

VolKayneO Drill

1. This drill is designed to add a competitive element to the running, simulate game movements and addition of throw ins.
2. In pairs stick with either number or letter. Start at A and 1. A throws the ball in. On release of throw B backs out as if there was a centre bounce. A as soon as they throw triggers towards the post (2). 1 waits for the ball to hit the ground and then triggers to the same post. Race is on to the post.
3. Once on the post, 1 does throw in to B (A) and once completed B moves to position of short run (1). 2 moves to A to swap over.
4. Balls need to be at A and 2

