

Partner Ball Work

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you 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

