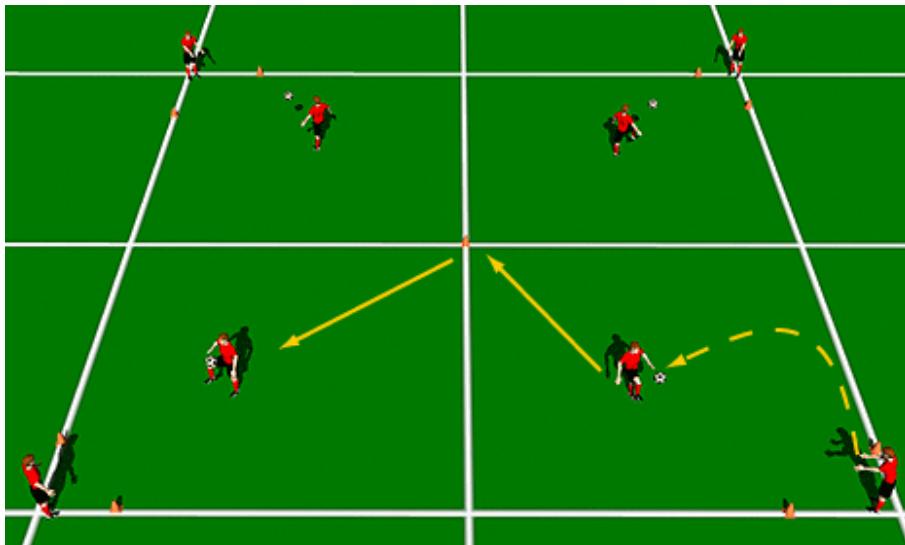


# Rotary Thigh Drill



## Set Up

- 8 Players
- 9 Cones
- 4 Balls



- Grid 20 x 20 yards  
or 18 x 18 metres

## Coaching Points

This practice is structured to improve the technical ability of the "Cushion Control using the Thigh".

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers. The players in the center of the grid receive a high looped throw from the server. The player must prevent the ball from hitting the ground using the Cushion Control with the Thigh. After controlling the ball the player must pass back to the server, check back to the center cone and repeat with the next server to the right.

The players continue for approximately 3 minutes.

Emphasis should be placed on quality control. The pass should be played back at the correct pace so the receiver can control the ball with ease. It is advised to have an extra ball at each cone to keep the tempo of the practice constant.

A point is scored for each control and pass completed. Each player should keep his own score. A team total can be recorded to challenge the next set of four players.