

## Double Line Split & Re-offer Drill

This drill provides the opportunity to practise footwork and passing skills while gradually increasing the complexity of the drill, placing the skills under more pressure. Where possible include decision making in all drills as this is the area which often breaks down under pressure.



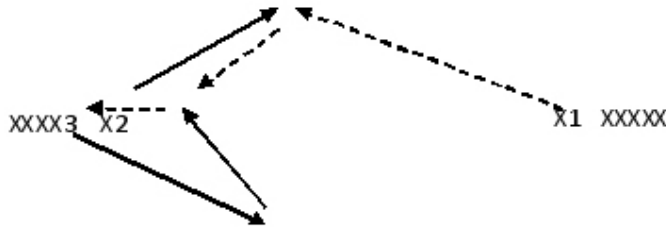
X2 performs a straight lead left, right or middle to receive a pass from X1. X1 then leads left, right or middle so the drill is performed continuously.

The pass should be placed in front with the landing on the outside foot with an outside pivot.

Extensions:

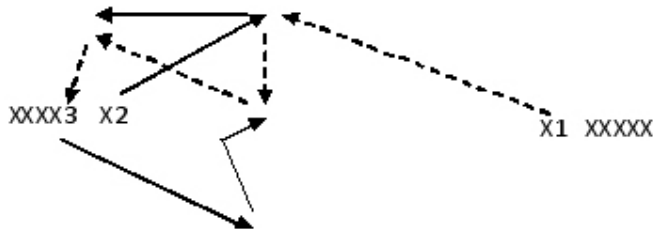
a. X2 runs and puts hands over the pass after returning the ball to their own line. This places pressure on the pass as the thrower now needs to pass over hands while still placing the ball in front of the attacker.

b. Add a split lead and re-offer, the first two people from the line provide two passing options for the thrower to either the left, right or middle. The player who does not receive the ball reoffers back towards their line. The ball is passed back to their own line with the player who reoffered providing hands over pass.



c. Add one defender to each end on split lead – first ball to be passed to undefended player. May need to remove hands over initially.

d. Alter the drills so that after the split lead, the player who did not receive the ball makes a move down court and then breaks back to get a parallel pass. This person then passes the ball back to the first receiver thus performing a double play. Hands over provided by player who breaks back for pass. May need to remove the defender initially.



e. Add two defenders so both attackers on the split lead are defended and either attacking formation is performed.