

## AFL Training Drills for Coaches

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## Short Ball Drill

### 101. ABC Handball with a full turn

<b>Skills</b>	Quick Handball, Long Handball, Handball
<b>Ages</b>	Senior, U/16, U/14, U/12, U/10, U/8
<b>Purpose</b>	Handball under inferred pressure Holding position and time run Highlights the importance of having loud assertive voice Maintaining skills in traffic

 1+

 6

 12+

#### 1.

(A) starts with the ball, performs a 360 degree twist turn, then handballs down the line to (B)

#### Key

#### Points:

- Every player twists 360 degrees after receiving the ball whilst on the move
- The twist is designed to replicate a player coming out of a disputed contest.
- The receiver must have a loud and consistent voice to direct the handballer, as they may have become disoriented after the turn.

#### 2.

(B) receives the ball, performs a 360 degree twist turn, then handballs diagonally to (C)

#### Key

#### Points:

- Players must face the target after spinning and not handball around corners.
- Players must be clean with take and give

#### 3.

The exercise continues in this fashion with (C) handballing diagonally to (D), (D) up the line to (E), then (E) diagonally to (F).

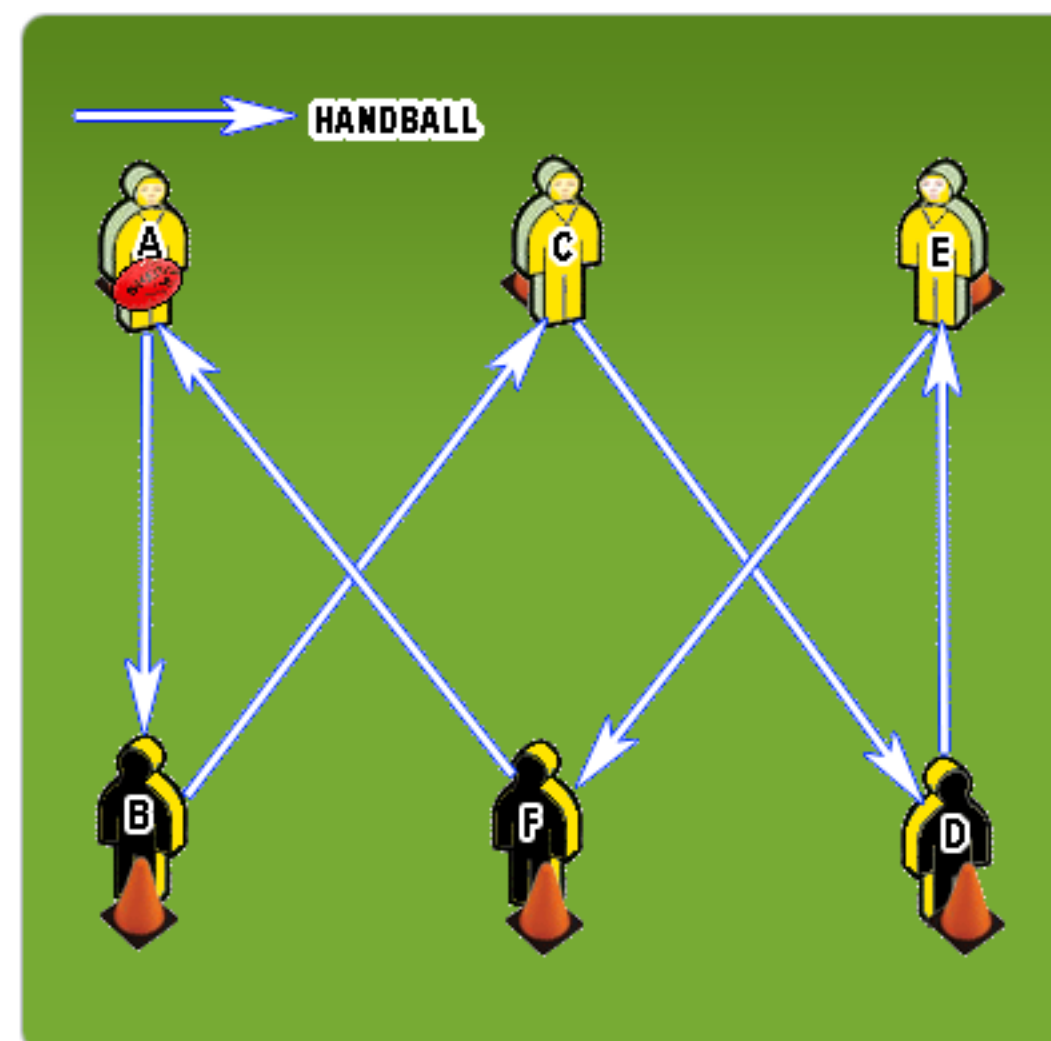
#### 4.

(F) then gives to (A), completing the loop.

#### Key

#### Points:

- The exercise pattern should look like the ABC TV station logo.



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