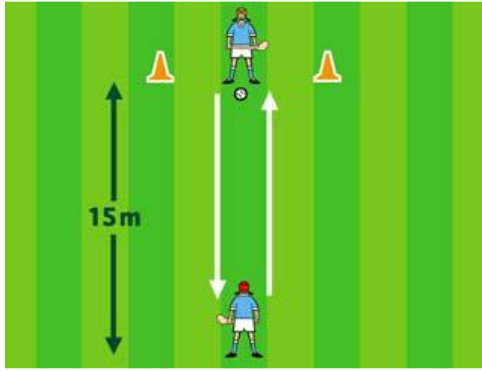


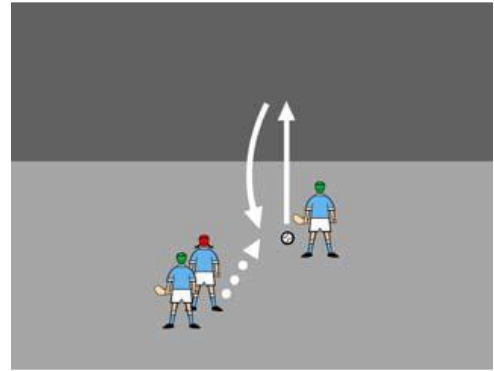
Basic Drill



Goal Strike

Double on the ball and try to score on your partner

Basic Drill



Wall Ball

Strike the ball off the wall for next player to double on.

Doubling Back

Key Points

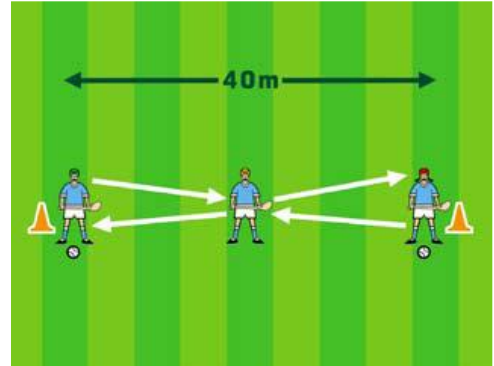
1. Move towards the ball in the ready position
2. Slide the non-dominant hand into Lock Position
3. Eyes on ball. Swing down to connect with the ball in line with lead foot.
4. Head down, follow through in direction of target

Head - Hands – Feet

STEP - Vary the activity

Vary Space Vary Task
Vary Equipment Vary Players

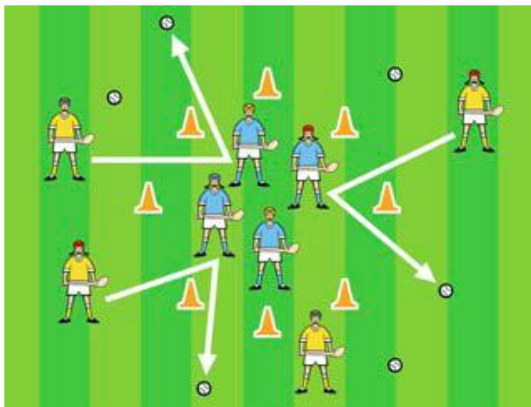
Advanced Drill



Centre and Double

Player in the middle doubles on the ball struck in by outside players in turn.

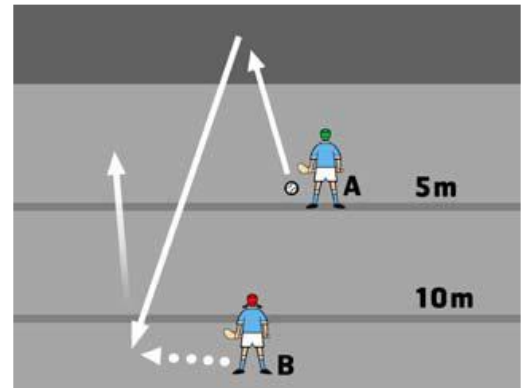
Fun Game



Clear the Circle

Players in the circle double on the ball to keep the circle clear

Fun Game



Wall Ball

1v1 or 2v2 players attempt to score on opponent by doubling on the ball in turn.