.
3. As you gather the ball, your training partner darts either left or right, alternating at random.
4. Return ball to training partner efficiently. Focus on the speed and accurate targeting of your disposal.
5. Reset to starting position.

• **Training guide:** Repeat x 4 for each variation of ball delivery. Swap with partner. Repeat x 4.

PUSH YOURSELF TO GAME DAY

Recommended training mix to integrate your Contested Ball drills into your weekly program.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<div>RECOVERY</div> <div>45 MINS</div> <div>PREHAB</div>	<div>45 MINS</div> <div>CARDIO</div>		<div>45 MINS</div> <div>CARDIO</div>		<div>45 MINS</div> <div>PREHAB</div>	<div>15 MINS</div> <div>CONTESTED BALL</div>
			<div>30 MINS</div> <div>STRENGTH</div>			<div>GAME DAY</div>
	<div>45 MINS</div> <div>STRENGTH</div>	<div>15 MINS</div> <div>CONTESTED BALL</div> <div>GROUP TRAINING</div>	<div>45 MINS</div> <div>CONTESTED BALL</div>	<div>15 MINS</div> <div>CONTESTED BALL</div> <div>GROUP TRAINING</div>		