

Partner Ball Work

COVID-19 Disclaimer: under the Metropolitan Melbourne Stage 4 lockdown, the following drills may only be performed at your home or in a park (all sporting facilities are closed). If performed outside your home, you must stay within a 5km radius of your house, you may only be with a maximum of one other person (within 5km radius from their house) and cannot be out for longer than 1 hour. You must maintain social distancing of 1.5m at all times where possible.

- Repeat drill 3-5 times on each side
- Swap over (thrower becomes worker / worker becomes thrower) or 30-45 second break
- Repeat (2 sets each person)
- 60-90 seconds break between drills
- Perform 4-6 drills (choose any)

Drill	Instructions	Worker Points	Thrower Points
1	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45-degree angle towards left cone • Receive pass • Throw back • Lead back to start cone • Push off and repeat on right side 	<ul style="list-style-type: none"> • Strong 45-degree drive • Don't veer off at end • Balanced landing before throwing back • Strong push off (change of direction) at start cone when leading to the other side 	<ul style="list-style-type: none"> • Strong pass • Ball out in front
2	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45-degree angle towards left cone • Sharp change of direction • Lead back to start cone • Receive pass, throw back • Repeat on right side 	<ul style="list-style-type: none"> • Strong 45-degree drive • Sharp change of direction • Weight on outside foot • Turn hips and shoulders • Strong drive back • Strong shoulder pass back 	<ul style="list-style-type: none"> • Release pass as soon as worker changes direction • Put pass out in front • Strong shoulder pass
3	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45-degree angle towards left cone • Receive pass, throw back • Lead back to start cone • Receive lob, pass back • Repeat on right side 	<ul style="list-style-type: none"> • Strong drives • Hips and shoulders facing direction of travel • Head always facing ball • Controlled landing • Strong shoulder pass back 	<ul style="list-style-type: none"> • Release lob as soon as worker has begun their drive back • Push lob pass out in front
4	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45-degree angle towards left cone • Clear around cone • Drive hard back to start cone • Receive pass, throw back • Repeat on right side 	<ul style="list-style-type: none"> • Strong drive to cone • Wide clear, always facing thrower • Change of speed when driving back to receive pass • Controlled landing • Strong shoulder pass back 	<ul style="list-style-type: none"> • Strong pass, out in front

5	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45-degree angle towards left cone • Blind (outward) turn • Drive hard back to start cone • Receive pass, throw back • Repeat on right side 	<ul style="list-style-type: none"> • Strong drives to cones • Turn outwards • Spin head quickly to re-sight thrower • Controlled landing • Strong shoulder pass back 	<ul style="list-style-type: none"> • Strong pass, out in front
6	<ul style="list-style-type: none"> • Start at bottom cone • Lead on 45 angle towards left cone • Receive pass, throw back • Drive straight across to right cone • Receive pass, thrown back • Return to start cone and repeat • Work both sides (lead right first) • Variation - first ball is a drop ball, second is a high ball 	<ul style="list-style-type: none"> • Strong drive to cone • Strong push off to drive across • Drop ball - attack ball, don't let it bounce more than once 	<ul style="list-style-type: none"> • Push ball out in front
7	<ul style="list-style-type: none"> • Start at bottom cone • Lead straight to thrower • Receive pass, throw back • Drive back towards start cone • Receive lob • Repeat on both sides 	<ul style="list-style-type: none"> • Strong straight drive • Hips and shoulders in direction of lead • Head always facing thrower • Controlled landing 	<ul style="list-style-type: none"> • Push ball out in front
8	<ul style="list-style-type: none"> • Start to the left of cones • Jump (2 feet) over cones (headed right) • Sidestep 2m, sidestep back to cones • Jump over 1 cone (finish in the middle) • Drive towards thrower • Receive pass, throw back • continue driving straight • Receive surprise pass, throw back • Repeat on other side 	<ul style="list-style-type: none"> • Quick, small feet • Strong push off for lead • Attack surprise ball 	<ul style="list-style-type: none"> • Strong long shoulder pass • quick surprise
9	<ul style="list-style-type: none"> • Start at cone • Lead left • Receive pass, throw back • Lead straight across to right side • Receive pass, throw back • Drive towards thrower for drop ball • Drive back towards cone for a lob, throw back • Drive to behind thrower • Receive pass, throw back • Repeat (work both sides) 	<ul style="list-style-type: none"> • Sharp change of direction • Quality return pass 	<ul style="list-style-type: none"> • Ball out in front

10	<ul style="list-style-type: none"> • Stand next to the thrower • Thrower to throw the ball a fair distance • Worker to chase ball and catch (max. one bounce) • Turn and throw back to thrower • Repeat 	<ul style="list-style-type: none"> • Strong chase • Ensure correct footwork is applied (no stepping) • Get balance, turn and strong pass back 	<ul style="list-style-type: none"> • Challenge the worker but don't make it too hard
11	<ul style="list-style-type: none"> • Start 7-10m away from thrower • Make a straight lead and receive a pass, land controlled and then pass back • Jog back to start • Variations on lead and pass: <ul style="list-style-type: none"> ○ Jog, sprint ○ Sprint, stop, sprint ○ Sprint up, drop back ○ Straight lead, flat pass ○ Straight lead, high pass ○ Straight lead, pass L/R (react) 	<ul style="list-style-type: none"> • Strong drives always at the thrower • Balanced landing • Strong controlled pass back • Head always facing thrower • Ensure there is a change of pace in variations where applicable • React to where the thrower passes the ball 	<ul style="list-style-type: none"> • Strong flat passes • L/R passes out to side but not too far that the worker cannot get to it
12	<ul style="list-style-type: none"> • Start 10m from thrower • Drive straight and receive a pass, pass back • Continue driving forwards and receive a 2nd pass, pass back • Continue driving towards thrower and receive a high 'pop' pass, controlled tap back • Drive away from thrower and receive a lob (work both sides) 	<ul style="list-style-type: none"> • Strong drives • Quick release to pass back • Control the tap back • Eyes always facing thrower 	<ul style="list-style-type: none"> • Strong first pass • Quick release • High 'pop' should go straight up just in front of you (imagine the worker rejecting your shot at goal) • Strong lob out in front of worker

