



Title: AutoSaved 6077636

Coach:

29/03/2020

Equipment:

Purpose:

Notes:

3 ball round the clock

DESCRIPTION

Setup: 4 players stand in a diamond with 3 balls. A 5th player stands in the middle.

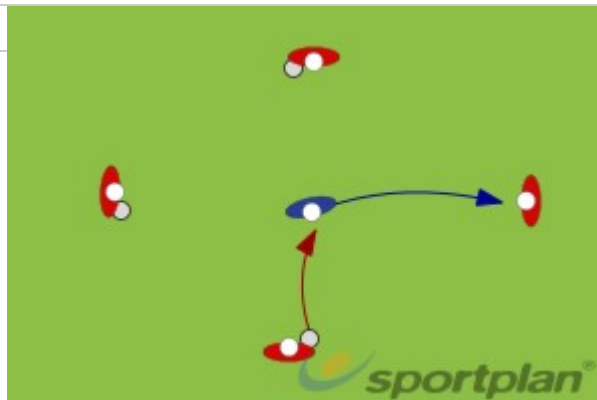
To start the drill 1 of the outside players throw their ball to the player in the middle who has to return the ball the player who did not have a ball before the ball was thrown.

The middle player then rotates to receive the next ball and the drill continues in this way.

COACHING POINTS

The middle player needs to talk to make it clear which player is throwing the ball to them next (call their name, signal with their hands and make eye contact).

How quickly can your players get this practice going?



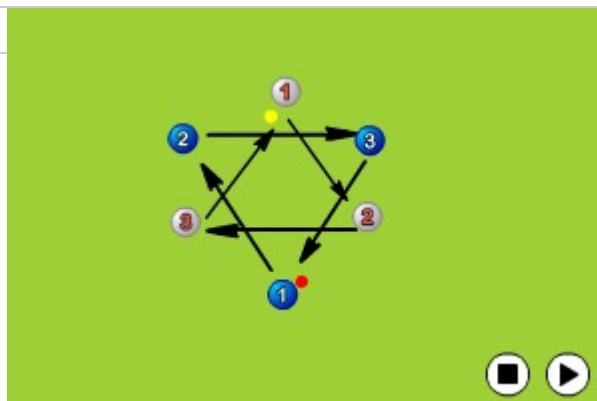
Chase Ball

DESCRIPTION

2 Teams, 2 Balls. One of the teams starts throwing the ball to each other. The other team then throws the ball around to try and overtake the ball from team 1. This practice works best with about 4 - 5 players per team.

COACHING POINTS

distance between players 5 m



Beat the ball

DESCRIPTION

Split the group into teams of 5. One team throwing the ball around posts.

One team running around the posts.

The ball starts by the batting square and has to be thrown to post one then 2 then 3 then 4 then back to the batting square.

The running team have to run and tag.

The first player in the batting square has to run to tag 1st post player this player has to run to release the player at 2nd post etc until the player on the fourth post is tagged and runs back to the batting square.

Start again when ball and players are back in position again.

Best of 5 runs.

COACHING POINTS

- You could give the runners a bat which they have to hand to the next runner
- Also you could make the fielders touch the post before the ball can be thrown to the next post player.

