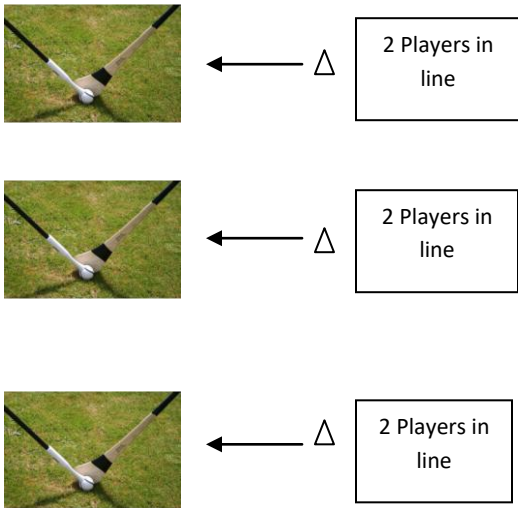


Strike the Pole: Ground Striking

Equipment	Training poles, Cones	
Time	4 x 2 minute actions	
Description	<ul style="list-style-type: none"> • Coaches/Parents hold training pole at ground level, 3/4 in a row, approx. a metre apart • 2 kids per coach/training pole, standing in line in front of the pole • Action 1: Each child takes a stationary strike at the ball in turn, off right side - repeat for 5 turns each • Action 2: Each child takes a stationary strike at the ball in turn, off left side - repeat for 5 turns each • Action 3: Each child runs up & takes a strike at the ball in turn, off right side - repeat for 5 turns each • Action 4: Each child runs up & takes a strike at the ball in turn, off left side - repeat for 5 turns each <p>Progression:</p> <ul style="list-style-type: none"> • Striking on the run - All players line up at one end, at a right angle to the coaches & run to strike each pole in turn. Repeat on left & right sides • Coaches move to zig zag line position & players must run through & strike each pole 	
Teaching Points	Player moves from Ready position, into lock, step & strike. Hand positions important. Eyes on the ball. Step out on opposite Foot to striking side. Strike follows through up to opposite shoulder. No stopping at the ball – strike on the run	
Diagram	<p>Action 1 - 4</p> 	<p>Progression:</p> 