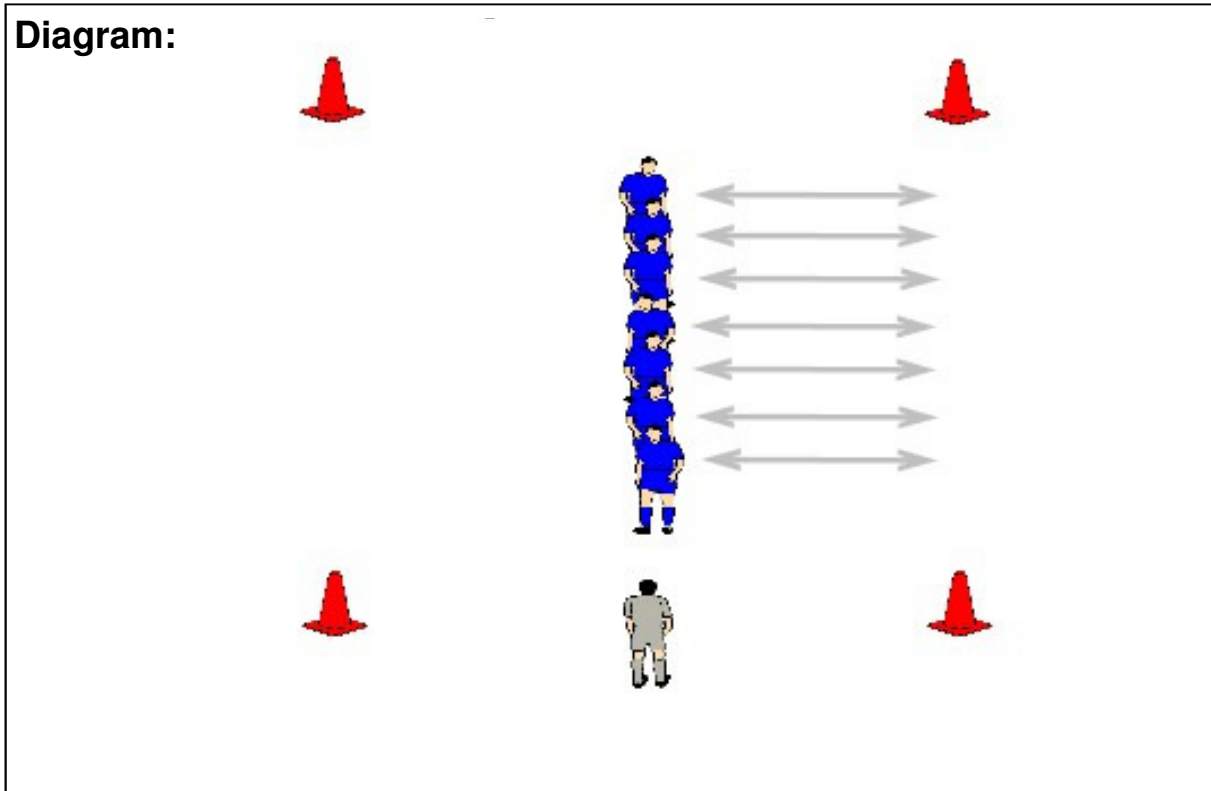


Drill Name: Ship To Shore

Age Group: U10/11

Objectives: This fun drill is designed to improve players speed in a competitive game environment.

Diagram:



Description: All players line up in a line in front of the coach. Markers are placed a couple of metres to the left and to the right for the players to run past. The coach then gives these markers names of Ship and Shore to which the players must get to as quickly as possible when called by the coach.

Progressions: Call multiple instructions to get players moving faster and add misleading hand signals to force players to concentrate.

Coaching Points: Encourage players to work on the speed of their turn and their reaction time to the instructions given.