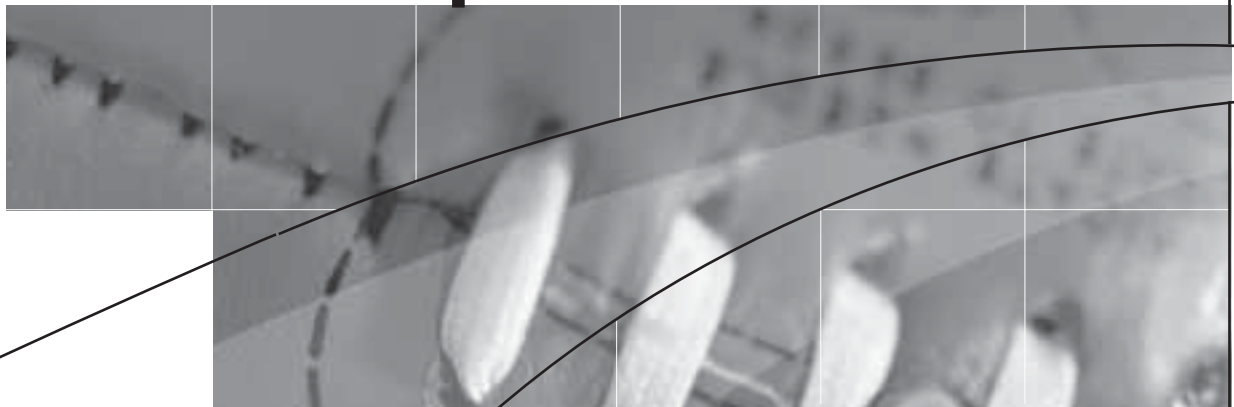




# Compendium of skill drills



Compendium of skill testing

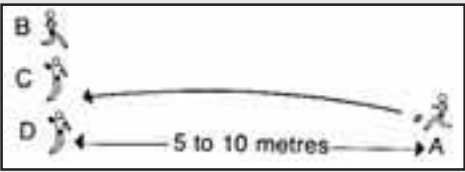

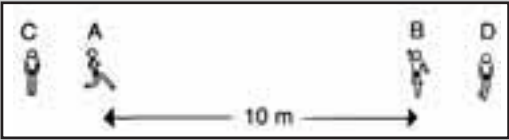
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Skill drills

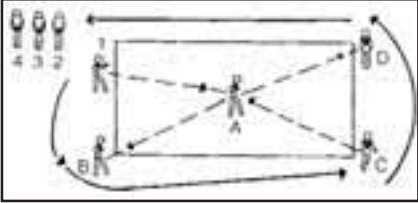
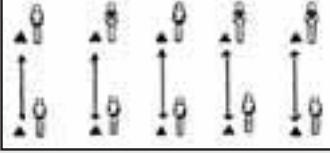
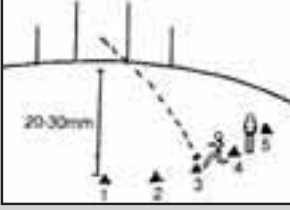

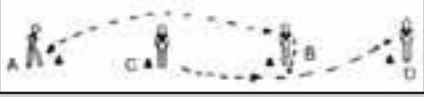
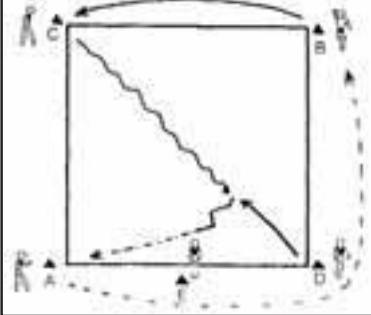


# Appendix 4 – Compendium of skill drills

## Basic drills

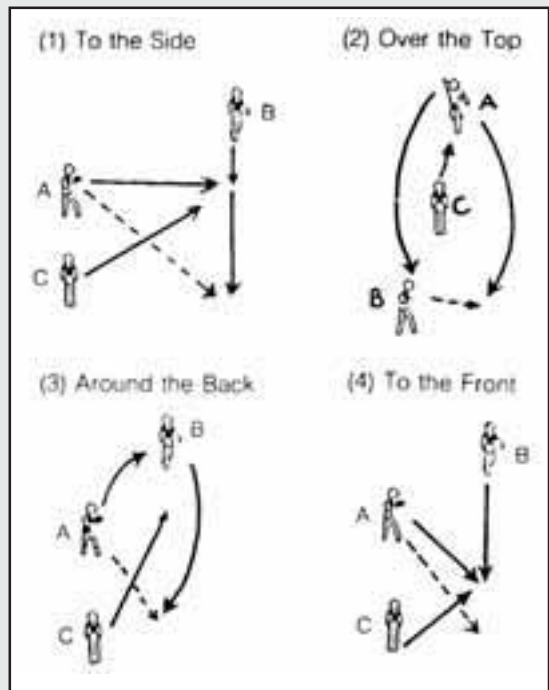
<p><b>1. Partner pick-up</b></p>	<p>Stand in pairs 5-10 metres apart and roll the ball gently to partner. Partner picks it up and rolls it back.</p>
<p><b>2. Walk and hit</b></p>	<p>Walk in a stooped position hitting the ball along in front with two hands. Use alternate hands. Build up speed to running.</p>
<p><b>3. Throw and mark</b></p>	<p>Throw the ball into the air and mark it on your chest. Try giving a clap before the ball is caught. Throw the ball from different positions, eg. kneeling, sitting.</p>
<p><b>4. Throw and mark</b></p>	<p>Throw the ball into the air and mark it on your chest. Repeat, but jump up to catch the ball. Stand in pairs, two to three metres apart, and throw and mark it on your chest.</p>
<p><b>5. Contesting marking</b></p>	<p>In pairs – A kicks gently to B and C who contest a mark overhead or in the fingers. Chest marks are discouraged. D waits for ‘crumbs’. Alternate. Toss ball if kicking is inaccurate.</p> 
<p><b>6. Three steps and kick</b></p>	<p>Hold the ball with two hands and face your partner. Walk in three paces and kick to your partner to stop or catch. Try alternate feet.</p>
<p><b>7. Handpass to your partner</b></p>	<p>Using the handpass, hold the ball with one hand and gently punch it with the closed fist of the other hand to your partner. Repeat with alternate hands.</p>
<p><b>8. Handpass on jog to partner</b></p>	<p>Jog side by side with your partner and handpass to each other over about two metres. Change direction so you can use alternate hands. Encourage children to go faster as they become better.</p>
<p><b>9. Kicking – passing</b></p>	<p>Groups of five.</p> <ul style="list-style-type: none"> <li>• B leads straight at A who delivers the pass. B marks and handballs to A. Repeat with C and D and E and then rotate. Use alternate feet. Repeat but lead to other side. Repeat but pair off to contest the mark. Leader calls out which player to lead. Opponent tries to intercept the pass. Alternate feet.</li> <li>• B leads straight out and A passes to B. A runs through to join other team. C leads straight out and B passes to C. B runs through to join other team. Continue. Alternate feet. Wait until player ready to kick before leading out. Repeat but lead to other side. Lead to right side first then change to leading to the left. Alternate feet.</li> </ul> 
<p><b>10. Handpass to your partner</b></p>	<ul style="list-style-type: none"> <li>• Using the rocket, handpass backwards and forwards with your partner over about five metres. Use alternate hands.</li> <li>• Run side by side with your partner and rocket handball to each other over about two metres. Change directions so that you can use alternate hands. Hit the ball slightly in front of your partner.</li> <li>• A runs towards B and rocket handpasses over a short distance to B. B runs to C and repeats. Alternate hands.</li> </ul> 

<b>11. Handball – odd positions</b>	<ul style="list-style-type: none"> <li>• In pairs two metres apart, handpass to your partner from the following positions:</li> <li>• Standing and handpass over your shoulder. Repeat on the run.</li> <li>• Kneeling.</li> <li>• Sitting.</li> <li>• Lying on your back.</li> <li>• Alternate hands.</li> <li>• Stand in groups of four with the leader standing out the front. A faces away from the group and handpasses over the shoulder to call in turn from B, C and D. Emphasise the importance of calling out for the handpass which enables the leader to hit the ball towards the sound.</li> </ul>	<p>Use alternate hands and rotate</p>
<b>12. Sidestep</b>	Walk towards partner and hold the ball to one side. Partner is not allowed to move feet, but may reach out to take the ball. As he does so, pull the ball back and side step to the opposite side. Next, jog to partner and side step. Repeat running in. Alternate with your partner and try on both sides. Repeat with partner allowed to take one step in any direction (controlled opposition).	
<b>13. Baulk and spin</b>	<ul style="list-style-type: none"> <li>• Pairs. One player walks towards partner and holds the ball to one side (selling the dummy). Side step, drawing the ball close to the body and spin around him. Note – partner does not move. Alternate with partner and try on both sides.</li> <li>• Repeat jogging towards partner who acts as opposition. As players become competent, increase speed. Partner gives token then active opposition. Practise on both sides.</li> </ul>	
<b>14. Tackling, bumping</b>	<ul style="list-style-type: none"> <li>• In pairs, facing each other and kneeling. Practise from the front. Tackler should pin player to the ground. To practise the side tackle, one player turns side on. Practise on both sides.</li> <li>• In pairs, walking speed only, practise tackling from front, side and rear. Players change around after each turn. Practise tackling from both sides. Repeat jogging.</li> <li>• In pairs, kneeling side by side. A football is placed between pairs and slightly forward. On command, both players attempt to win possession. Ensure elbows are tucked into the side. Practise both sides. Repeat standing. Increase distance between players slightly.</li> <li>• Pair A roll ball at pair B who move to the ball and contest the pick up. Pair B then roll to pair C. Keep on rotating.</li> <li>• Pair A roll ball past pair B who chase and contest the pick up. Pair B then roll past pair C. Keep rotating. Encourage side bumps to obtain position.</li> </ul>	
<b>15. Criss-cross handball</b>	<p><b>Skills:</b> Handball</p> <p><b>Description:</b> Groups of three to four at each marker. Player A handballs to player B and runs through. Player C handballs to player D and runs through. Two balls are required.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Introduce token, then active opposition at intersection.</li> </ul>	
<b>16. Star handball</b>	<p><b>Skills:</b> Handball, passing, marking.</p> <p><b>Description:</b> Groups of three to four at each marker. Player A handballs to player B and runs on to B. Player B handballs to player C and runs on. Player C handballs to player D and runs on. Player D handballs to player E and runs on. Repeat.</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Introduce additional balls.</li> <li>• Introduce token, then active opposition at key points.</li> <li>• Increase distance and kick the ball.</li> </ul>	

<p><b>17. Over the top</b></p>	<p><b>Skills:</b> Handball, kicking, running.  <b>Description:</b> Groups of five plus leader. No. 1 passes to leader, both exchange places. Leader passes to No. 2, both exchange places. Drill continues until all players are back in original positions.</p>
<p><b>18. Corner handball</b></p>	<p><b>Skills:</b> Handball, bouncing, running.  <b>Description:</b> Groups of eight. No. 1 handballs to A. A handballs to B. No. 1 runs around B, receives handball, bounces ball once, handballs to C. C handballs to A. A handballs to D. No. 1 sprints around D to receive handball, bounces ball once, handballs to No. 2. Change marker players with 1, 2, 3, 4 when all players have completed their turn.</p> 
<p><b>19. Short ends</b></p>	<p><b>Skills:</b> Various.  <b>Description:</b> Groups of three to four behind each marker. Players approximately 10 metres apart perform skills, changing ends each time.</p> 
<p><b>20. Goalkicking</b></p>	<p><b>Skills:</b> Kicking.  <b>Description:</b> In pairs. This is a competition between players for accuracy. Start at No. 1 and when successful move to next position. Complete position 5, then move to other side and use opposite foot.</p> 
<p><b>21. Lanework</b></p>	<p><b>Skills:</b> Kicking, marking, running.  <b>Description:</b> Groups of three to four behind each marker. Player A kicks to player B leading. Both run on. Player B handballs back to player A. Player A handballs to player C. Player C kicks to player D. Repeat. After disposal, players run on to opposite end.  <b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Repeat in triangle formation.</li> <li>• Introduce token then active opposition at mid-point of lane.</li> </ul> 
<p><b>22. Lanework</b></p>	<p><b>Skills:</b> Kicking, marking, handball, running past, passing.  <b>Description:</b> Groups of six, with two players at A, D and one player at C, B. Player A kicks to player B and runs on to take place of player C. Player C runs past player B, receives handball, then handballs or kicks to player D. Player D kicks to player C, runs on and takes place of player B. Player B runs past player C, receives handball, then handballs or kicks to player A. Repeat.  <b>Variation:</b></p> <ul style="list-style-type: none"> <li>• Introduce token then active opposition at handball points.</li> </ul> 
<p><b>23. Combination drill</b></p>	<p><b>Skills:</b> Picking up, handball, bouncing, kicking, evasion.  <b>Description:</b> Square approximately 20-40 metres, three-four players at each marker. Player A runs around player D bouncing the ball to player B. Player B kicks to player C. Player C marks and rolls ball along ground to player D, who gathers and evades player E. Player D handballs to player A. Repeat. All players run to next marker after disposal.</p> 

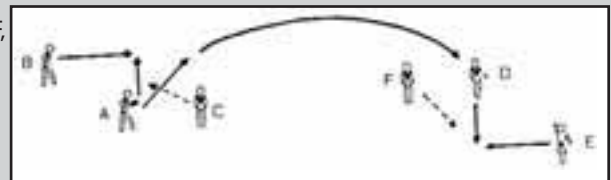
24. Playing on from a mark

**Skills:** Handball, running, tackling, playing on.  
**Description:** Players in groups of three. Player A has the ball after taking an imaginary mark. Player C stands the mark. Player A handballs to player B running past, runs on and takes handball back from B. Players rotate positions and repeat. Player standing the mark provides opposition from passive to token. When players are competent, extend to active opposition.



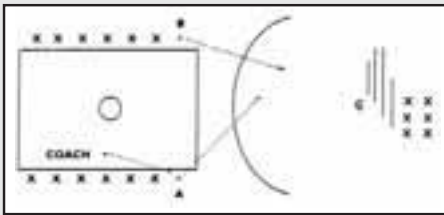
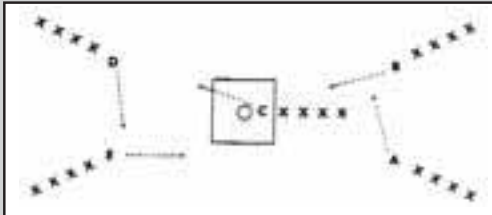
25. Playing on from a mark

**Skills:** Handball, kicking, running.  
**Description:** Players in groups of six. Players practise playing on to the side from a mark. Player C provides token to active opposition until player A kicks the ball to D, E, F, who repeats.



# Advanced drills

For late primary/secondary

<p><b>1. Forward switch kick</b></p>	<p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Kicking accurately to a leading teammate.</li> <li>• Kicking accurately for goals.</li> <li>• Running to support teammate.</li> <li>• The concept of the alternative play.</li> <li>• Anticipation when leading.</li> </ul> <p><b>Fundamentals:</b></p> <ul style="list-style-type: none"> <li>• Kick approximately 15 metres in front of the leading teammate.</li> <li>• Run to follow line of ball.</li> <li>• Mark, run and kick accurately for goal.</li> </ul> <p><b>Drill:</b> Coach rolls running ball to player A who is running near the edge of the corridor towards the goal. Player A collects the ball and kicks to player B who is leading towards goal from the other side of the square. Player A runs to support player B who shoots for goal. Player C runs to collect the ball and returns it to the coach. Players rotate to next point.</p> <p>Note: Many balls can be used and the drill should be done on both sides of the ground and at both ends.</p> 
<p><b>2. Kicking to a lead</b></p>	<p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Kicking to a leading teammate.</li> <li>• Quick handball to a teammate.</li> <li>• The running skills of players.</li> <li>• Anticipation when leading.</li> <li>• The use of talk between teammates.</li> </ul> <p><b>Fundamentals:</b></p> <ul style="list-style-type: none"> <li>• Kicking long, approximately 15 metres in front of leading teammate.</li> <li>• Running to support teammate until ball is out of zone.</li> </ul> <p><b>Drill:</b> This drill can be done using one or two players from each cone. If using two players, one is the offensive player, the other the passive player. Player A kicks to player B who is leading and runs on to support. Player B marks, then quickly handballs to player C and runs to support. Player D marks, then kicks to player E who is leading and runs to support. Players rotate to next point.</p> 
<p><b>3. Figure eight kicking</b></p>	<p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>• Accurate, long kicking.</li> <li>• Lining the body to the direction of kicking.</li> <li>• Kick the ball long with the lowest possible trajectory.</li> <li>• Kicking in front of a lead.</li> <li>• Anticipation and patience when leading to a kick.</li> <li>• Judge a ball in flight.</li> </ul> <p><b>Fundamentals:</b></p> <ul style="list-style-type: none"> <li>• Balance when kicking.</li> <li>• Turn the body to where the ball is to be kicked.</li> <li>• Ensure the leg follows through in the direction the kick is to go.</li> <li>• Follow on in the line of the kick.</li> <li>• Mark with the hands.</li> </ul> <p><b>Drills:</b> Coach kicks ball to player A to start the drill. Player A marks, sprints with ball, balances and kicks to player B who is leading. Player B marks, sprints with the ball, balances and kicks to player C who is leading. The drill continues the same with player D and on to the next player at A. Players rotate to the next point.</p> <p>Note: This drill can also be done with two players moving from each point, one as back-up support.</p> 