

Hitting Ladder

Objective –

GameFocus onTransition/ResetProgression

- Players looking at hitting low and hard forehand and backhand
- Shots must be between the top of the circle and the inner D
- Ball carry must be at pace
- As soon as one team have gone round the cones – the next group starts
- Each rset is made up of 1 round on each side of the circle.
- Each round is 2 minutes to get as many points as possible.

Example rules for each set:

- SET 1-2 minutes to attack for each team (most points wins)
- SET 2- Sniper mentality- no shot on target = -1 point (most points wins) (2 minutes per round)
- SET 3- First team to 25 points wins

Players per team: Max 5

time per set: 1 minute sets

Scoring:

- 3pts for a goal between the post and inside cone
- 1pt for a shot on target between the cones in the goal
- 1pt for ball hit flat and hard between the far post and cone.
- 0pts for hitting near post wide

Tech focus

- Being balanced when hitting
- Execute at pace
- Footwork to allow space to hit the ball
- Keep head steady
- Correct grip



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