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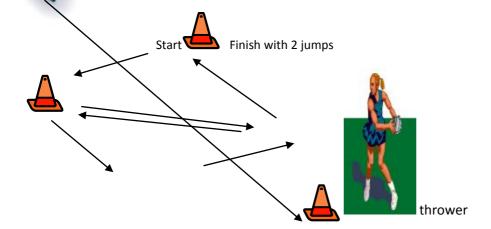
Variation

## **Creating Space**

## **Square Drill**

- Player starts at cone 1
- Player slides to cone 2
- Player sprints diagonally from cone 2 to cone 4
- Players runs backwards diagonally from cone 4 to cone 2
- Player runs from cone 2 to cone 3
- Player slides across from cone 3 to cone 4
- Player runs backwards to cone 1
- Player jumps straight up twice at the cone 1
- Start at cone 2 going opposite way
- Add different variations in styles of movement
- Add more jumps
- Add dodges at selected or each cone
- Add another cone
- Add a thrower with ball
- Add another square
- Use different patterns of movement
- Make your square is small or as large as you want

Variation 2 - adding another lead, then add a thrower and introducing ball





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This drill created by Rhonda Stephenson - COP Committee - 2011