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# **4LB Core Training Drill 2**

#### EQUIPMENT

1x 4LB. Core Training Ball

## MEASUREMENT

5 x 30 yards

#### CATEGORY

Strength and Agility Training

# **COACHING POINTS**

- the drill is crucial. technique and 100% effort throughout Maintaining a controlled motion, good
- Continue the sequence for 10-30 yards depending how many players in line and on age or ability.

### PROGRESSION

- through the legs... receive over the head, give and receive The sequence advances: Give and
- Change the direction from forwards to backwards.



KWIKGOAL





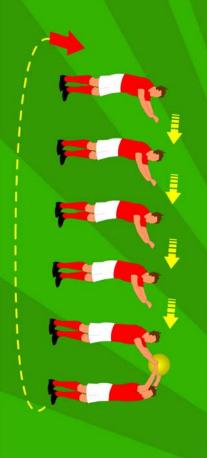
**ABOVE THEIR HEAD IN A FORWARD DIRECTION...** PLAYERS GIVE AND RECEIVE THE BALL FROM



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HEAD, GIVE AND RECEIVE THROUGH THE LEGS... THE SEQUENCE REPEATS... REPEAT THE SEQUENCE... PROGRESSION: GIVE AND RECEIVE OVER THE THE BACK OF THE LINE (HOLDING THE BALL WITH BOTH HANDS) AND THE LAST PLAYER TO RECEIVE THE CORE TRAINING BALL WILL SPRINT TO