

Skill School

Objective – time to practice their skills

Provide players practice time to develop skills, each with their own ball, in their own time.

1. Maximise number of touches
2. Coaches to work with players on what they want to work on/coaches feel they need to develop
3. High levels of technical feedback to every player
4. Doesn't have to be unopposed
5. Use your phone/ipad to give video feedback
6. When appropriate – make it competitive (can they beat their previous score etc)
7. Make it applicable to the game
8. Ensure that there is challenge and players are working to match pace!

Skill School
3D Skills
Tackling (shave)
Backhands
Hitting
PCA skills
Aerials
Elimination skills