

## 6LB Core Training Drill 2

### EQUIPMENT

1x 6LB. 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...

# 1



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...

# 2