**Skill(s) to focus on in Activity/Drill: Name of Drill – Strike, Control, Strike**

* Drill that covers striking & first touch control
* Require accuracy and concentration and stamina

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Player C

Player B

Player A

A



**Description of Skill Activity**

* 2 Balls, 3 players per drill, 3 cones in a straight line, approx. 10m apart
* 1 player on A, 1 on B, 1 on C
* Player A & B start with a ball
* Player A Strikes a low ball towards B. B controls the ball with the hurl (1 touch is possible), Strikes back to A
* Player B turns to face Player C.
* Player C Strikes a low ball towards B. B controls the ball with the hurl (1 touch is possible), Strikes back to C
* B turns back towards A, who strikes to B (repeat drill)

**Things to note and make players aware of:**

* Players at A & C need to deliver accurate passes
  + If the pass is bad, the drill breaks down
* Speed and timing – as soon as B turns the ball should be in struck
* B should be working hardest in this drill, always moving
* After 3-5 minutes, switch players around. Everyone gets to be in the middle.
* All players use both sides to strike the ball.
* **Variations and Progressions of Drill:**
* Vary the speed and heights of the delivery to player b
* If possible B can catch the ball without needing to control with the hurl
* B doesn’t turn until he/she gets a shout from the end player – reduces time to react.