

FACT SHEET

ON SIDE & OFF SIDE PICK UP



SKILL LEVEL: BEGINNER - INTERMEDIATE

SKILL DEVELOPMENT: PICKING UP THE BALL FROM BOTH SIDES OF THE HORSE

PLAYERS REQUIRED: 1

EQUIPMENT REQUIRED: A RACQUET, A BALL, A HORSE & ENOUGH ROOM FOR A 20M CIRCLE

INSTRUCTIONS

- 1 Ride a 20m circle, picking up the ball on the inside (A) and throwing it ahead on the line of the circle, pick it up again and repeat the process.
- 2 Aim to pick up the ball five times in a row before changing direction and picking up the ball on your offside (B).
- 3 If you miss a pick-up, change direction immediately and pick up the ball from the opposite side of the horse.



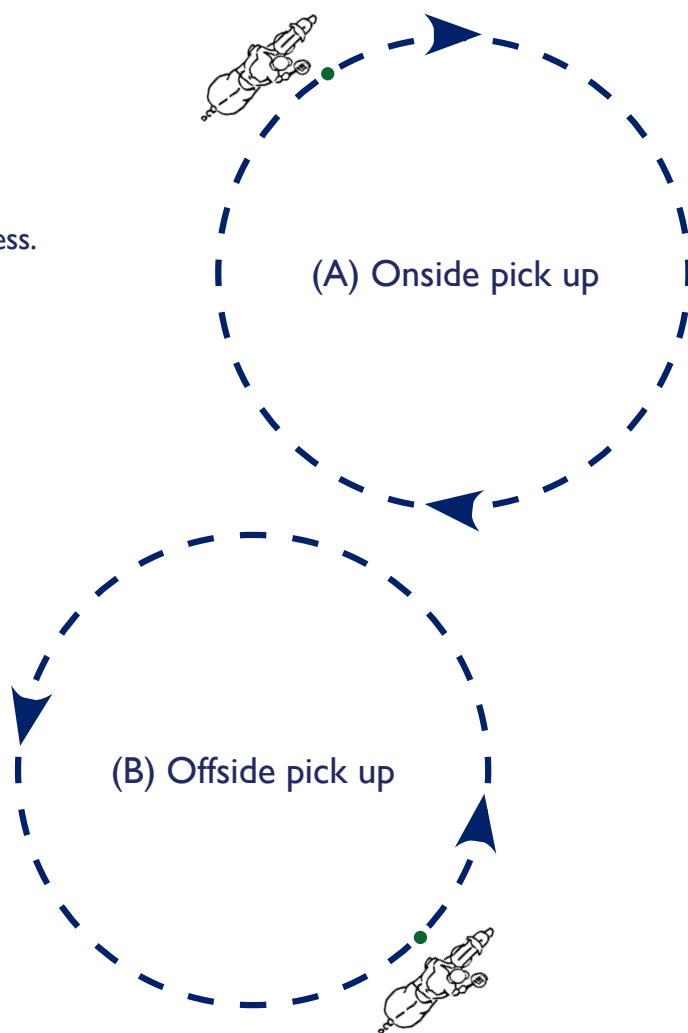
Pro Tips

Go at your own pace. Increase speed as you gain confidence.

Rest your 'non-racquet' hand on the neck of your horse as you reach down for the ball. This stabilizes your body, but also ensures you are not pulling at the horse's mouth, therefore moving them and making your pick up more difficult.

Get down near the ball early and be set up for the pick up.

If you are having trouble focusing on the ball, write numbers on it and read them out loud as you are picking them up.



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

**PLAY
WELL**

