

This drill has a 5minute time cap. The idea is to get 5 runs of 180m and do 2 throw ins at each end within the cap.

Ump H at the start of the timer would run to the far end of the ground (nearest blue dot 180m) Within 5m of that spot is. Ball. Ump returns to the spot and throws the ball to a target be it players or marked box at required distance. Then runs around closer cone to goal (10m away). Returns to gain another ball within 5m of the initial spot and repeats. After rounding the far cone again completes run back to starting end. Repeat the same.

This process is repeated until five runs with 10 rated throws are completed.

Intent is for this to become a minimum standard!

