

## 61 GROUND BALL CONTEST

**Purpose:** Basic ball-get contest work.

### ORGANISATION

- ▶ 8 players per group.
- ▶ F rolls ball to A (F1).
- ▶ Opponent O rushes at A.
- ▶ A has to win ball under pressure and handball to B (Hb2).
- ▶ B selects the most effective option and completes kick to target (K3).
- ▶ Rotate roles.

### COACHING POINTS

- a. F to vary the roll angle.
- b. Move the opponent closer to increase the pressure.
- c. B must attempt to stay in A's field of vision, in particular not to go past before receiving ball.

