

DRILLS AND SKILLS
'DRILLS CHECKLIST – IS IT FIT FOR PURPOSE?'

Consideration	Comments/Action
1. What is the game situation for the drill?	
2. What is the phase of play (attack, rally, defend) for the drill?	
3. What is the realistic starting position for the player(s)?	
4. What is the correct feeding position and the type of feed required?	
5. What are the required incoming and outgoing ball characteristics for the drill?	
6. Where do the players need to recover or reposition to?	
7. Do you have a realistic target?	
8. What is the specific process and/or outcome goal for the drill?	
9. What is the best and most efficient organisation for the drill, following the 50% rule?	
10. How will you create good energy for the drill?	