



TALENT COACHING RESOURCES NOW ONLINE

A series of visual skill and drill demonstrations, and downloadable documents for teaching athletes at the Talent level in the Athlete Development Framework areas of: **Movement, Ball Skills, Rollball, Rucking, Attack, Defence, and Game Concepts & Strategies.**



TALENT SKILLS
Attack Skills - Wrap Drill

Wrap Drill - Basic
A wrap involves the ball carrier passing to a player on either side of them, then circling around behind the receiver to the far side to be in a position to receive a return pass. Set up the drill as shown below, with two attackers at a time.

Drill Progression 1 - Introduce Defenders
Introduce a defender (player or coach) instead of cones or other objects. Have attacking players draw the defender before passing to their supporting player who performed the wrap.

Drill Progression 2 - Combination Plays
Use a combination of plays to practice wraps with dumps, and switches etc.

Equipment:
4
1
2

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