

FACT SHEET

THE LANEWAY DRILL



SKILL LEVEL: INTERMEDIATE

SKILL DEVELOPMENT: BALL FOCUS & HAND-EYE COORDINATION

PLAYERS REQUIRED: 4

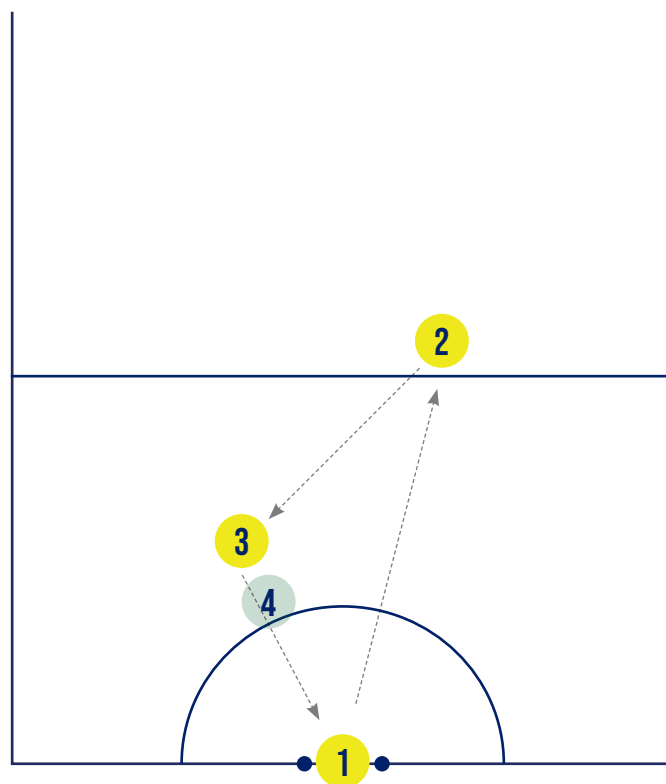
EQUIPMENT REQUIRED: A RACQUET PER PLAYER AND 2 BALLS

INSTRUCTIONS

- 1 The drill begins with Player One standing under the goal post. Throw the ball to Player Two who is standing the furthest away in the midfield.
- 2 Player Two then passes the ball to Player Three who is simulating the number one position. They are standing in the goal area.
- 3 Player Three then has a shot on goal, which is received by Player One.
- 4 The drill is then repeated.
- 5 Player Four is defending Player Three, attempting to block their shot on goal.

make it more difficult

- + Introduce 3-4 balls rotating around the drill at once – this promotes speed, communication and hand-eye coordination



Pro Tips

Clear communication, good timing, and accurate passing are key. Remember to use your voice, especially as you start to add more balls in and increase the degree of difficulty.


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

**PLAY
WELL**

