

4LB Core Training Drill 2

EQUIPMENT

1x 4LB. Core Training Ball.

MEASUREMENT

5 x 30 yards

CATEGORY

Strength and Agility Training

COACHING POINTS

1. Maintaining a controlled motion, good technique and 100% effort throughout the drill is crucial.

2. Continue the sequence for 10-30 yards depending how many players in line and on age or ability.

PROGRESSION

1. The sequence advances: Give and receive over the head, give and receive through the legs...

2. Change the direction from forwards to backwards.



PLAYERS GIVE AND RECEIVE THE BALL FROM ABOVE THEIR HEAD IN A FORWARD DIRECTION...

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THE LAST **PLAYER** TO RECEIVE THE CORE TRAINING BALL WILL SPRINT TO THE BACK OF THE LINE (HOLDING THE BALL WITH BOTH HANDS) AND REPEAT THE SEQUENCE... **PROGRESSION:** GIVE AND RECEIVE OVER THE HEAD, GIVE AND RECEIVE THROUGH THE LEGS... THE SEQUENCE REPEATS...

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