

Ferg Drill

Groups of 4-5

Drill has two parts that are happening at the same time.

1&2

Start at apex of 50

1 has ball and runs approx. 40m and then kicks towards the 50m arc (pseudo boundary line). Post kick 1 triggers to apex 50. Stops and comes back for throw in or does a relay pass with 1 back to start.

2 runs around the 50m arc, has to make a decision. If OOB, do a throw in to 1. If not retrieve ball and return with 1 to start.

A has throw in triggers to post C and then straight back off post for a decision as B kicks back to line. If OOB another throw.

When 1&2 get back swap in following order –

1 – becomes 2

2 – becomes A

A – becomes B

B – becomes 1

