

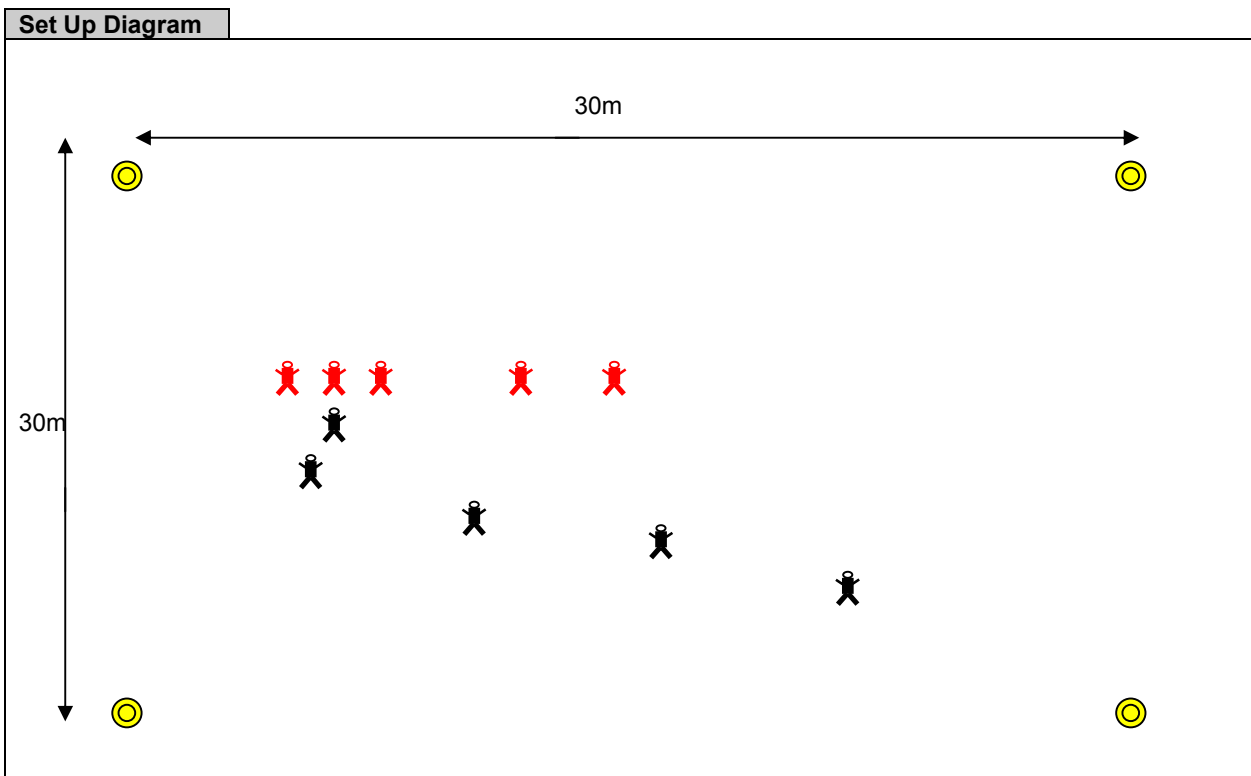


Drill No.	Support Touch	Date	June 2006
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Objective	Spatial awareness, Communication, Decision making, Attacking skills into space
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Equipment		Drill Requirements	
Balls	1	Area	30x30 grid
Cones	4	Players	All
Shield	N/A	Time	
Bags	N/A		
Suits	N/A		
Bibs	N/A		

Drill Description
<ul style="list-style-type: none"> • When an attacking player is touched, he must immediately scoop the ball through his legs • If a supporting player does not catch the ball before it hits the ground, it is turn over ball



Key Coaching Points
<ul style="list-style-type: none"> • Change of speed and direction to beat defenders • Supporting players attack the ball (usually the man who last passed the ball i.e. pass and support) • Emphasis on getting behind the defence and producing quick ball • Attack/support at pace • Communication between ball carrier and supporting players • Ball retention

Relevance to the game
<p>Highlights the importance of the supporting players to the ball carrier. It encourages players to attack the ball at pace and get close to the ball carrier in case contact finds the attacker. It also promotes the importance of possession and team continuity enabling you to score.</p>