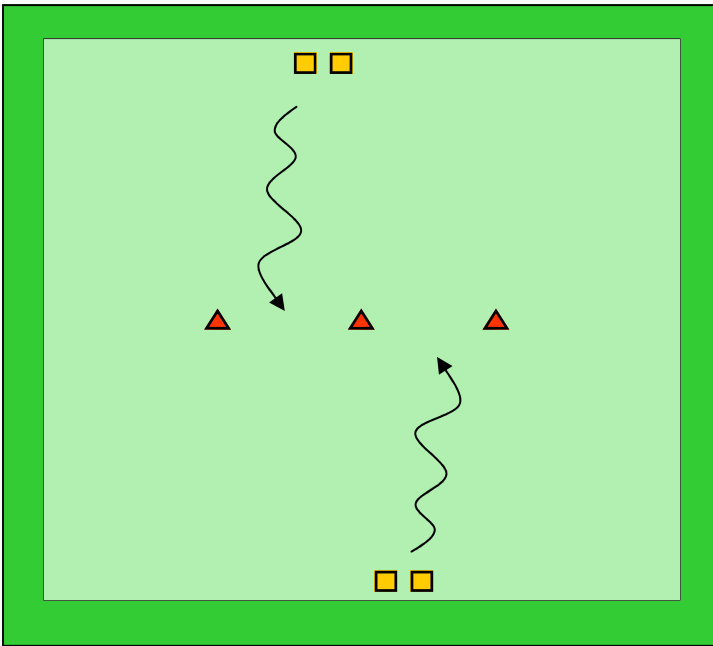


Variations within a practice area

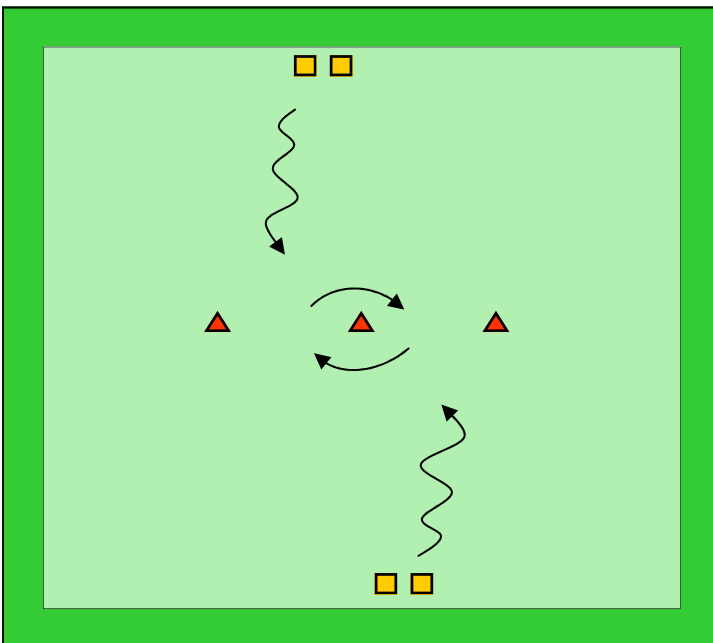


Here are three different examples - can you come up with some yourself.

* Run with the ball up to markers, execute a specific turn and then pass back to next player in your group.

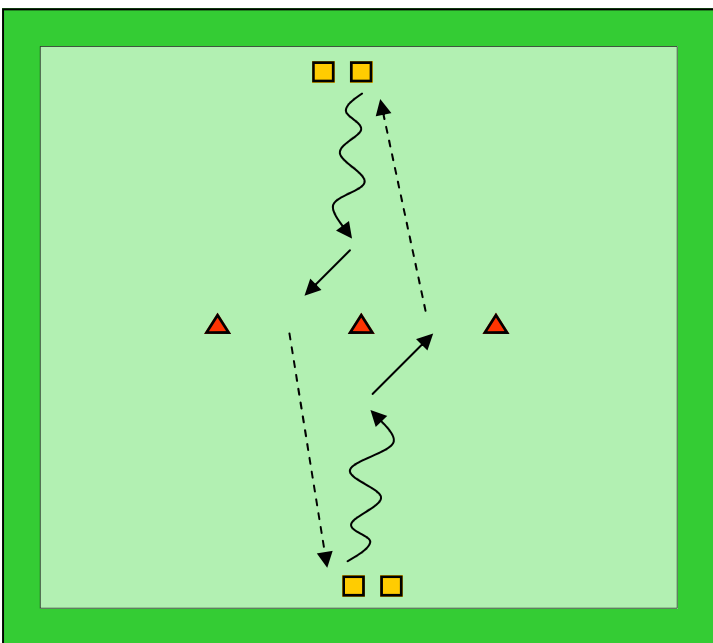
* Run to markers, compose and pass to the group at opposite end.

* Add a player centrally between markers, ball passed in, player turns and then passes out to the next group, players follow their pass



* Players run out with ball to in between the markers, stop their ball, swap sides with the other player and take the other ball back to their own group.

* Players run out with ball, stop the ball, switch sides, execute a certain turn and then take the ball to the opposite end.



* Players start opposite the central marker. Players run out with the ball and just before getting to the centre they execute a dummy or feint that could be used to unbalance a defender, such as a step-over or scissors move. Players should then compose and play a good pass to opposite end.

* With all of these drills, you need to take into consideration the age of the group to help you decide the size of the area to use. Ensure that both players with the ball start at the same time.