

FACT SHEET

THE 'NICKS' DRILL



SKILL LEVEL: INTERMEDIATE

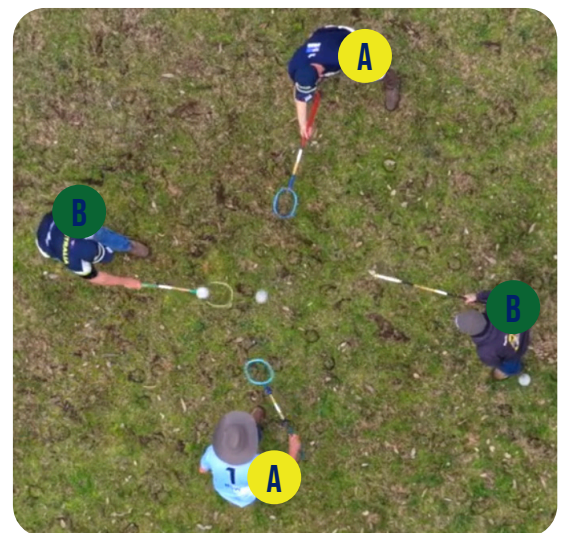
SKILL DEVELOPMENT: BALL FOCUS AND HAND-EYE COORDINATION

PLAYERS REQUIRED: 4

EQUIPMENT REQUIRED: A RACQUET PER PLAYER AND 2 BALLS

INSTRUCTIONS

- 1 In groups of four, form a team with the person opposite you. Each pair will be competing against each other.
- 2 Both pair A and pair B pass their ball between each other simultaneously.
- 3 The aim is to try and 'nick' the opposing pairs ball as they cross-over in the middle of the circle.
- 4 Once a ball is nicked, the first team to make a catch wins a point. If both teams make a catch, the first team to pass it back wins the point.



Pro Tips

Let your competitive juices flow, focus on the ball, use your voice to communicate to your partner and work on your reaction time.



www.polocrosse.org.au



Scan the QR code below to watch a video of this drill in action.

**PLAY
WELL**

