

06 RANDOM FEEDS

Purpose: React to unexpected ball gets.

ORGANISATION

- ▶ 5-6 players form a circle about 5 metres from the player in the middle with 2 or 3 balls between them.
- ▶ The outside players give unexpected different types of feeds (e.g. high handballs, rolls, kicks) to the middle player (F1, F2, etc).
- ▶ It is important that the balls bounce so that the middle player practises ball gets.
- ▶ The middle player gains possession then handballs back to any player.
- ▶ Rotate the middle player after 30 seconds.

COACHING POINT

- ▶ Encourage good technique whilst under pressure.

