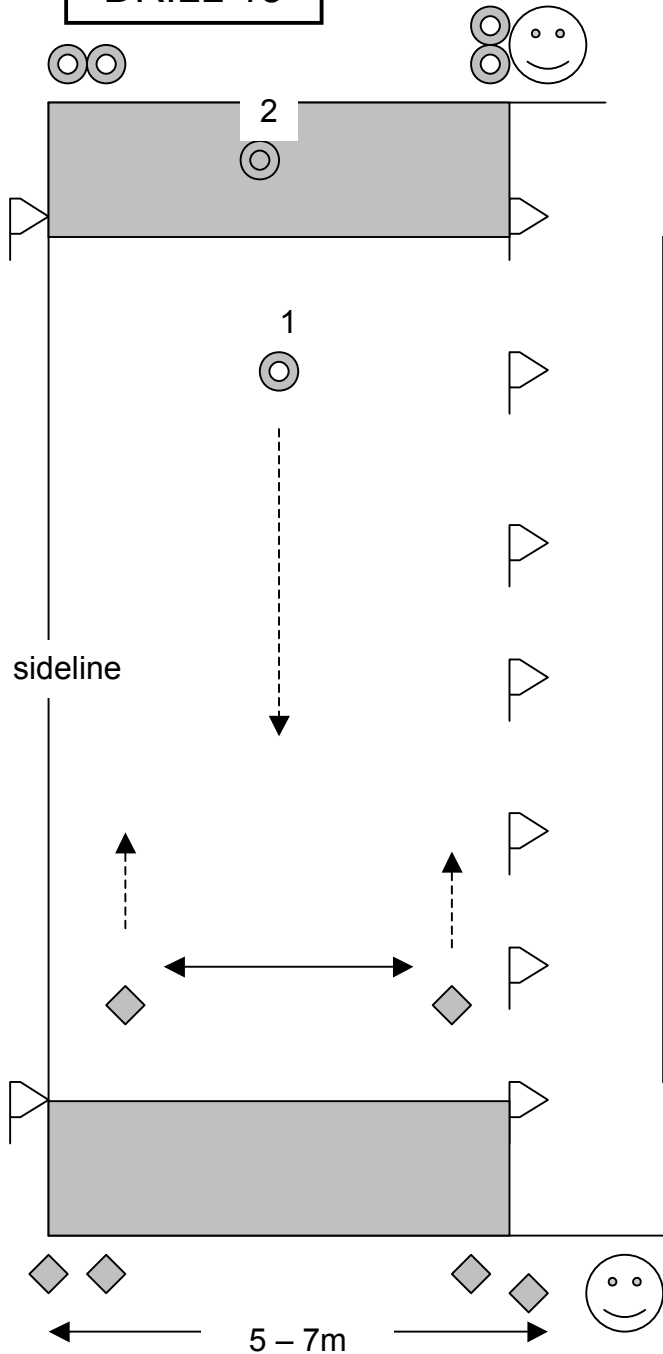


DRILL 13



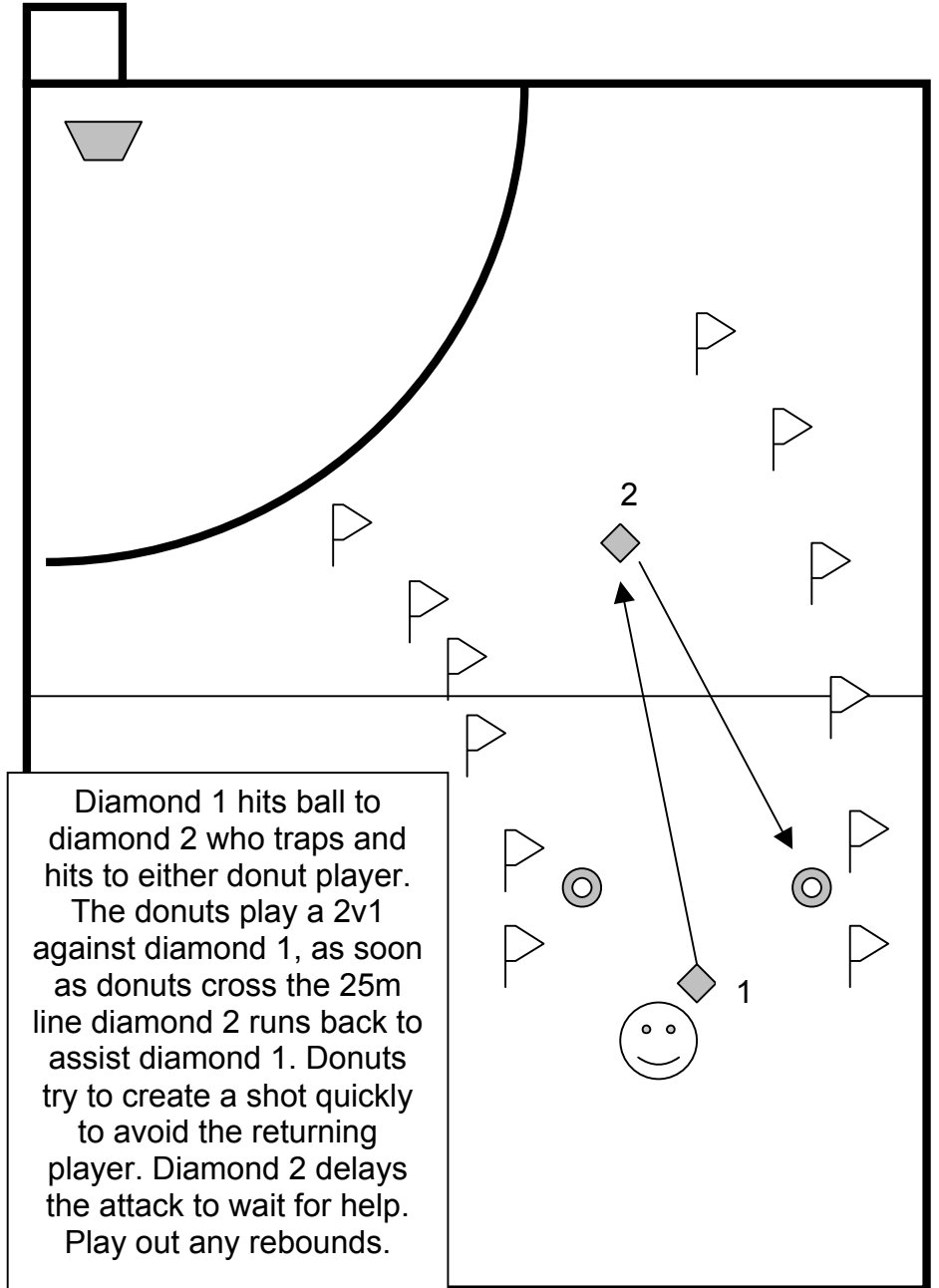
25 metre line

Diamonds play a 2 v 1 against donut 1 and donut 2 stays in shaded zone. If diamonds get past first donut they keep going and try to get past second donut and over the line. If or when donuts win the ball they counter attack quickly against the second diamond pair – one up and one in the shaded zone, playing a 2v1 the other way. The first diamonds continue to other end and line up there. Play this drill with two spare pairs at each end and it is very hard work!

Half way line

5 – 7m

DRILL 14



Diamond 1 hits ball to diamond 2 who traps and hits to either donut player. The donuts play a 2v1 against diamond 1, as soon as donuts cross the 25m line diamond 2 runs back to assist diamond 1. Donuts try to create a shot quickly to avoid the returning player. Diamond 2 delays the attack to wait for help. Play out any rebounds.