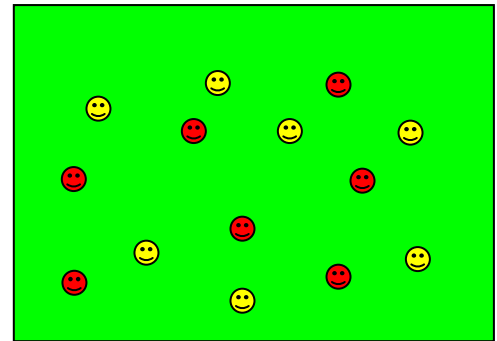


WARM UP: 1

ORGANISATION:

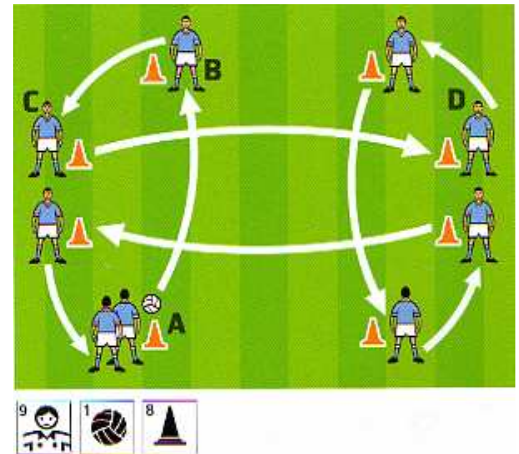
- 2 Group of 6/7: :6 balls
- all players moving about in the square: when they meet they give the ball
 1. Hand pass the ball
 2. Toe kick to pass the ball
 3. Fist pass the ball
 4. roll the ball towards a player who shall pick it up
 5. Bounce toe kick and fist /hand pass



DRILL: "Around the square" Hand Pass/Fist Pass/Punt kick

ORGANISATION:

- Set up a formation as shown using 8 cones, mark out a playing area approximately 10m x10m
- Position one player at each cone (at least) 2 at the starting cone
- Player A Punt kicks the ball at player B at the furthest cone to one side
- Player B fist passes the ball to player C alongside
- Player C then Punt kicks to player D and so the drill continues
- Rotation of players after 3 rounds
- Continue the drill in a clockwise direction for a set time before changing direction and requiring the players to use the opposite leg



GAME 2 : "Captain Ball" Hand Pass/Fist Pass/Punt kick

ORGANISATION:

- Mark out a playing area approximately 25mx25m
- Mark out a goal area at the center of each line of the playing area
- 2 teams of six players: 2 players of from either team act as goalkeepers on opposite side
- The objective of the game is to score by " hand / fist passing, punt kicking" the ball to to one of the goalkeepers on your team
- Award 1 point each time the ball is successfully passed to a goalkeeper

