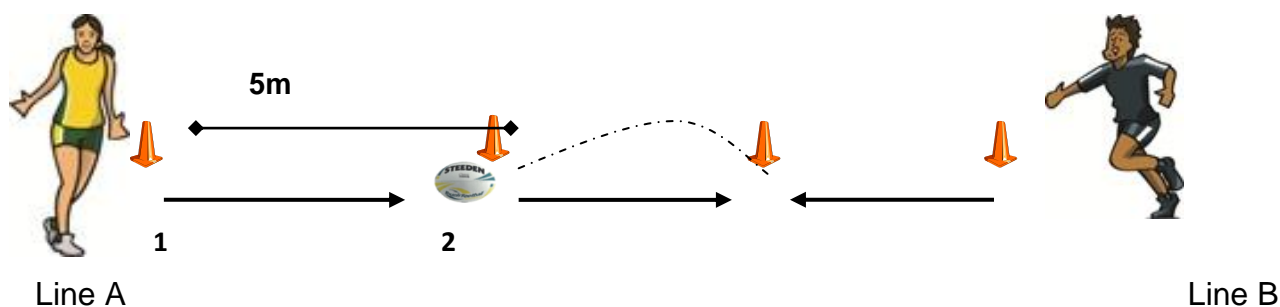


## 1. Ball Grip Strength Drill

- Set up the drill as below for as many groups as required. All markers are 5m apart, with one ball per pair/line. (Group number can vary depending on overall numbers eg 2, 4, 6).
- On 'go' each player from Line A (Yellow) is to race the 5m to the stationary ball and pick it up with the one hand placed on top of the ball – not underneath and without the use of the other hand which can be behind their back.
- Once secured they are to run with it and place at the next 5m marker, continue on and tag their partner to repeat the same. (Note – the use of smaller balls is necessary for younger players) use both left and right hands in the drill. Players move to the opposite line, and repeat when tagged. *If working in groups of 2, Line A can retreat back to starting position and repeat.*

**Equipment**

- 4 x each group
- 1 x each group



## 2. Ball Grip Partner Drill

- Set up the drill as below. (i.e. one ball between two players with partners facing each other about 2m – 5m apart).
- The ball carrier throws the ball into the air above them and catches.
- Whilst securing the ball they are to rearrange their grip so as to have thumbs on top, fingers underneath, palms spread etc before passing to their team mate who assesses. That is, whether they had the correct grip prior to passing to team mate. *(Feedback is given by the team mate)*
- Repeat a number of times. The execution needs to be done without delay. (note – in time delete the ball toss and simply vary the types of pass between partners – i.e. low, high, spinning etc)

**Equipment**

- 2-4 for group
- 1 x each pair

