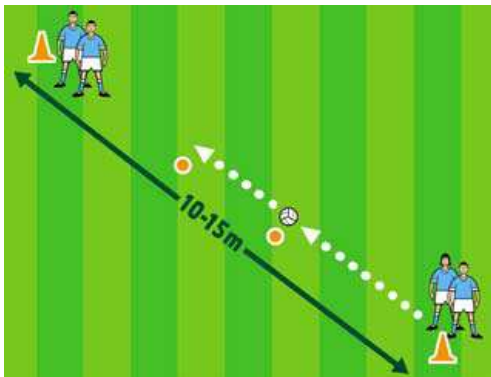


Basic Drill



Lift and Drop

Player jogs forward to Crouch Lift the ball, places the ball at the next marker and continues on

Crouch Lift

Key Points

1. Move to the ball
2. Place hands in front of the ball
3. Scoop the ball forward into the cupped hands
4. Secure possession

Head - Hands – Feet

STEP - Vary the activity

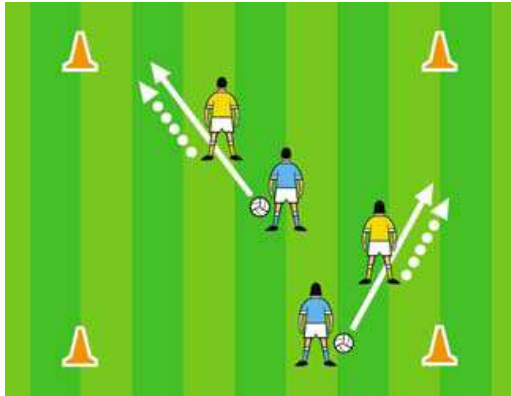
Vary Space

Vary Task

Vary Equipment

Vary Players

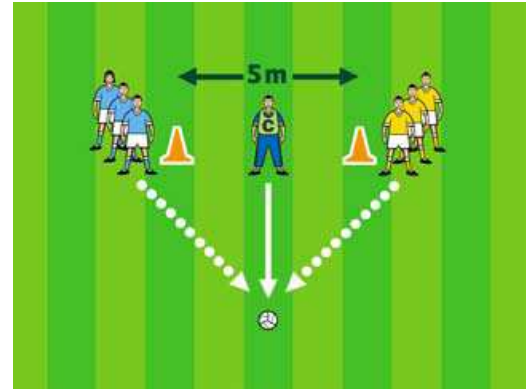
Intermediate Drill



Bridge Ball

Player rolls ball between partner's legs and runs on to Crouch Lift it as it moves away.

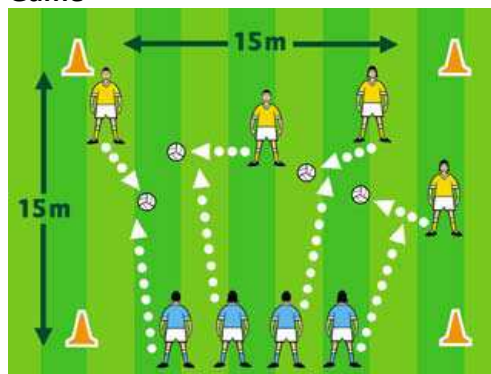
Intermediate Drill



Tussle and Lift

Coach rolls the ball forward for each pair to chase and contest

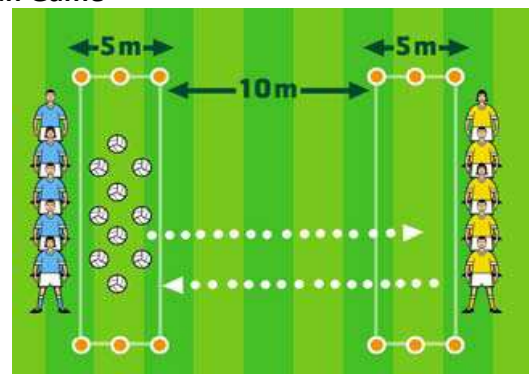
Fun Game



Scatter and Lift

Attackers try to crouch lift as many balls in 30sec while the defenders try to oppose them.

Fun Game



Grid Swap

Each team in turn Crouch Lifts all the balls into their grid