

Players: 12

## Two ball end ball

**Objective** – Develop passing accuracy and strength. Develop types of pass. Will also improve spatial awareness, lines of running, communication, decision making and evasion

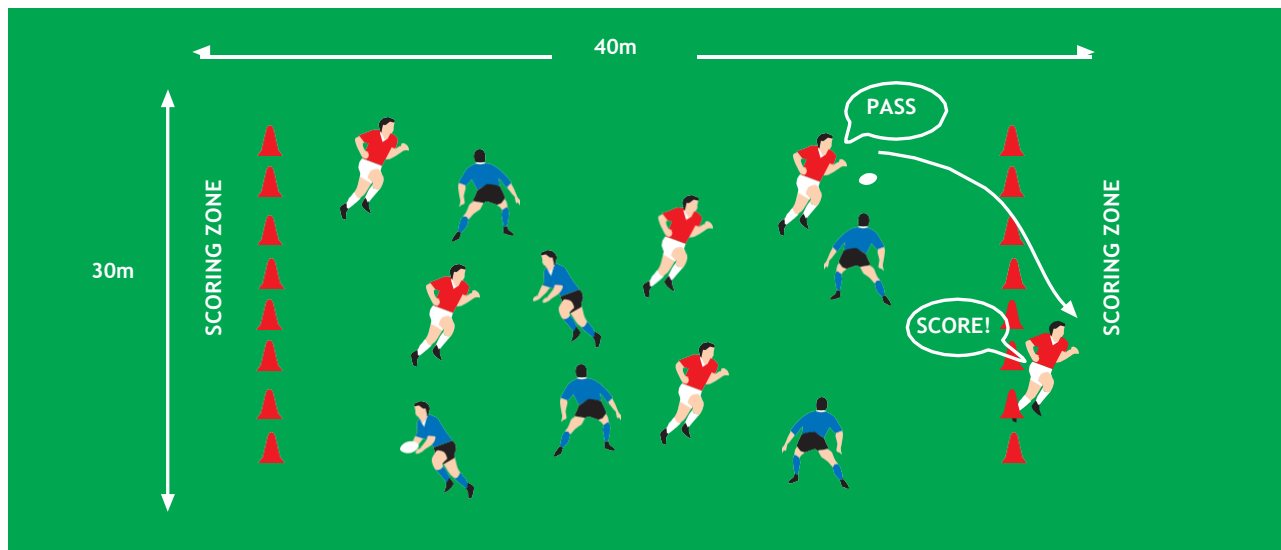
### Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Attacking team play normal touch laws.
- Defensive team to play pass-any-direction touch (can run with ball) - aim is to touch the ball against attacking team's ball carrier.
- Turnover in possession occurs with the above or score or handling error.

### Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow through and fingers point to target after the ball is released.

### Difficulty:

- Coach can increase or decrease the pitch size.
- Coach can increase or decrease the number of defenders to progress or regress.
- Introduce so that minimum 2 / 3 players must be in the scoring zone before a score can be made.
- Regress by increasing the number of touches before a turnover.