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6LB Core Training Drill 2

EQUIPMENT

1x 6LB. Core Training Ball.

MEASUREMENT

5 x 30 yards

CATEGORY

Strength and Agility Training

COACHING POINTS

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

PROGRESSION

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



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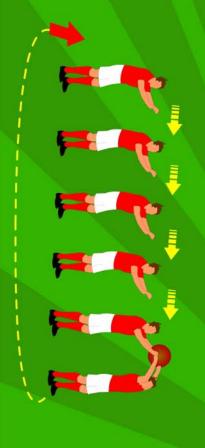
PLAYERS GIVE AND RECEIVE THE BALL FROM ABOVE THEIR HEAD IN A FORWARD DIRECTION...

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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