

- *Ensure a good warm up before starting.
- *Complete 3 x 20 min sessions per week
- *Spend no more than 5 mins on static practices (unless injured)
- *Select practices – you do not need to do them all

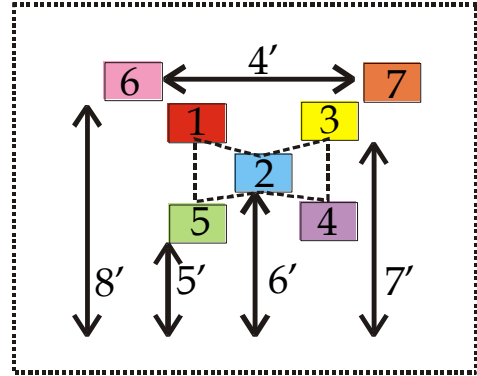
1. Static Accuracy – Short pass

Maximum Time 30 seconds

- Player stands 10 feet from the wall
- Using a chest pass hit the targets in the order
1 2 3 4 2 5
- Repeat 4 times in the allotted time

Record hit ✓ or Miss ✗ in time allowed

Maximum score 24



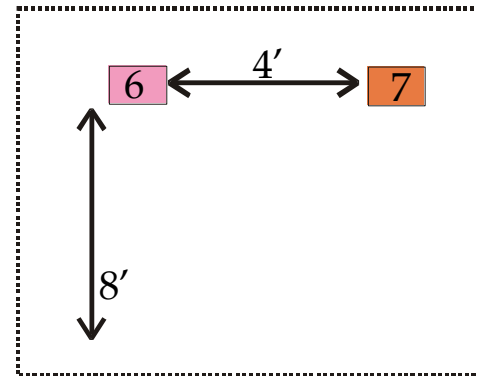
2. Static Accuracy – Long pass

3 second rule applied – ball must be caught

- Player stands 14 feet from the wall
- Using a shoulder pass and right hand hit target 7
- 12 attempts
- Repeat using left hand and target 6

Record hit ✓ or Miss ✗

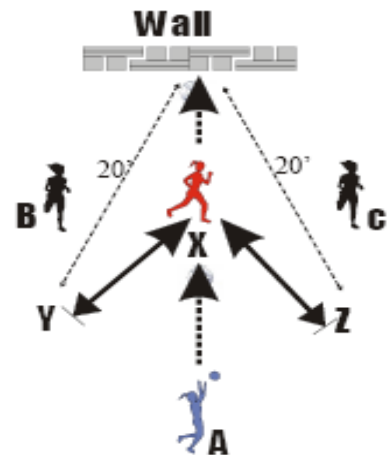
Maximum score 24 (12 R/12L)



3. Accuracy – Movement towards the wall

Maximum time 20 seconds

- Player starts 10 feet from wall (X)
- Player runs to Y (20 feet away) and returns to receive a pass and hits target 1
- Ball is returned to feeder whilst player runs to Z and returns to receive a pass and hit target 2.
- Repeat as follows
 - Y – target 3,
 - Z – target 4
 - Y – target 2
 - Z – target 5



1-minute rest

- Repeat as follows
 - Z - target 1
 - Y – target 2
 - Z – target 3
 - Y – target 4
 - Z – target 2
 - Y – target 5

Record hit ✓ or Miss ✗ in time allowed

Maximum score 12

4. Accuracy – Movement Away from the wall

Maximum time 15 seconds

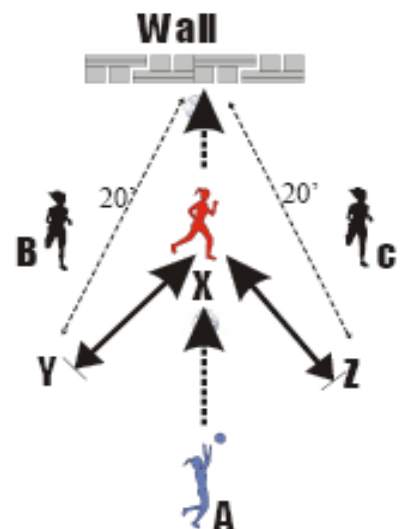
- Player starts 10 feet from wall (X)
- Player runs to Y (20 feet away)
- Receive pass, turn and hit target 6
- Player runs back to X then out to Z
- Receive pass, turn and hit target 7
- Repeat until 6 attempts have been made or time has elapsed

1-minute rest – Repeat

- Start by going to Z first

Record hit ✓ or Miss ✗ in time allowed

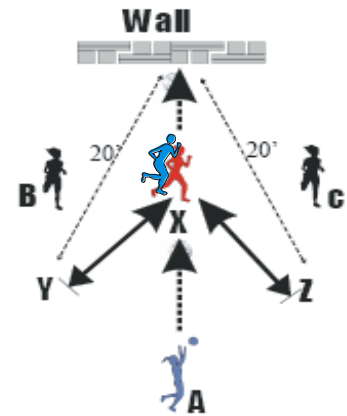
Maximum score 12



5. Passing around 3' mark
Maximum time 30 seconds

As with test 2 but stage 2 defender is exactly 3' away – passer can choose target. (If only one partner available passer becomes 3' defender)

- Player starts 10 feet from wall (X)
- Player runs to Y (20 feet away) and returns to receive a pass and hits any target
- Ball is returned to feeder whilst player runs to Z and returns to receive a pass and hit any target
- Repeat until 6 passes have been attempted or time has elapsed
- Stage 2 defender must not encroach or drop.
- Pass must not be touched by Stage 2 defender to count



1-minute rest – Repeat

- Start by going to Z first

Record hit ✓ or Miss ✗ in time allowed

Maximum score 12

Time Allocation/Maximum Scores Summary

Activity 1	Activity 2 Right	Activity 2 Left	Activity 3	Activity 4	Activity 5
30 seconds	3 secs rule	3 secs rule	2 x 20 secs	2 x 15 secs	2 x 30 secs
24	12	12	12	12	12