

General coaching points

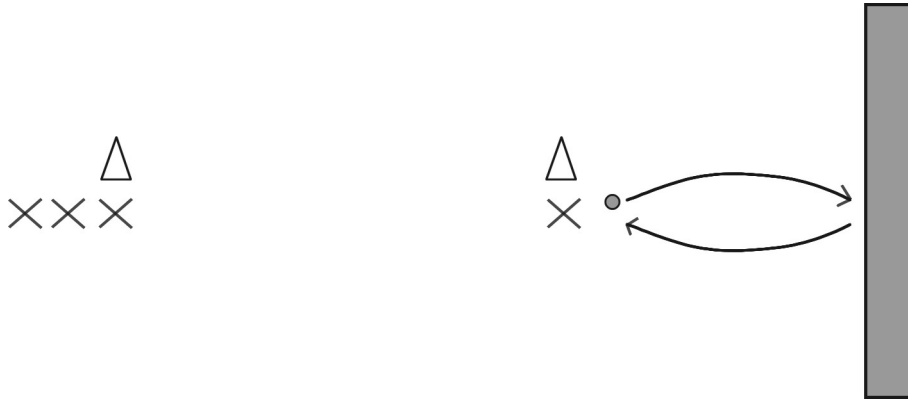
Always emphasise Speed, Power and Accuracy

Check for

- correct footwork - "on the toes" all the time,
- hands - correct grip, relaxed hands
- head - eyes on ball, head steady

Start drills on strong side only, progress to weak side only, then to alternate sides.

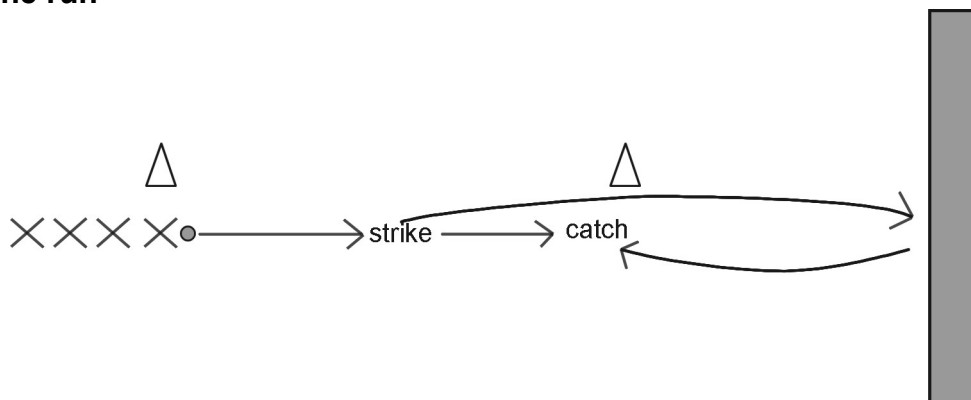
1. Striking



Stand approx 6m from wall, strike ball from hand, catch return directly at head height, repeat 10 times and hand on to next in line. Challenge to compete 10 catches in a row without a drop. Strong side first, progress to weak site, progress to alternate sides.

- Feet/shoulders sideways to wall when striking then rotate square to wall for catch.
- Emphasise fast footwork, "on the toes"
- Emphasise power - confident strikers should be hitting the wall at eye level with ball coming back fast. Striking higher on wall slows ball down, means less confident.
- Emphasise fast striking.
- Emphasise accuracy - should be hitting same point on wall, should not have to move to make catch.

2. Striking on the run

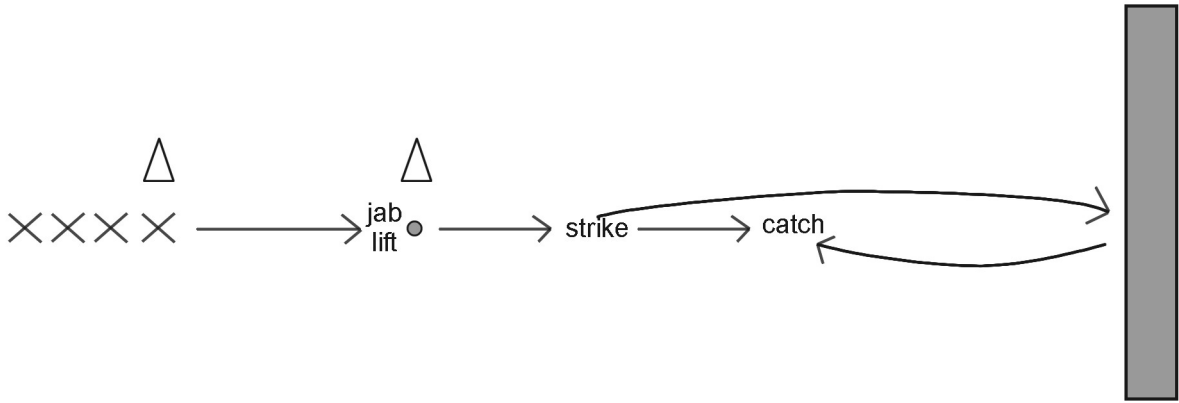


Start approx 15m from wall with ball in hand. Run 4 steps, strike on the run, continue run and catch return at head height, return and hand pass to next in line

- Shoulders square when running, sideways to strike, back square to catch.
- Emphasise power - ball should be hitting the wall at eye level with ball coming back fast.
- Emphasise speed and accuracy

Variation: strike ball high on wall and make high catch.

3. Jab lift and strike on the run

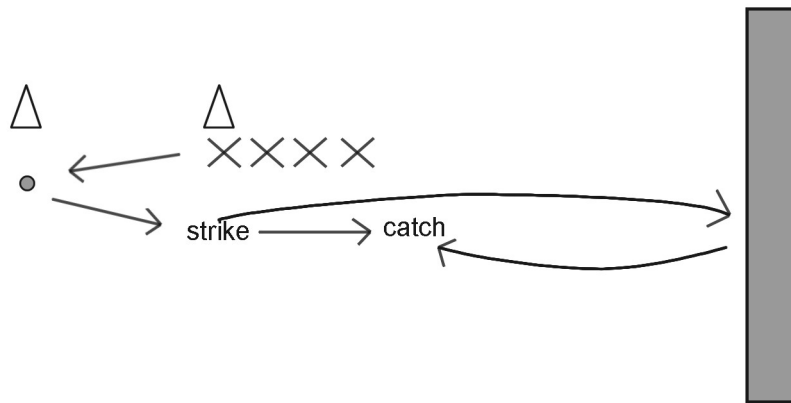


Ball 15m from wall, start 20m from wall, run, jab lift, strike on the run, continue run and catch return at head height, return and play ball on ground for next in line.

- Emphasise striking low on wall for power
- Emphasise speed power and accuracy.

Variation: Have second player shadow and attempt to hook striker.

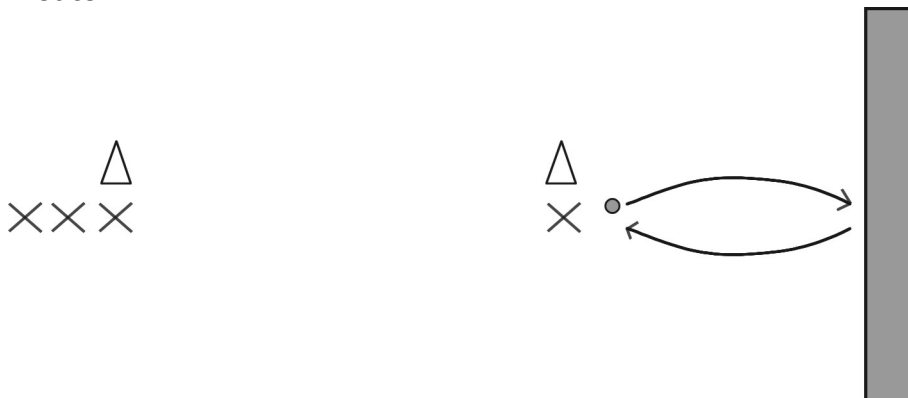
4. Roll loft and strike on run.



Ball approx 15m from wall. Players 10m from wall with back to wall. Run to ball, roll loft, turn, run, strike on the run, continue run and catch return at head height, return ball to position for next player.

- Emphasise speed, power and accuracy

5. First touch / low catch.



Stand approx 6m from wall, strike ball from hand low onto wall - about 2 feet from ground, let ball bounce once, then take one touch into hand, repeat 10 times and pass on to next in line.

- Emphasise power - returning ball should bounce just once on ground before touch into hand.
- Emphasise accuracy - player should not have to move from striking position to receive ball.
- Emphasise footwork - feet/shoulders sideways to wall to strike, back square for first touch and catch.

Variation: Instead of taking touch, bend knees, get down low and catch directly without taking touch.

