

STRIKING EXERCISES

These are fun exercises to develop Striking

EXERCISE 1 HAND TO HAND STRIKE

ORGANISATION

- Each player has a ball
- Strike the ball from one hand to the other using the open hand
- Stop the ball before each strike
- Progress the exercise by striking the ball continuously with the closed fist instead of the open hand
- Move from a kneeling to a standing position and repeat the sequence

KEY POINTS

- Allow the players to explore different ways of striking the ball with their hands



EXERCISE 2 HAND: GROUND WALL STRIKE

ORGANISATION

- Each player has a ball
- Strike the ball with the open hand from approximately 1m from the wall
- Stop the ball before each strike
- Progress by striking the ball continuously with the closed fist instead of the open hand

KEY POINTS

- Place the feet side on to the wall
- Face the non striking shoulder to the target
- Practise using both the left and right hands



EXERCISE 3 HAND DRIBBLE

ORGANISATION

- Each player has a ball
- Dribble the ball around the domes using the open hand
- Practise using both the left and right hands
- Challenge the players further by giving each a number of lives; each time a player hits a dome with a ball they lose a life

KEY POINTS

- Ensure the players have enough room to move around safely
- Look up frequently to track the paths of other players



EXERCISE 4 HAND STRIKE: THROUGH THE GATES

ORGANISATION

- The players work in pairs
- Mark a gate for each pair using two markers
- Each player in turn strikes the ball through the gate to their partner
- Practise striking both with and without stopping the ball. In addition, practise using the open hand and the closed fist

KEY POINTS

- Place the feet side on to the gate
- Face the non striking shoulder to the target



EXERCISE 5 HAND STRIKE: TARGET GAME

**ORGANISATION**

- The players strike the ball to hit or knock a cone
- Use the open hand and the fist on alternate goes

KEY POINTS

- Place the feet side on to the gate
- Face the non striking shoulder to the target

EXERCISE 6 HAND: BOUNCING WALL STRIKE

**ORGANISATION**

- Each player has a ball
- Standing approximately 1m from the wall, bounce the ball and strike it off the wall
- Continue to strike the ball as it returns from the wall at the top of every bounce

KEY POINTS

- Place the feet side on to the wall
- As the ball returns from the wall, move the feet to ensure they are correctly positioned to strike the ball

EXERCISE 7 HAND BALANCE

**ORGANISATION**

- Each player has a bean bag
- Extend one arm out in front of the body; balance the bean bag in the open hand
- Walk around the playing area
- Progress to bouncing the bean bag in the hand
- Progress further by using a small ball

KEY POINTS

- Keep the arm and hand rigid
- Practise using both the left and right hands

EXERCISE 8 HAND BALL PUSH

**ORGANISATION**

- Each player has a ball
- In a stationary position push the ball into the air using both hands
- Continue to keep the ball up by pushing the ball with the fingertips
- Decrease the difficulty of the exercise by using a balloon or soft light ball before progressing to a normal ball

KEY POINTS

- Ensure the players have enough room to perform the exercise safely