

## **Skill Drills**

(EP): Early Primary    Motor coordination stage    Ages 5 to 8 years  
(MP): Middle Primary    Basic skill stage    Ages 9 to 10 years  
(AP): Late Primary    Advanced, extension and game skill stages    Age 11 onwards

### **1 Pick-up (EP)**

Place the ball on the ground a few metres out front. Run and pick up with two hands. Put the ball back on the ground and let your partner have a try.

### **2 Roll and stop (EP)**

Use two hands to roll the ball forward from between your legs, then chase and stop the ball. Repeat rolling the ball backwards from between your legs. Try stopping the ball by putting one foot on it.

### **3 Circle pick-up (EP)**

Walk in a circle holding football. On a signal, place the ball on the ground and walk to pick up the next ball. Repeat jogging, then running faster.

### **4 Partner pick-up (EP)**

Stand in pairs 5-10 metres apart and roll the ball gently to partner. Partner picks it up and rolls it back.

### **5 Walk and hit (EP)**

Walk in a stooped position hitting the ball along in front with two hands. Use alternate hands. Build up to running.

### **6 Hit and stop (EP)**

Place the ball on the ground and with an open hand, hit it to your partner. Partner stops the ball and hits it back. Try hitting with a closed fist.

### **7 Hit on to partner (EP)**

Place the ball on the ground and hit along the ground with your hand to your partner. Use alternate hands. Try with your fists closed.

### **8 Hitting out to partner (EP)**

Throw the ball up and hit it with open hands towards your partner. Partner retrieves and repeats. Try alternate hands. Try jumping up to hit out. Partner throws the ball up for you to hit out towards him. Try running in and jumping up to hit out. Use two hands, alternate hands, open hand, then closed fist.

### **9 Bounce and push (EP)**

Bounce and push the ball back to the ground with two hands. Count how many times without missing.

**Variation:** One hand. Alternate hands. Repeat walking slowly about open space.

### **10 High bounce and catch (EP)**

Bounce the ball high into the air and catch it with both hands. Using two hands, then one hand to bounce the ball. Try alternate hands.

### **11 Throw and catch (EP/MP)**

Throw the ball gently to your partner. Catch the ball and throw it back. Repeat. Throw while kneeling, cross legged sitting. Throw to catcher's chest, shoulders, waist, side and feet.

### **12 Running throw and catch (EP/MP)**

Jog around an open space with your partner about two metres apart. Throw the ball to your partner about chest high. Catch the ball and throw it back.

### **13 Throw and mark (EP/MP)**

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.

### **14 Throw and mark (EP/MP)**

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.

### **15 Awkward marking (MP/LP)**

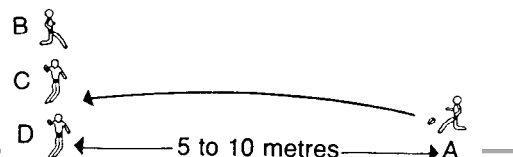
In pairs, partners to throw awkward balls:

- Running forward at the chest
- Running forward overhead
- Running forward at the knees
- Running out either side
- Turn and run back

Keep eyes on the ball at all times.

### **16 Contesting marking (MP/LP)**

In pairs – A kicks gently to B and C who contest a mark overhead or out in front using the fingers. Chest marks are discouraged. D waits for “crumbs”. Alternate. Toss ball if kicking is inaccurate.



### **17 Foot dribble (EP)**

Use one foot to move the ball slowly as you walk around a space. Try using toes, heels, instep and outside of the foot. Use alternate feet. Dribble the ball around markers.

### **18 Kicking off the ground (EP)**

#### **• Foot flip**

Put your toes up against the underside of the ball and flip it up off the ground into the air.

#### **• Step and kick**

Stand one step behind the ball. Take one step and kick the ball. Take three steps and kick the ball.

### **19 Drop and kick (EP/MP)**

Hold the ball with two hands and kick to your partner. Drop the ball and kick it to your partner to stop or catch. Try alternate feet.

### **20 Step and kick (EP/MP)**

Hold the ball with two hands and face your partner.

Take one step and kick to your partner to stop and catch.

### **21 Three steps and kick (EP/MP)**

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.

### **22 Step and kick (MP)**

Step and kick a prop punt to your partner. Mark the ball and step and kick back. Use alternate feet.

### **23 Three steps and kick (MP)**

Walk three steps and kick a Drop Punt to your partner. Mark the ball and take three steps and kick it back. Use alternate feet.

### **24 Five steps and kick (MP)**

As before, but walk five steps. Use alternate feet.

### **25 Handpass to your partner (MP)**

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.

### **26 Handpass on jog to partner (MP)**

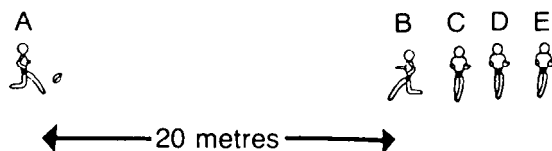
Using the handpass, jog side by side with your partner and handpass to each other over about two metres. Change direction so you can use alternate hands. Encourage children to go faster as they become better.

### **27 Kicking: passing**

Groups of five.

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. 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.

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 is 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.

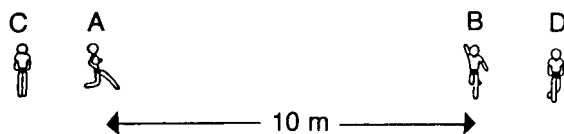


### **28 Handpass to your partner (MP/LP)**

Using the rocket, handpass backwards and forwards with your partner over about five metres. Use alternate hands.

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.

A runs towards B and rocket handpasses over a short distance to B. B runs to C and repeats. Alternate hands.



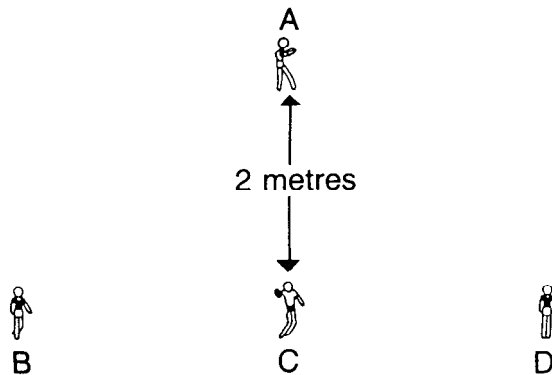
### **29 Handball – Odd Positions (LP)**

In pairs two metres apart, handpass to your partner from the following positions:

- Standing and handpass over your shoulder; repeat on the run
- Kneeling

- Sitting
- Lying on your back
- Alternate hands

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.



### **30 Weaving (MP/LP)**

A runs out, weaves around markers, returns and handpasses to B, who repeats. Try bouncing the ball at each marker.

### **31 Side Step (MP/LP)**

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).

### **32 Baulk and spin (LP)**

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

Repeat jogging towards partner who acts as opposition.

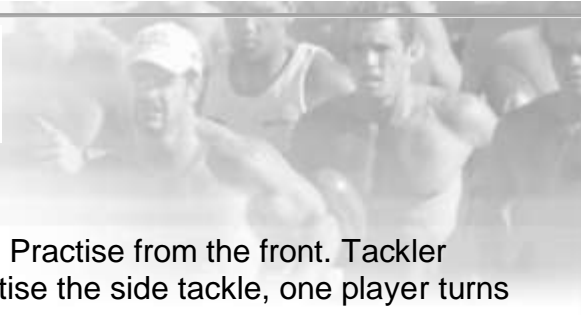
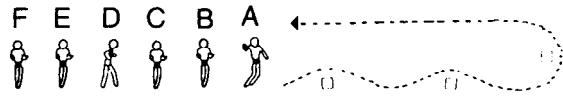
As players become competent, increase speed. Partner gives token then active opposition. Practise on both sides.

### **33 Blind turn (LP)**

- Pairs walking, then jogging one behind the other.

Front player blind turns. Partner provides opposition.

- Player A with ball, and B, run around markers with B chasing two metres behind. A tries to get back to the group without being tagged.



### 34 Tackling, Bumping (LP)

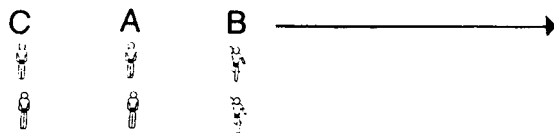
In pairs, facing each other and kneeling. Practise from the front. Tackler should pin player to the ground. To practise the side tackle, one player turns side on. Practise on both sides

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.

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.

Pair A roll ball at Pair B who move to the ball and contest the pick up. Pair B then rolls to Pair C. Keep on rotating

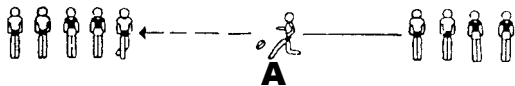
Pair A roll ball past Pair B who chase and contest the pick up. Pair B then roll past Pair C. Keep rotating. Encourage side bumps to obtain position.



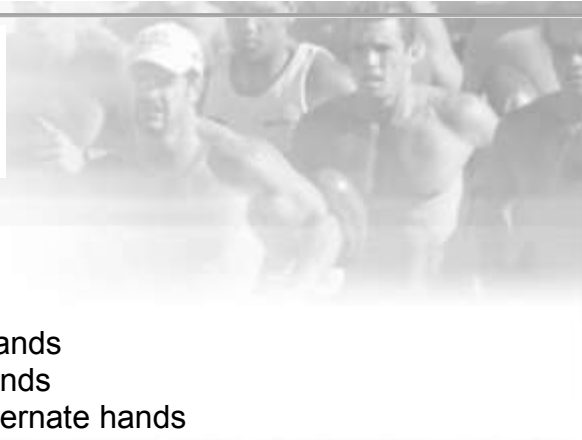
### 35 Lane relays (all levels)

**Skills: Various**

**(1) Description:** (A) runs to opposite file, delivers ball, moves to rear and awaits next turn.



**(2) Description:** (A) runs around marker, delivers ball to No. 2, and moves to the rear of the file.



**A**

**Variations:**

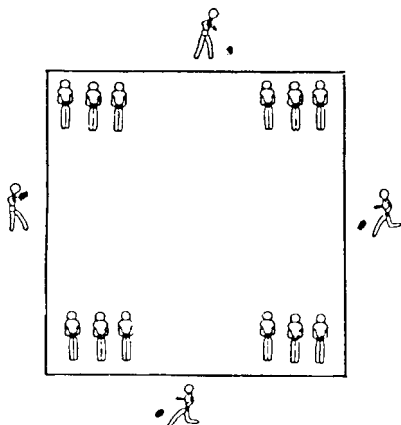
- Walk and circling round the waist
- Run and handball to next player
- Dribble ball along ground using both hands
- One hand, opposite hand, alternate hands
- Bounce one hand, opposite, hands, alternate hands
- Throw and catch in the air walking, running, jumping, one hand, opposite hand, alternate hands, one foot, opposite foot, alternate feet two feet take-offs
- Handball and catch
- Touch ball to ground, alternate sides.

**36 Square relays (all levels)**

**Skills:** Kicking, handball, catching

**Description:**

Four teams line up on the inside of the square. First runner stands on the outside of the corner marker. Each runs around the square, delivers the ball to the next player and moves to rear.



**Variations:**

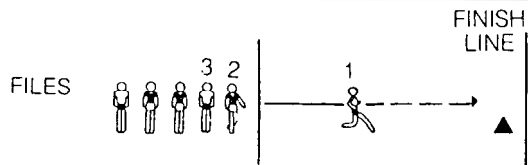
- As per lane relays
- Different activity performed each side of square

**37 Pick-up race (all levels)**

**Skills:** Picking up

**Description:**

No. 1 runs out, picks up ball, returns and hands to No. 2, then moves to rear of file. No. 2 places ball next to marker, returns and tags No. 3.



**38 Triangle handball (MP/LP)**

**Skills:** Handball, passing, marking

**Description:**

Groups of three to four at each marker. Player A handballs to player B, player B handballs to player C. Start with one ball. Both giver and receiver must be moving and both call. The ball is hit in front of the receiver. All players run through to next point after each handball.

**Variations:**

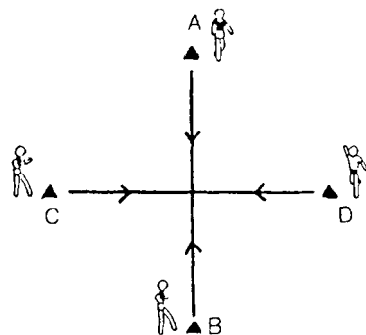
- Add a second and third ball
- Introduce opposition at key points, eg, half way between AB, BC, CA
- Increase distance and kick the ball

**39 Criss-cross handball (LP)**

**Skills:** Handball

**Description:**

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.



**Variations:**

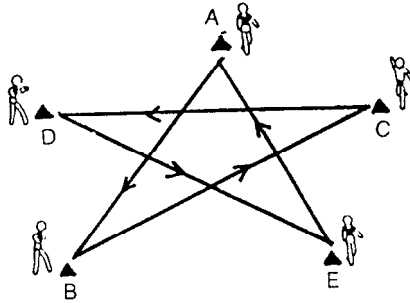
- Introduce token, then active opposition at intersection

**40 Star handball (LP)**

**Skills: Handball, passing, marking**

**Description:**

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.



**Variations:**

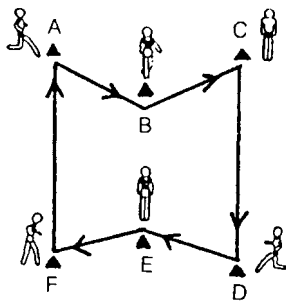
- Introduce additional balls
- Introduce token, then active opposition at key points
- Increase distance and kick the ball

**41 Six-point handball (LP)**

**Skills: Handball, passing, marking**

**Description:**

Groups of three to four at each marker. Player A handballs to player B and takes B's place. Player B handballs to C, C to D, D to E, E to F, and F to A.



**Variations:**

- Start with one ball and then introduce additional balls
- Introduce token, then active opposition at key points
- Increase distance and kick the ball

**42 Over the top (MP/LP)**

**Skills: Handball, kicking, running**

**Description:**

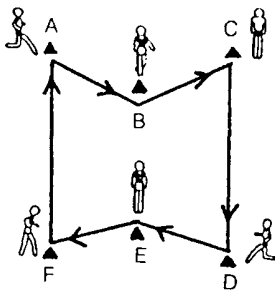
Groups of five plus leader. No. 1 passes to leader, both exchange places. Leader passes to No. 2, both exchange places. Drill continues until all players are back in original positions.

### **43 Progressive spy (MP/LP)**

**Skills:** Handball, kicking, running

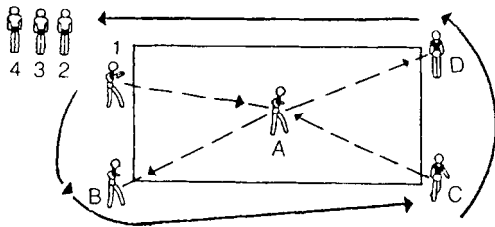
**Description:**

Groups of three plus leader. No. 1 passes to leader and both exchange places. Leader passes to No. 2 and both exchange place.



### **44 Corner handball (MP/LP)**

**Skills:** Handball, bouncing, running

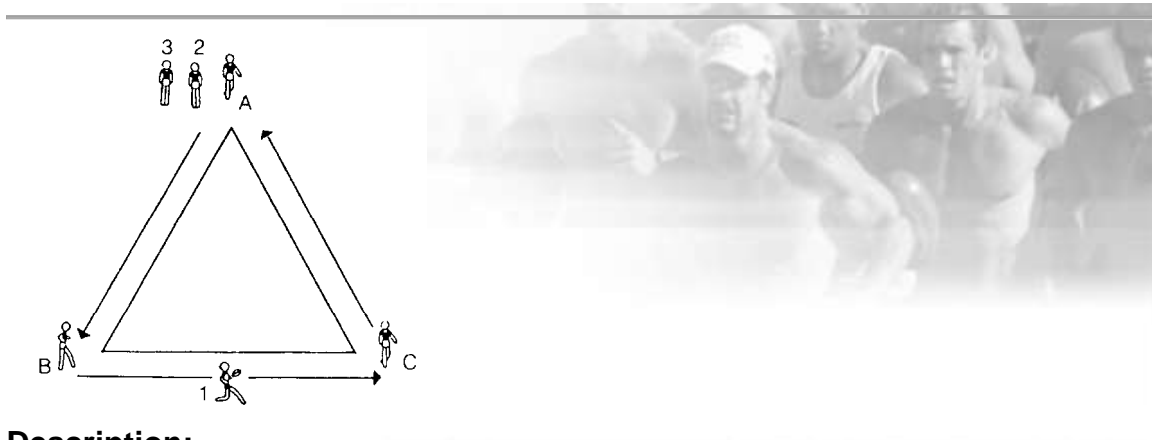


**Description:**

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.

### **45 Triangle pick-up (MP/LP)**

**Skills:** Picking up – Moving away, stationary ball, handballing



**Description:**

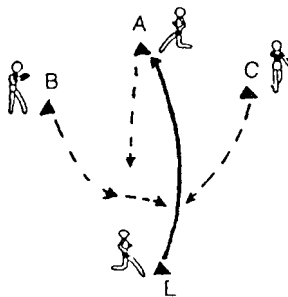
Groups of six. Server A rolls back towards corner of triangle. Player No. 1 runs forward to pick up ball, then handballs to player B. Player B places ball on ground. Player No. 1 runs around B to pick up stationary ball and handballs to C. Player C rolls ball along ground in direction of A. Player No. 1 picks up, handballs through to A. Change corner players with 1, 2 and 3 when all have completed their turn.

**46 Handball to runners (LP)**

**Skills:** Handball, kicking

**Description:**

Groups of three to four. Leader kicks to player A. Player B runs across the front of player A to receive handball. Player C runs to receive handball in front of B and handballs to leader. Players rotate groups.



**Variation:**

- Introduce token, then active opposition

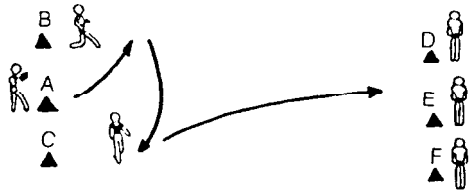
**47 Handball to runners (LP)**

**Skills:** Handball

**Description:**

Two groups of three players behind each set of markers. Three players move out together. Player A handballs to player B. Player B handballs to player C. Player C

handballs to player E. Players E, D, F repeat. All players run through to opposite end and rotate groups.



**Variations:**

- Player C kicks to player E
- Introduce additional balls
- Introduce one opposition at midpoint of lane, increase to two. Start with token opposition, then add active opposition

**48 Short ends (MP/LP)**

**Skills: Various**

**Description:**

Groups of three to four behind each marker. Players approximately 10 metres apart perform above skills, changing ends each time.



**49 Jump and mark (EP/MP)**

**Skills: Overhead marking**

**Description:**

Groups of three to four behind each marker. Leader holds ball up and out from body. Players in turn run forward and jump to mark.



**Variations:**

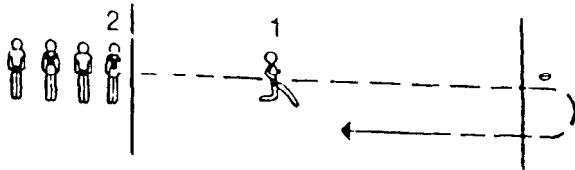
- Leader throws ball up for overhead mark.
- Pairs contest overhead mark.

**50 Bogey ball (EP/MP)**

**Skills: Picking up – moving away, bouncing, handball, kicking**

**Description:**

Vary distance for kicking. No. 1 rolls ball along ground over line, runs, picks up and returns to No. 2 with a handpass or kick.



**Variation:**

- Bounce ball on return

**51 Knockout (EP/MP)**

**Skills: Hitting out**

**Description:**

Pairs. One ball between two. Partner throws ball up, player hits ball to a target marked on the ground.



**Variations:**

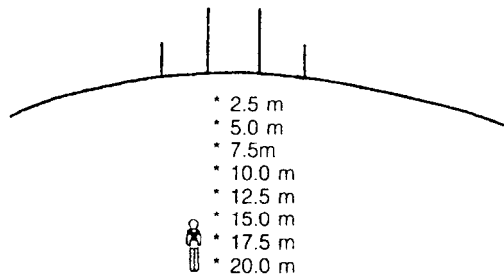
- Run in and jump to hit out.
- Have player throw ball up himself.
- Hit out with alternate hands.
- Practise against opposition.
- Hit out to running receiver.

**52 Goal kicking (MP/LP)**

**Skills: Kicking**

**Description:**

Commence at the 2.5 metre mark, then increase distance. Player focuses on target behind the goals.

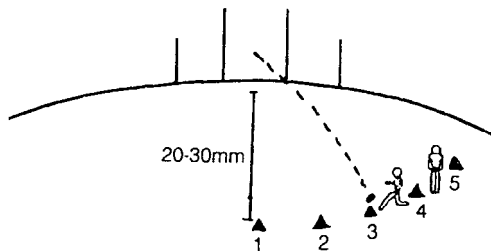


### **53 Goal kicking (MP/LP)**

**Skills: Kicking**

**Description:**

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.

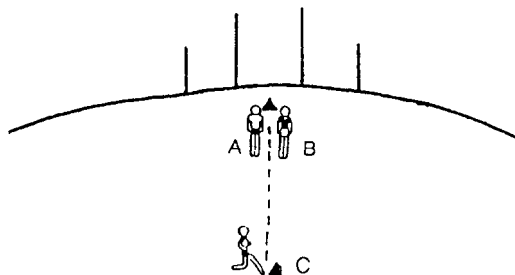


### **54 Goal Kicking (MP/LP)**

**Skills: Kicking**

**Description:**

In pairs. Ball is kicked to AB who contest mark. If mark is taken, player takes a direct kick. If ball goes to ground contest for possession and quick kick for goal.

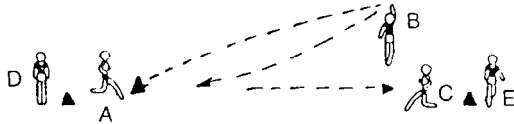


### **55 Lane work (LP)**

**Skills: Kicking, marking, running**

**Description:**

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 runs on to opposite end.



**Variations:**

- Repeat in triangle formation
- Introduce token then active opposition at mid point of lane

**56 Lane work (LP)**

**Skills:** Kicking, marking, handball, running past, passing

**Description:**

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.



**Variation:**

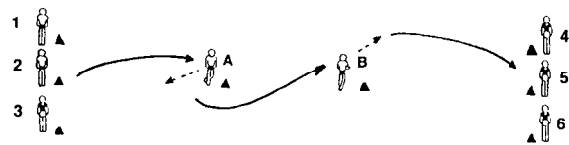
- Introduce token then active opposition at handball points.

**57 Lane work (LP)**

**Skills:** Kicking, marking, handball, talking, running on

**Description:**

Two groups of three players at either end. One player at A, B. Player 2 kicks to player A. Players 1, 2, 3 run on take handball from A, handball long or kick to player B, receive handball from B and kick to players 4, 5, 6. Repeat. Rotate players at A and B.



**Variation:**

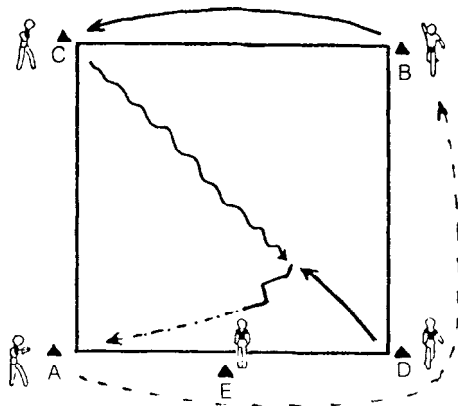
- Introduce token then active opposition.

**58 Combination drill (MP/LP)**

**Skills:** Picking up, handball, bouncing, kicking, evasion

**Description:**

Square approximately 20-40 metres, with 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.

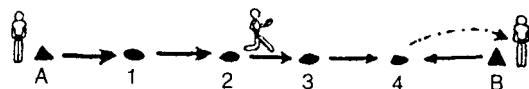


**59 Lane work (EP/MP)**

**Skills:** Picking up

**Description:**

Groups of three players at each marker. Player A runs out, picks up ball at point 1. The ball is touched to the chest quickly and replaced on the ground. Repeat points 2, 3, 4. When ball is placed at 4, player B runs out and repeats drill.



**Variation:**

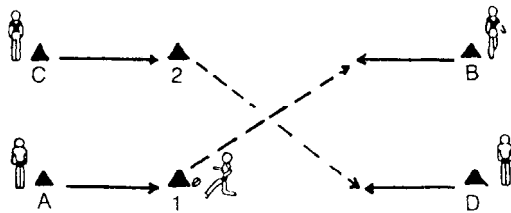
- Pick up, spin turn, place down.

**60 Lane work (MP/LP)**

**Skills: Picking up, handball**

**Description:**

Groups of three to four players behind markers A, B, C, D. Player A runs out, picks up the ball at point 1 and handballs across to B. Player B runs to point 2 and places ball on ground. Player C runs out, picks up at point 2, and handballs across to D. Player D runs to point 1 and places ball on ground. Repeat.



**Variation:**

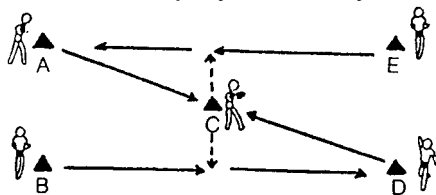
- Introduce token then active opposition

**61 Lane work (LP)**

**Skills: Handball, running past**

**Description:**

One player in middle. three-four players at markers A, B, D, E. Player A handballs to player C. Player C handballs to player B. Player B runs towards player D and handballs. Player D handballs to player C. Player C handballs to player E. Player E handballs to player A. Repeat.

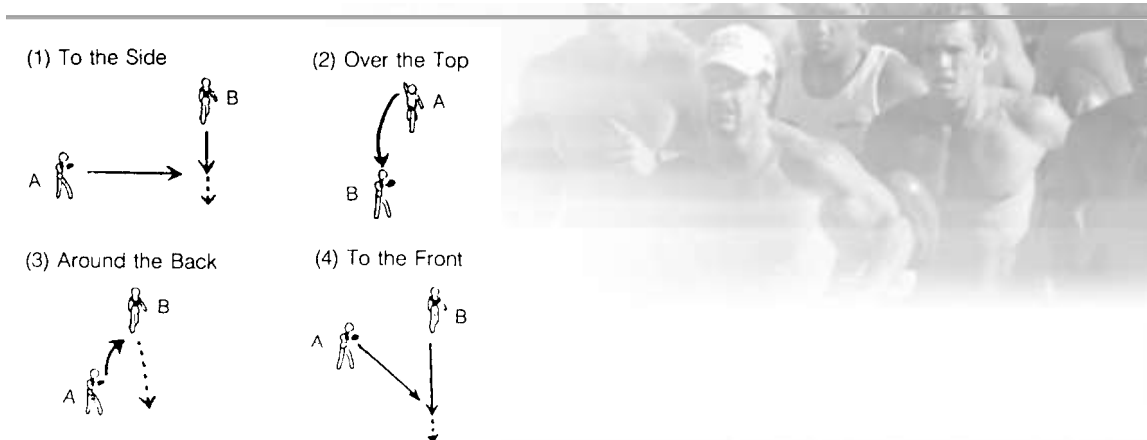


**62 Playing on from a mark (MP/LP)**

**Skills: Handball, playing on**

**Description:**

Players in groups of two. Player A has the ball after taking an imaginary mark. Player A handballs to player B running past. Players change positions and repeat.

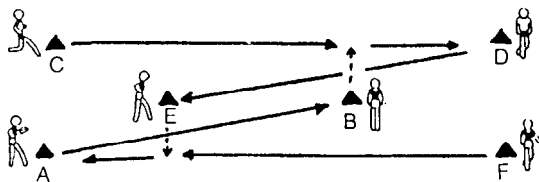


**63 Lane work (LP)**

**Skills:** Handball, running past

**Description:**

One player at markers E, B. Three-four players at markers A, C, D, F. Player A runs through to player B. Player B handballs to player C. Player C handballs to player D. Player D handballs to player E. Player E handballs to player F. Player F handballs to player A. Repeat.



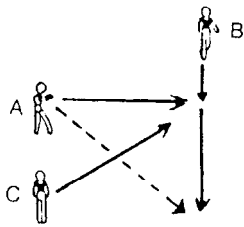
**64 Playing on from a mark (LP)**

**Skills:** Handball, running, tackling, playing on

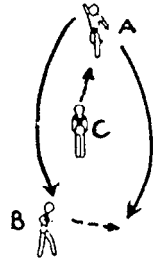
**Description:**

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, extended to active opposition.

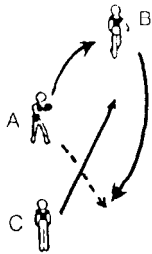
(1) To the Side



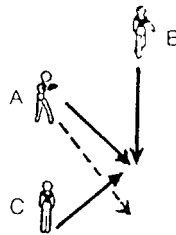
(2) Over the Top



(3) Around the Back



(4) To the Front

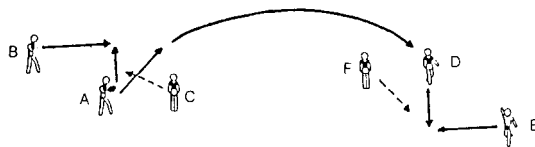


### 65 Playing on from a mark (LP)

**Skills:** Handball, kicking, running

**Description:**

Players in groups of six. Players practise playing on to the side after a mark. Player C provides token to active opposition until player A kicks the ball to D, E, F, who repeats.



### 66 Circle overtake (MP/LP)

**Skills:** Handball, kicking

**Description:**

Distance between players depends on skill being practised. Further apart for kicking. Players stay in position. Commence one ball each side of circle. Pass each ball in same direction around circle. Object – overtake ball in front.



# Skill Drills

## Skills:

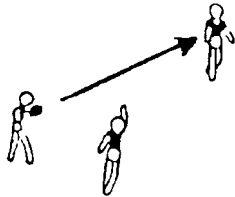
Handball, tackling, bumping, shepherding

## Formation:

Squares approximately 10 x 10 metres, with three to four players per square.

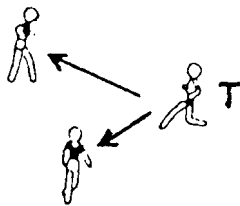
### 1 Keepings off (MP/LP)

Two players keep the ball away from an opponent, using handball.



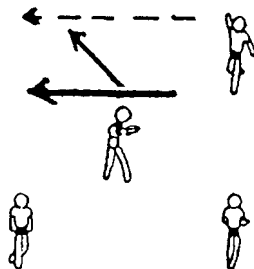
### 2 Tackler (LP)

T attempts alternate tackles on A and B for maximum period up to 30 seconds.



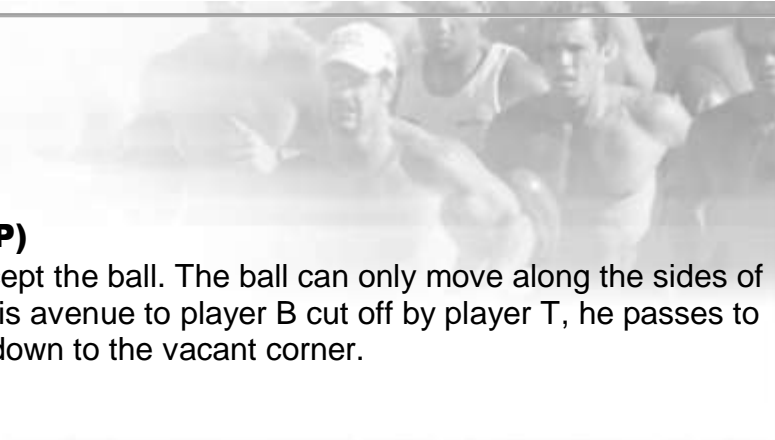
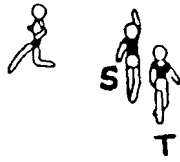
### 3 Criss-cross handball (LP)

Players can move to vacant corner and call for the ball from leader in centre.



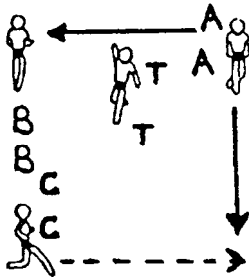
### 4 Shepherding (LP)

The shepherd (S) must protect the ball carrier from the tackler (T).



### 5 Making position (LP)

Player T attempts to intercept the ball. The ball can only move along the sides of the grid. If player A finds his avenue to player B cut off by player T, he passes to player C who has moved down to the vacant corner.



### 6 Reactions (MP/LP)

Players are given a number and when called, compete for the ball in the centre of the grid.

