

10 Players

Multi Direction End Ball

Objective – Develop passing accuracy and strength of pass. Can improve spatial awareness, lines of run, communication, decision making and evasion.

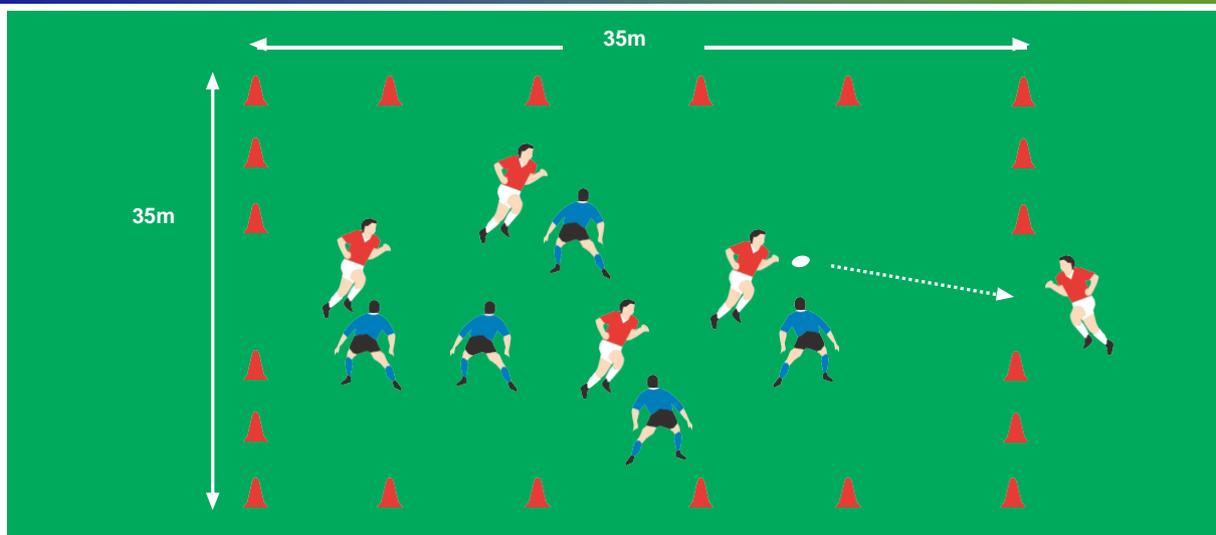
Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: 5

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Players can run and pass in any direction.
- Scoring team keeps the ball and has to score beyond the try line (called out by coach).
- Play until a mistake is made or turn over after five touches.
- One second to pass after touch is made.
- Four try lines.
- Only one player allowed in at any one time.
- Cannot score beyond same try line twice.
- No player can just stand over the try line (5 second limit).
- Man to man marking will encourage lines of run to lose defender / create space.

Coaching points/Key factors:

1. Hands in the ready position, with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. Spatial awareness with and without possession.
5. Communication skills.
6. Evasion skills and footwork.

Difficulty:

- Coach to determine which try lines to be used.
- Coach adds in another ball so that two games are going at same time.
- Play one touch turnover to challenge players.