



AMERICAN POLOCROSSE ASSOCIATION

POLOCROSSE DRILLS BOOK

LAST UPDATE: DEC 2021

Proudly brought to you by the Player Development Committee. We hope you find a wide use for this book from structuring practices, to teaching clinics, to bettering yourself as an individual. Cheers to further developing our sport!

If you have any drills you would like to submit for the book please contact kelahr58@gmail.com. We are looking to keep this book updated with new and improved drills.

We would like to give a special shoutout to those who submitted drills for our first edition as well as those that volunteered to be photographed and videoed for our examples.

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GENERAL TIPS

- Set goals for yourself before attempting any of these drills (e.g. hit each target five times or go until you make ten accurate passes)
- Practice like you play. If you don't push yourself in a practice you aren't fully preparing yourself for a game
- Try things you normally wouldn't do in games. It's good to practice what you're comfortable with and to master those skills but it's always great to have more skills in your playbook
- Use your imagination. Sometimes it's hard to practice with an intensity when you're by yourself or even when you're in a group but you can pretend that you're in a sudden death of a finals game or that you're playing against one of the top players in the world
- Many of these drills can be pieced together/your own flare can be added so get creative! For example, you can make many of the drills using a wall more difficult by incorporating the "Blink don't miss it" aspect of closing your eyes until you hear it hit the wall

Target Practice

On Foot Individual

PURPOSE

Develop a consistent throwing motion and build confidence in aim

ORGANIZATION

You will need a flat surface (wall, rebound net, etc.), a ball, and something to use as targets (tape, paint, paper plates, etc.)

PROCEDURE

Stand in front of your targets with your racket and a ball, leaving enough space to move your racket. Without moving your feet, pick a target and throw the ball to that target. Catch the ball as it comes back towards you and repeat with all of the targets



TIPS:

- When you first start out stand a good distance away from the wall to give yourself more time to react
- Decide ahead of time what your goal is (e.g. hit each target a certain number of times in a row)
- Make sure to place some targets in more challenging locations
- Throw as if you were on a horse...limit your foot movement and remember where your horses' neck would be
- Include a variety of throws; underhands, overhands, backhands, etc.
- Instead of facing your targets straight on, turn to the left/right or turn your back to them
- As you become more comfortable you can take a few steps away from your targets to increase throwing distance / decrease the size of your targets

Wonky Wall

On Foot Individual

PURPOSE

Quicken your reaction time

ORGANIZATION

You will need a flat, vertical surface, a ball and a piece of corrugated metal. Mount the metal to the flat surface

PROCEDURE

Stand in front of your uneven wall with your racket and ball, leaving enough space to move your racket. Throw the ball at the wall and catch it as it comes back towards you. Repeat



TIPS:

- When you first start out stand a good distance away from the wall to give yourself more time to react
- As you become more comfortable in this exercise you can move closer to the wall
- Throw as if you were on a horse...limit your foot movement and remember where your horses' neck would be
- Include a variety of throws; underhands, overhands, backhands, etc.
- Practice this drill with a partner; pass back and forth to each other utilizing the wall as a third party

Blink; don't miss it

On Foot Individual

PURPOSE

Quicken your reaction time. Specifically to help you in the lineouts

ORGANIZATION

You will need a flat, vertical surface and a ball

PROCEDURE

Stand in front of your wall, leaving enough space to move your racket. Face the wall and close your eyes. Throw the ball at the wall, once you hear the ball hit the wall open your eyes and catch it as it comes back towards you



TIPS:

- When you first start out stand a good distance away from the wall to give yourself more time to react
- As you gain confidence you can move closer to the wall

Post it

On Foot Individual

PURPOSE

Gain comfort in maneuvering your racket around your horses' neck / reaching farther away for the ball

ORGANIZATION

You will need a post and a ball. This can be any kind of post that will allow you to maneuver your racket around it (goal post, plastic stake, etc)

PROCEDURE

Stand in front of your post so that when you stretch out your arms your hands meet the post. Without moving your feet, throw/bounce the ball so that you have to reach around the post or bring your racket back towards you to retrieve the ball on the other side



TIPS:

- Move farther away from the post to push yourself to reach
- Move closer to the post so that you have to be quicker at maneuvering your racket to the offside

Back & Forth

On Foot Partners

PURPOSE

Improve accuracy in passing from racket to racket

ORGANIZATION

You will need a partner and a ball

PROCEDURE

Stand facing your partner as far apart as you're both comfortable with. Pass back and forth, moving your feet as little as possible. Focus on being accurate



TIPS:

- Aim at your partners net when throwing
- When you're catching, look at the ball through your net as it's coming towards you
- Make sure to hold your racket up to give your partner a target to aim at
- Communicate
- To amp it up, take a step backward after every successful connection
- Include a variety of throws; underhands, overhands, backhands, etc.
- Set a goal before starting (e.g. ten passes with no drops)

Passing Challenge

On Foot Partners

PURPOSE

Quicken your reaction time + get you more comfortable with catching passes away from the typical zones

ORGANIZATION

You will need a partner and a ball

PROCEDURE

Stand facing your partner as far apart as you're comfortable with. Keep your feet as still as possible and pass back and forth, choosing specific areas to aim for other than the racket (e.g. right hip, left ankle, etc.)



TIPS:

- Make sure to decide on where you're going to throw the ball before you throw it. Focus on being accurate to your designated target. To hold yourself accountable you can call out where you are going to throw it
- To amp it up, take a step backward after every successful connection

Twist & Catch

On Foot Partners

PURPOSE

Quicken your reaction time

ORGANIZATION

You will need a partner and a ball

PROCEDURE

Have your partner stand behind you at a good distance facing the same direction. Your partner will shout “left” or “right” and then throw the ball to the designated side. You will twist your body in said direction, catch the ball, and throw it back without moving your feet.



TIPS:

- As you gain confidence, your partner can limit the time between yelling out the direction and throwing the ball to give you less time to react

Over the Shoulder

On Foot Partners

PURPOSE

Quicken your reaction time + make you more comfortable catching closer to your body

ORGANIZATION

You will need a partner and a ball

PROCEDURE

Stand with your partner directly behind you, facing the same direction. Your partner will indicate “left” or “right” either by saying it aloud or by tapping one of your shoulders. They will then lob it up so that it will land in front of you to the side they indicated. Your goal is to catch the ball before it hits the ground



TIPS:

- To start, you may go for the catch after the ball bounces up from the ground
- As you gain confidence, your partner can limit the time between letting you know what side the ball will be on and throwing it

Off the Wall

On Foot Partners

PURPOSE

Quicken your reaction time

ORGANIZATION

You will need a flat, vertical surface, a partner, and a ball

PROCEDURE

Stand in front of a wall, leaving enough room to be able to maneuver your racket. Have your partner stand directly behind you, facing the same direction. Your partner will throw the ball at the wall and you will catch it as it bounces back towards you.



TIPS:

- To start, stand a good distance away from the wall. Move closer as you become more comfortable
- Have your partner give you a heads up when they throw the ball

Slaps

On Foot Partners

PURPOSE

Quicken your reaction time

ORGANIZATION

You will need a partner and two balls

PROCEDURE

Stand in front of your partner face to face. Have your partner hold a ball in each of their hands, palms down. You will place your hands on top of theirs and wait for them to drop either the left ball, right ball, or both. Your goal is to catch the ball(s) before it hits the ground



TIPS:

- To start, have your partner hold their hands high. This will give you more time to react. As you become more confident your partner can hold their hands lower to the ground

Peripherals

On Foot Group

PURPOSE

Strengthen your peripheral vision + give you a more 360° response

ORGANIZATION

You will need at least three people and a ball. It is easier to do with >4 people but if you only have three you can utilize a wall to stop any rouge balls

PROCEDURE

Designate who will be throwing the ball. The remaining participants will be catchers. The catchers will form two lines, facing each other, standing two racket lengths apart. The thrower(s) will stand facing the catchers so that they are looking right down the middle between the two lines. If you have more than one thrower they will stand at opposite ends. The throwers will throw the ball so that it travels through the open space at a catchable height. The catchers must remain looking straight ahead while attempting to catch the ball



TIPS:

- Keep your racket at the height the ball is being thrown
- Actively swipe at the ball as it is coming down the line

Up the Line

On Foot Group

PURPOSE

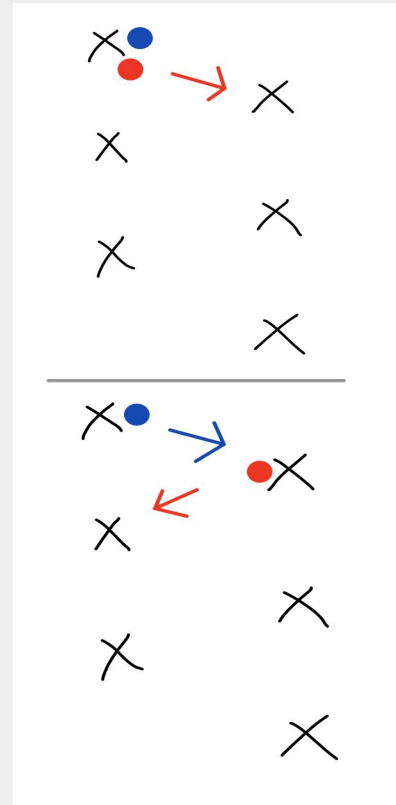
Improve accuracy of passing from racket to racket

ORGANIZATION

You will need three or more individuals and at least one ball

PROCEDURE

Stand in two lines, facing each other, slightly askew. Start with one ball at one end and pass to the person across from you, keep the ball moving down the lines until it reaches the other end. Another ball may be added at any time. It is easier if the balls start at the same end but for a fun challenge both ends can start with a ball. This adds an extra element to the drill and will require more communication and planning



TIPS:

- Add more balls as people become more comfortable
- Communicate; call out each others names before passing the ball
- Time how long it takes to get the ball up the line and strive to beat it

Quick Pass

On Foot Group

PURPOSE

Quicken response time, better your communication skills, and increase the accuracy of your passes

ORGANIZATION

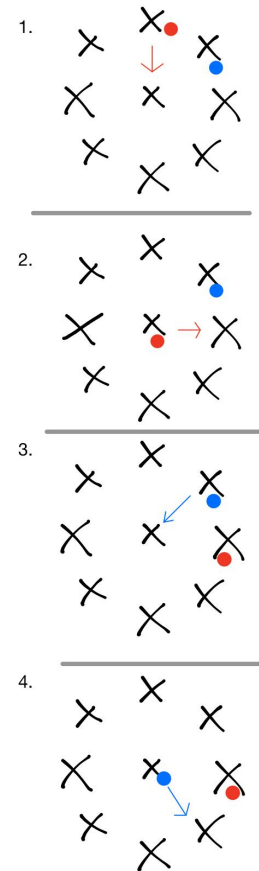
You will need at least four people (the more the merrier) and two balls

PROCEDURE

One person will stand in the middle of the circle and all others will be equally spaced around them. Two people standing next to each other in the circle will start with a ball. The person in the middle cannot move their feet.

Choose a direction for the passes to flow. If clockwise, the person with the ball closest to the 12 o'clock position will pass to the center. Once the person in the center receives the pass they will pass it off to the individual to the right of the other ball holder. They will then receive a pass from the second initial ball holder and pass it off to the next open individual and so on...

If you choose counterclockwise the person with the ball closest to the 9 o'clock position will pass to the center first



TIPS:

- Remain calm! Focus on accurate passes and be sure to communicate
- Go at your own pace. Increase speed as you gain confidence
- For those in the circle...it is your job to take care of the person in the center! Set them up for success
- Time each round for a bit of competition

Quick Pass SLAP

On Foot Group

PURPOSE

Quicken your response time, better your communication skills, and increase the accuracy of your passes

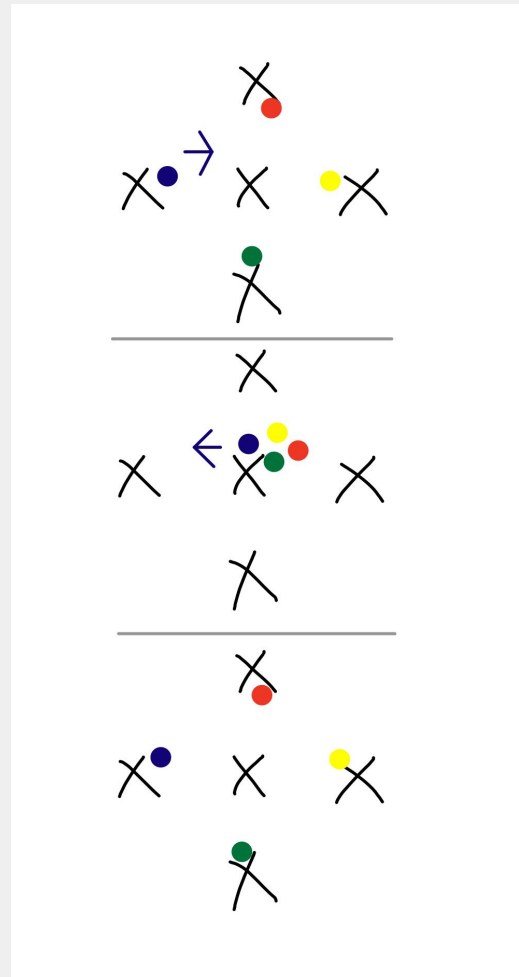
This drill also gets you thinking ahead + should make you more comfortable in high pressure situations

ORGANIZATION

You will need at least three people and one less ball as the number of participants

PROCEDURE

Form a circle. The person in the center will choose who they wish to receive a pass from first. The person in the center cannot move their feet. They will catch the first pass and then slap the ball down to the ground (gently so that it doesn't bounce away.) Moving in a clockwise pattern they will repeat this with each person in the circle. Once all balls have been passed to the person in the center, that individual will pick each ball up and pass them back to those in the circle.



*can be run counterclockwise as well

TIPS:

- The people in the circle are there to help put any stray balls back into the reach of the individual in the center
- Remain calm! Focus on accurate passes and be sure to communicate
- Go at your own pace - increase speed as you gain confidence
- Time each round for a bit of competition

Pass Chaos

On Foot Group

PURPOSE

Quicken your response time, better your communication skills, and increase the accuracy of your passes

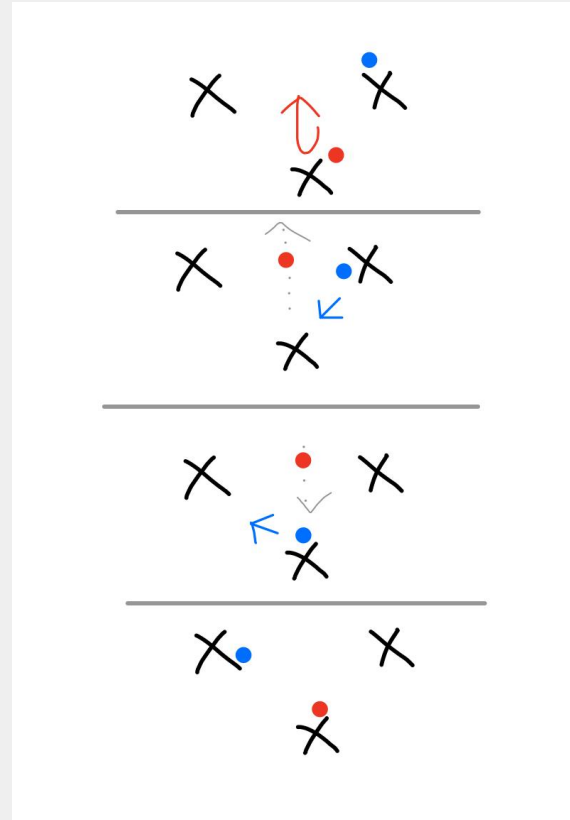
This drill also gets you thinking ahead + should make you more comfortable in high pressure situations

ORGANIZATION

You will need at least three people and two balls

PROCEDURE

Form a circle. The balls will start with two people standing next to one another. The person with the ball to the right (blue ball in the diagram) will pass it to the person to their left. As soon as this is done, the person to the left must throw their ball into the air so that they can catch the new ball and pass it off to the person to their left before their ball comes back down. Their goal is to complete a successful catch + pass off while their ball is still in the air so that they can catch it before it hits the ground



TIPS:

- At the start, aim to retrieve the lob throw on the first bounce and work towards catching it while it is still airborne
- Do a couple of practice lobs before the start of the drill so you know how you will need to throw it
- Have the person throw you a pass before you lob your ball
- Remain calm! Focus on accurate passes and be sure to communicate

Ultimate

On Foot Group



PURPOSE

Build communication skills

Get you thinking faster to avoid pressure /
get onto the ball carrier

ORGANIZATION

You will need at least four people, someone to throw in, a ball, and a way to differentiate the two teams

You will also need an open space with two designated “endzones.” You can make the playing field as big as you would like (size needed is dependent on the number of players + how much running the group wants to do)

PROCEDURE

Decide the number of goals you will play until or set a specific time for the “chukka.” Split the group into two even teams, decide how you will tell the teams apart (pennies, hats, etc.), and have them line up on a “sideline” between the two endzones. Have someone throw the ball in.

Move the ball down the field to your team's endzone via passes. The opposing team should try their best to put pressure on the ball carrier while “marking up” the open players to prevent a successful pass. A “goal” is the completion of a pass over the endline. Once a goal is made, both teams will line up again.

RULES:

- The ball carrier can only pivot. They may not move forward or backward
- You cannot hit rackets
- If the ball hits the ground it gets turned over to the other team at the spot where the ball hit the ground / if it goes out of bounds the other team will start with the ball at the sideline where the ball went out

Knowing Your Area

Riding Individual

PURPOSE

This drill will get you looking for the posts, make you more comfortable throwing goals, and allow your horse to get into the groove of working the area

ORGANIZATION

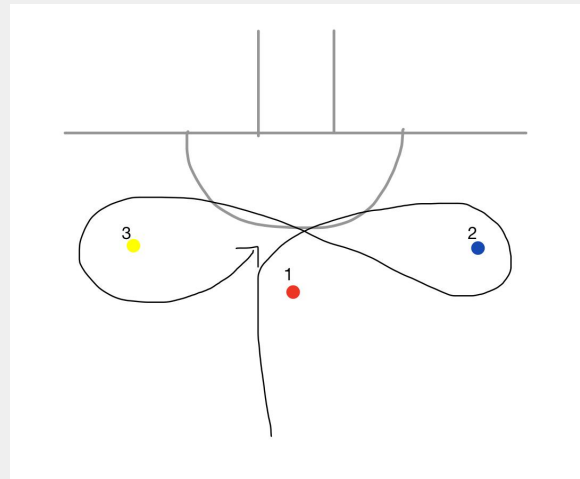
You will need three polocrosse balls and a set of goal posts

PROCEDURE

Place the balls in the positions indicated in the diagram. Riding at whatever speed you feel most comfortable, ride along the pattern provided. As you pass each ball, pick it up and shoot it as quickly as you can while still being accurate.

Pattern Breakdown (types of pickups will be the opposite for lefties):

- The first ball is set up for a pick up and a straight on shot to goal
- The second ball is set up for an onside pick up followed by a right hand turn to goal
- The third ball is set up for an offside pick up followed by a left hand turn to goal



TIPS:

- Increase your speed and limit the time between pick ups and goals as you become more confident
- Change up your shots on goal (underhands, overarms, backhands, etc.)
- If you have someone to throw with, catch a pass at the same three locations and shoot it as quickly as you can while still being accurate

Merry Goal Round

Riding Individual

PURPOSE

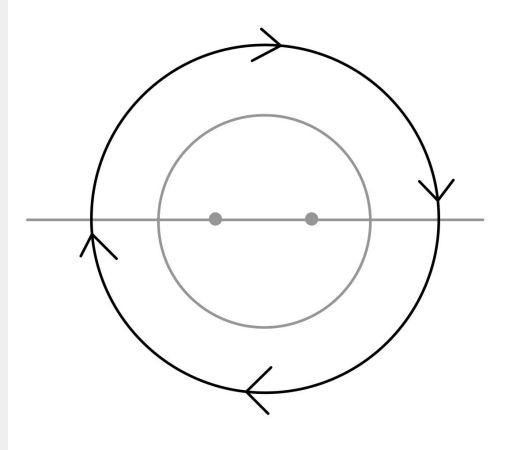
Get comfortable shooting from all angles and distances from the goal posts

ORGANIZATION

You will need at least one ball and a set of goal posts

PROCEDURE

Ride in a circle around the goal posts at whatever pace you feel most comfortable. Shoot goals as you're riding around on the circle. Retrieve the ball while staying on a circle. Execute drill in both directions



TIPS:

- Make sure to try different shots on goal (underarm, overarm, backhand, etc.)
- Expand your circle as you gain confidence so you are shooting from farther away from the D
- Try harder angle shots
- Add a bounce or a ten yard throw as you cross the "back line"
- Set a goal for yourself before you start (e.g. make ten goals in a row)
- Place a target at racket height between the posts to give yourself a spot to aim at (this helps goal and passing accuracy)

Such a Drag

Riding Individual

PURPOSE

This drill gets you out of the saddle and gets your eye on the ball. The dragging component adds an element of racket and arm control

ORGANIZATION

You will need one ball

PROCEDURE

Have a ball on the ground in front of you. Ride up to the ball at whatever pace you feel comfortable and without stopping place your racket over the ball and drag your racket with the ball in it as far as you can

TIPS:

- Work on both onside and offside pickups
- Have your racket down on the ground before you reach the ball
- Change up your speeds
- Plant your rein hand on your horses' neck so that you don't pull them in any direction
- Utilize this time to get your horse moving off your leg

& Another One

Riding Individual

PURPOSE

Mastering pickups + improve reaction time

ORGANIZATION

You will need two balls

PROCEDURE

Place one ball out in front of you and keep the second one in your racket. Going at a pace you feel comfortable, ride towards the ball on the ground. As you approach the ball, throw the one you are carrying out past it. Pick up the first ball and keep riding on towards the second. Repeat these steps

TIPS:

- Practice both onside and offside pickups
- Try to reach each ball while it is still in motion (in a game it is rare to reach a ball that is not moving)
- Increase speed as you become more confident

Round and Round

Riding Individual

PURPOSE

Practice your fundamentals while keeping your horse relaxed in a low stress exercise

ORGANIZATION

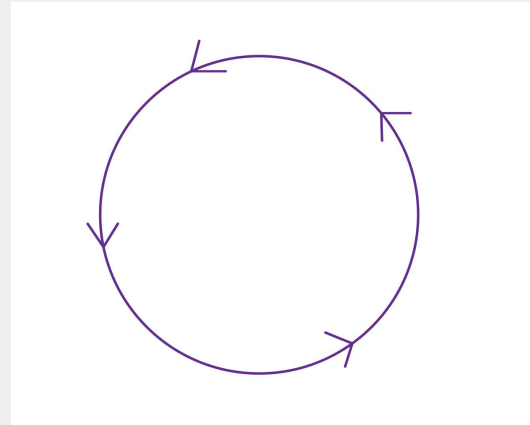
You will need a ball and a large enough space to ride around on a 20m circle

PROCEDURE

Before starting, set a goal for what you want to accomplish.

Start out riding on a circle at a walk with your dominant hand to the inside. Throw the ball out along the circle and pick it up. Repeat until your goal is met. Do the same with bounces and ten yard throws. If you miss, continue on the circle and pick up the ball as you pass by it; do not turn your horse to go to the ball. Change directions and repeat. When changing directions, stop your horse and perform a rollback to the outside. Increase speed as you progress through the exercise.

NOTE: when your dominant hand is to the inside perform onside pickups and ten yard throws - when your dominant hand is to the outside perform offside pickups and ten yard throws.



TIPS:

- Try to pick up the ball while it is still in motion
- If your horse is getting a bit too quick make your circle smaller

Ball Down!

Riding Partners

PURPOSE

Mastering pickups + improve reaction time

ORGANIZATION

You will need a ball and a partner

PROCEDURE

Have your partner stand behind you with the ball. At whatever pace you feel comfortable, both start riding forward. Your partner will throw the ball forward so that it lands in front of you. They can decide what side to throw it to. You will ride to the ball; if it is to your offside...do an offside pick up and vice versa. Once you pick up the ball, your partner will overtake you so that they are now in front. You will then throw the ball forward so that they can pick it up. Repeat



TIPS:

- At the start, throw the ball farther out so that it gives your partner enough time to ride to the ball. As you both become more confident you can shorten the throws
- Try to reach the ball while it is still in motion
- Increase speed as you gain confidence

Lineouts

Riding Partners/Group

On Foot Group

PURPOSE

Mastering the lineout, improve reaction time, develop strategies to increase your chances of getting the ball

ORGANIZATION

You will need at least one ball and at least two individuals

PROCEDURE

For two individuals: Line up next to one another and take turns counting down and throwing the ball over your shoulder “out the back”

For more than two individuals: Have players line up at a T with someone to throw it in. If you don't have someone to throw it in have one of the 2's or 3's throw in the ball

There are many different ways to play out this drill. Here are a few options:

- Line up again
- Only pass to your section
- Pass to everyone
- Play it to the area
- Play it to the goal



TIPS:

- To get your horse more comfortable in the lineout, as you're running through this drill have everyone remain in position while the ball is thrown in for the first throw of each lineout
- Have whoever is throwing it in do some wonky throws...rolling in, to the sides, up high, etc

J-Turn

Riding Partners/Group

PURPOSE

Develop a strategy to make a successful connection over the thirty

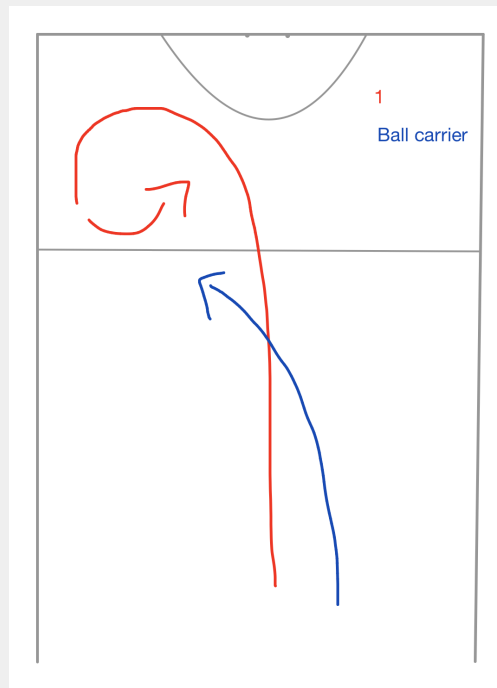
ORGANIZATION

You will need a ball, a thirty, and at least two riders

PROCEDURE

Designate the ball carrier and the 1

The 1 will head up field towards the area and the ball carrier will follow, giving the 1 time to get ahead. Once in the area, the 1 will ride along a “J” pattern in the direction where their racket is goal side (left for right handers and right for left handers.) After they make their turn and their racket is thirty side, the ball carrier will pass them the ball. The one will receive the pass, finish the pattern, and go to the goal. Even if the pass does not connect, the 1 should finish the pattern and go to the goal.



*Diagram is for right handed players

TIPS:

- If you have enough riders, have someone play a 3. They should adjust their pressure/speed to the 1
- If you have a large group of riders, have two lines (one of ball carriers and one of 1's) set up in midfield to keep flowing through the drill
- 1's:
 - Be looking at your ball carrier
 - Take control of the 3, don't run away from them
 - Aim for the back left corner cone before you turn
 - Utilize your front left (right for lefties) corner for your turn to give yourself more time to shoot the goal
- Ball carriers should only make a move to the thirty when the 1 is ready to receive the pass

Right Hand

Riding Partners/Group

PURPOSE

Develop a strategy to make a successful connection over the thirty

ORGANIZATION

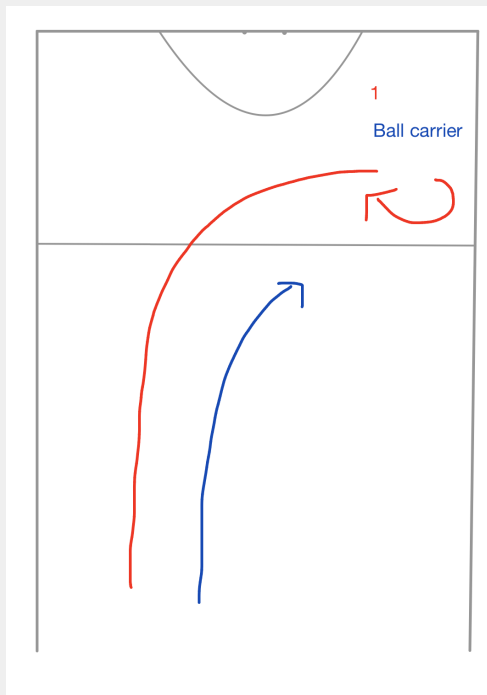
You will need a ball, a thirty, and at least two riders

PROCEDURE

Designate the ball carrier and the 1

The 1 will head up field towards the area and the ball carrier will follow, giving the 1 time to get ahead. Once in the area, the 1 will ride parallel to the thirty in the direction where their racket is thirty side. The ball carrier will ride along the thirty mirroring the 1 and make the pass. The one will receive the pass, finish the pattern, and go to the goal. Even if the pass does not connect, the 1 should finish the pattern and go to the goal.

Remember to turn into your racket!



*Diagram is for right handed players

TIPS:

- If you have enough riders, have someone play a 3. They should adjust their pressure/speed to the 1
- If you have a large group of riders, have two lines (one of ball carriers and one of 1's) set up in midfield to keep flowing through the drill
- 1's:
 - Be looking at your ball carrier
 - Take control of the 3, don't run away from them
 - Utilize your front right (left for lefties) corner for your turn to give yourself more time to shoot the goal
 - Be aware of how close you are to the thirty, set up deeper in the area
- Ball carriers should only make a move to the thirty when the 1 is ready to receive the pass

LOB

Riding Partners/Group

TAKE NOTE: the lob, when practiced, can be effective but overall is a lower percentage play. Looking at the diagram you can see that it is used when the ball carrier is in a pinch...either out of control or pressured so that they cannot get away so they must throw the pass. There are many other plays that are higher percentage that you should strive for in a game but it is still good to practice the lob if you find yourself with no way out of the corner while the 3 is between you and your 1

TO AVOID THIS: the ball carrier should take their time moving down the field to give their 1 a chance to set themselves up. Don't approach the thirty unless you can make a play happen

PURPOSE

Develop a play for when the 3 is between the 1 and the ball carrier + the ball carrier is pressured to make a pass

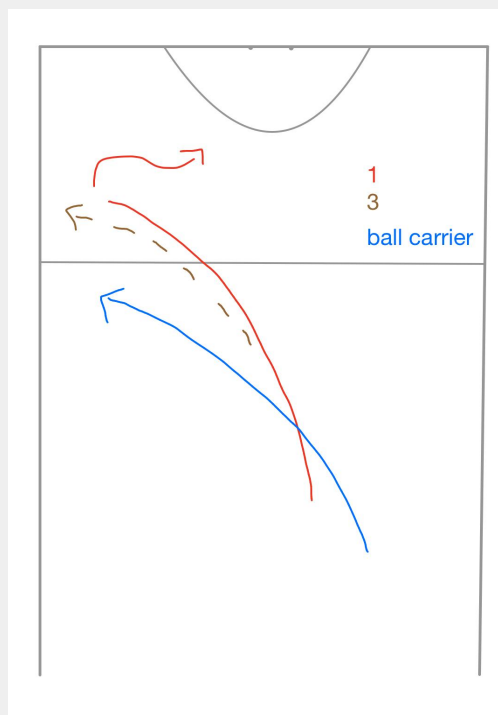
ORGANIZATION

You will need a ball, a thirty, and at least two riders. This drill is much easier if you have a 3 to ride alongside the 1

PROCEDURE

Designate the ball carrier and the 1

The 1 will head up field towards the area and the ball carrier will follow, giving the 1 time to get ahead. Once in the area, the 1 will ride towards the left corner. The ball carrier will send the ball over the 1 in the direction of the goal so that it will land between the 1 and the D. The 1 will make a turn away from the 3 and towards the ball, retrieve the ball, and shoot a goal



*can be practiced in both directions (left corner and right)

TIPS:

- The higher the throw the higher the bounce will be
- Communication is truly key in the drill. The ball carrier and the 1 HAVE to be on the same page for this to work

Triangle Drill

Riding Group

PURPOSE

Practice all of your fundamentals

ORGANIZATION

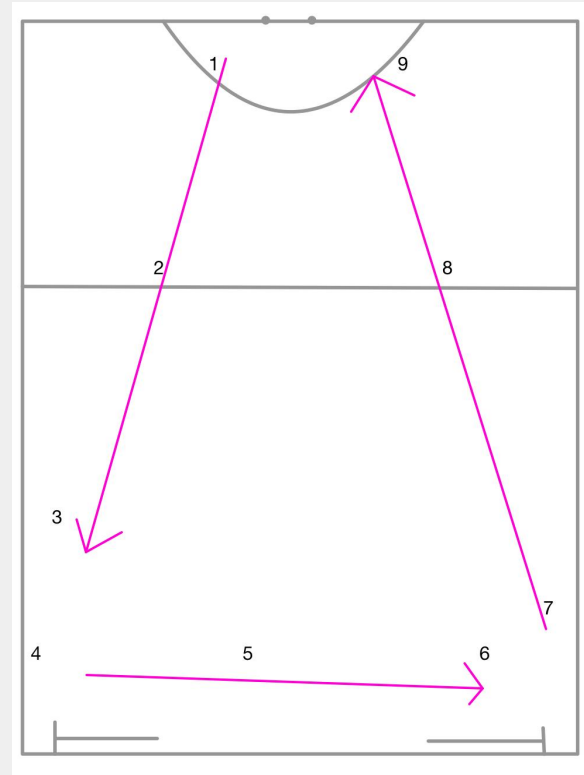
You will need half of a field, at least one ball, and at least three people

If you have >6 people you can run the drill with 2-3 balls starting at the same time from the starting positions (1, 4, and 7)

PROCEDURE

Decide on a direction and split riders evenly at the starting positions (1, 4, and 7)

- 1) Take a ten yd throw
- 2) Bounce over the thirty
- 3) Pass to the individual waiting at the T
- 4) The person waiting at the T will start riding across the field and receive a pass
- 5) Throw out the ball and pick it up
- 6) Pass to the individual waiting at the T
- 7) The person waiting at the T will start riding toward the area and receive a pass
- 8) Bounce over the thirty
- 9) Throw a goal



TIPS:

- Communicate when passing the ball
- When sending a pass, ride towards + become parallel with who you're passing it to
- Try some different passing/shooting methods
- Go for longer passes
- Think about how things would be in a game...for example: if you were running through this pattern clockwise and were taking a ten yd from the backline you should do an offside ten yd (opposite for lefties)

Zig-Zag

Riding Group

PURPOSE

Get your horse more responsive to checking and turning into the racket + develop a plan to get out of a high pressure situation without showing your racket

ORGANIZATION

You will need an open space and at least three riders

PROCEDURE

Start with all three riders lined up side by side. The individual in the middle will be the ball carrier. The ball carrier will start moving out at whatever pace they feel comfortable. The two other riders will stay stationary until the ball carrier is about two horse lengths in front of them and then they will ride up to the ball carrier. The ball carrier will then check up their horse and assess how much room there is available before making a turn into the racket. If there isn't a lot of room, the ball carrier should back their horse up a few steps before turning into the racket. Once the turn is made, the ball carrier will keep moving forward. The two other riders will make a turn and repeat drill, making a zig zag pattern with each turn and pursuit



TIPS:

- Run through the drill without a racket so that you focus on your horse
- Really make sure you're assessing the space available before making your turn, you do not want to get into the habit of crossing over the back
- The two riders on the outside should adjust their speed/pressure based on the ball carrier
- Change up how far you're turning... total change in direction, partial change in direction, or just enough to get around pressure

Two 2's, a 1, and a 3

Riding Group

PURPOSE

This drill allows players to work on lineouts, over the thirty connections, and area work

ORGANIZATION

You need four riders, a ball, a thirty, and a set of goal posts

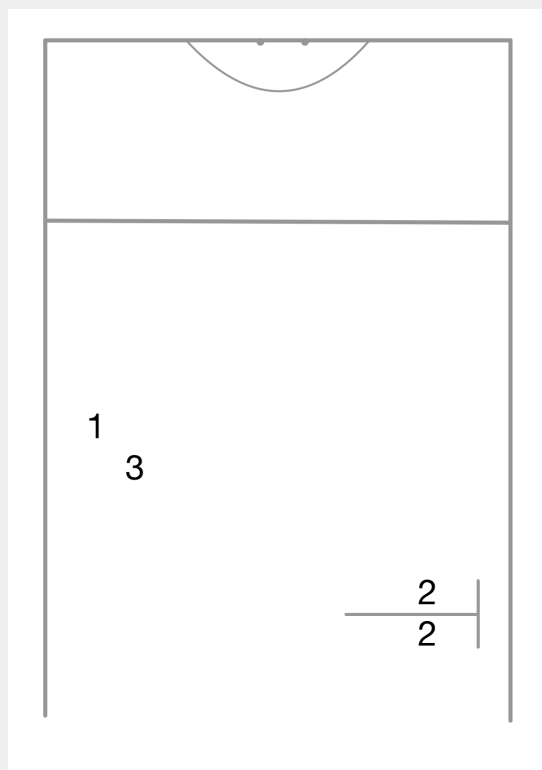
PROCEDURE

The 1 and 3 will set up about half way between the T and the thirty while the 2's line up at the T

- You can either play with predetermined partners or just designate the 1 and 3...then whoever picks up the ball is paired with the 1

If there is no one to throw it in the 2's will take turns throwing the ball over their shoulder

Once the ball is thrown in, the 2's will turn out of the lineup (if the ball was not caught,) retrieve the ball, and get it to their 1. The 1 will then work to shoot a goal



TIPS:

- Remember the “over the thirty” plays, now is a great time to be practicing them in a more game-like format
- The opposition should adjust their speed/pressure based on the ball carrier

Take a Number

Riding Group

PURPOSE

Push yourself to make pickups at greater speeds under pressure

ORGANIZATION

You will need one ball and at least three riders

PROCEDURE

Assign numbers to all riders and have them line up side by side (with a decent amount of space between them.) Designate someone to throw the ball and call out numbers.

Numbers will be called as the ball is thrown, these riders must race to the ball to try and pick it up first. Whoever gets the ball will be the next person to throw/call numbers



TIPS:

- To make it more challenging, have the riders line up with more space between them and have them face the person who is throwing the ball in. Once the ball is thrown in, those who are called must turn before running to retrieve the ball
- Make sure to call groups of numbers of similar skill levels

Go get your Ball

Riding Group

PURPOSE

Work on getting out of the lineout and knowing what zone you're responsible for

ORGANIZATION

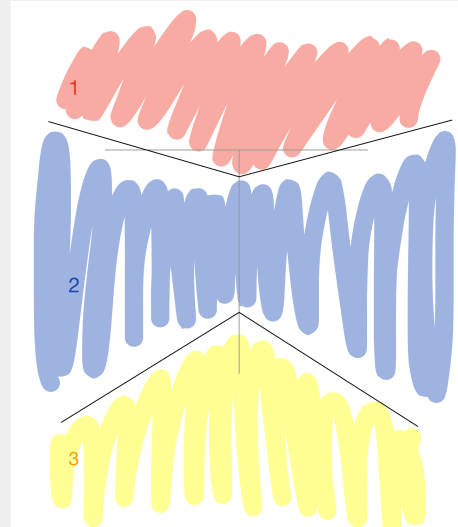
You will need at least three riders. Each rider needs their own ball

PROCEDURE

Players will place their balls out in the field in their "zone" then line up. Someone will say when to go and at that time all riders will turn out of the lineup and retrieve their own ball.

If there are six riders, have the 1's determine who will be going around the front to get their ball OR only have one ball available for the 1's to get and have them both go for it OR have someone throw the ball in for just them while the other players retrieve their balls

Refer to the diagram for the zones



*The lines drawn continue across the field. Balls may be placed as close or as far from their owner as desired as long as they are in their zone

TIPS:

- Place the balls closer to you to make it more challenging

Pass up Field

Riding Group

PURPOSE

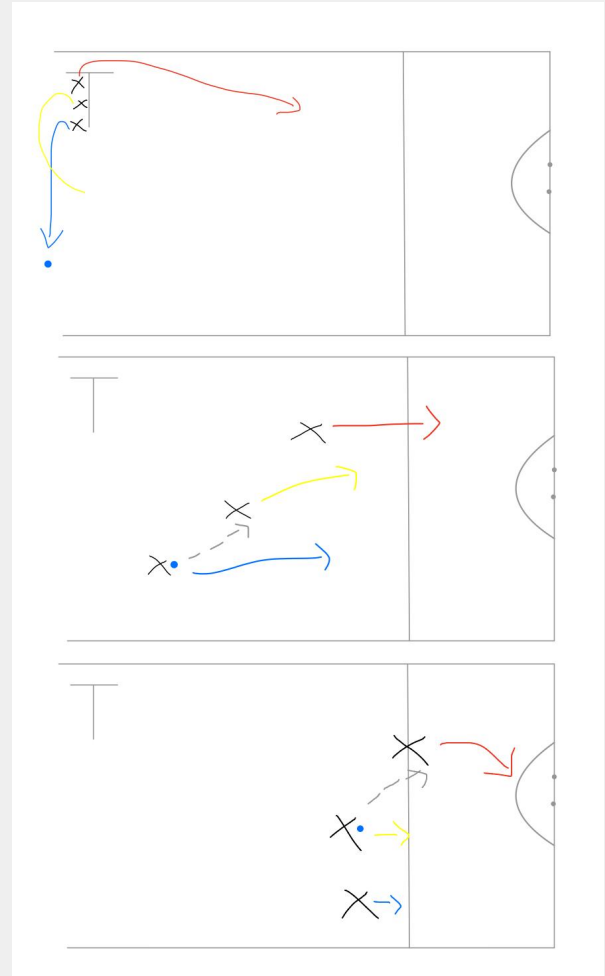
Utilize midfield passes to move the ball up the field

ORGANIZATION

You will need three riders and a ball

PROCEDURE

The three riders will line up on one side of the T. Either place a ball behind the line up or have someone throw it in so that it goes out the back. The 3 will turn out to go pick up the ball, the two will turn out to ride along with the 3, and the 1 will go across the front towards their area. Once the 3 makes their pickup they will pass to the 2 and then the 2 will pass up to the 1. The 1 can then go on to shoot the goal



TIPS:

- If you're the individual receiving a pass, make sure you're in front of the ball carrier
- To make it more challenging make quick passes at greater distances

Keep Away

Riding Group

PURPOSE

Start thinking faster, get in the habit of looking to pass out of pressure, + ride towards your ball carrier to make the pass easier

ORGANIZATION

You will need one ball, a way to differentiate between the two teams, and at least four riders

TIPS:

- As everyone becomes more comfortable you can allow racket hits to increase the pressure

PROCEDURE

Decide the number of goals you will play until or set a specific time for the “chukka.”

Split riders into two teams and determine how to tell them apart. You can decide how to start but here are some options:

- The two teams can line up and someone can throw in the ball
- All riders can be on the field and the ball can be thrown to somewhere on the field
- An individual on a team can start with the ball at a given position
- Whatever else you can come up with!

Move the ball down the field to your team's endzone via passes. The opposing team should try their best to put pressure on the ball carrier while “marking up” the open players to prevent a successful pass. A “goal” is the completion of a pass over the endline. Once a goal is made both teams will “line up” again.

RULES:

- If the ball hits the ground anyone regardless of team can pick it up
- If the ball goes out of bounds the other team will start with the ball at the sideline where it went out
- You cannot hit rackets