

159 RUN-AND-CARRY SNAPS

Purpose: Give experience in often unexpected snap shots.

ORGANISATION

- ▶ 28 players (6 groups of 4 plus 2 opponents in the rectangle and 2 opponents waiting for a turn).
- ▶ Using the run-and-carry drill (Hb1), the players shoot at goal (K2) on the whistle.
- ▶ Rotate opponents every 30 seconds.
- ▶ The drill can last until every player has had a turn at being an opponent.

COACHING POINTS

- a. Team rules can be enforced, e.g. U-turns are allowed or not allowed.
- b. Confine the players to the rectangle when shooting to maintain pressure.
- c. Increase or decrease the size of the rectangle to alter the challenge.
- d. In situations with limited space, short fast handballs often will result in enough space for the kicker to take a snap.

