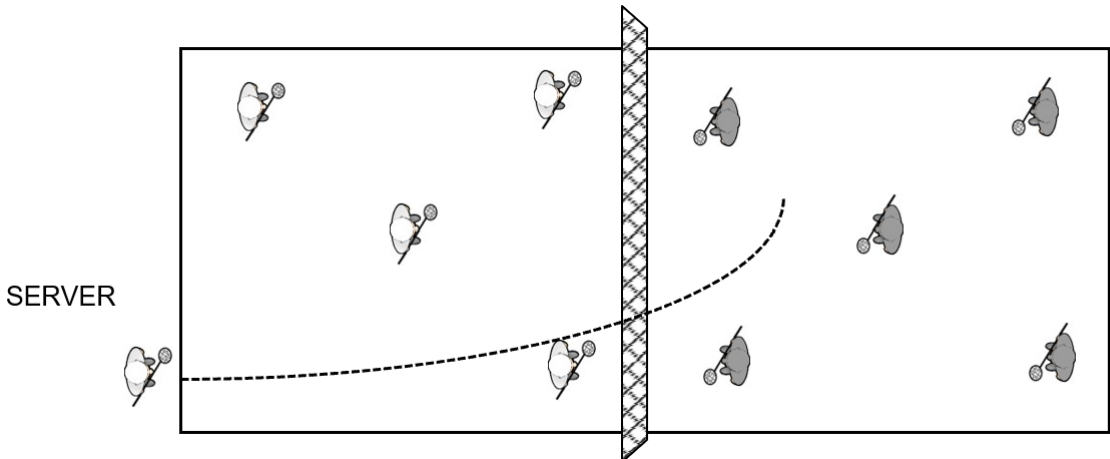




## Pony Club Polocrosse – On Foot Exercises

There are plenty of skills and drills available to practice on foot, which are perfect for keeping your eye in, and before you head out onto the pitch. Here are our favorite ones.

Volleyball					
Aim/Skill Developed	Throwing, catching, team spirit				
Duration	Min 10 minutes	On Foot/ On Horse	Foot	Inside/ Outside	Either
Target Level/Age	All	Target Position	All	Group/ Individual	Groups
Exercise					
<p>Split in to groups of 4-6. Rules similar to volleyball. Size of court depends on number of players and width of net</p> <p>Ball is 'served' from the back right corner, server to be outside play area. All throws must be underarm</p> <p>Players may pass the ball between themselves, max three throws overall. Players may not pass to themselves.</p> <p>A ball on the boundary line is 'in' A point is scored when;</p> <ul style="list-style-type: none"> <li>• The ball touches the ground within the opponent's area</li> <li>• The opponent's shot lands outside your area</li> <li>• An opponent touches the net whilst throwing</li> <li>• An opponent uses an over arm throw</li> <li>• An opponent reaches over the net to throw or catch the ball</li> </ul> <p>Service moves to opponents when they score a point</p> <p>Team rotates clockwise each they win the serve</p>					
					



Circle Work – On foot					
Aim/Skill Developed	Catching, throwing, pick-ups, communication, ice-breaker				
Duration	As required	On Foot/ On Horse	Foot	Inside/ Outside	Either
Target Level/Age	All	Target Position	All	Group/ Individual	Group
Exercise					
<p>Basic training exercise with many variations. Good used as a warm up prior to other exercises.</p> <p>Players arrange in a circle around the coach. Size of circle dependent upon the ability of the players. Coach to throw to each player in turn and receive ball back.</p> <p>One player in the centre remains facing one direction and throws the ball to each player on the circle in turn. They must use the appropriate throw dependent upon where the receiving player is positioned. Change centre player after each round.</p> <p>Circle players to turn through 90° after each round so they too have to throw from different positions.</p> <p>Free throw between all players by first calling out their name. Introduce more than one ball to be thrown, players to turn 90° to change type of throw. Good as an ice-breaker.</p>					

Relay Games – On Foot	
Basic Skills, fitness	
As required	
Beginner	
Exercise	



Split the players in to a suitable number of groups dependent upon space. Players may all start from the same point or groups to be split into two and players run between each section

Players must carry out various drills each time they run and the first team to complete wins.

- Bounce the ball a number of times
- do a 10 metre throw
- throw the ball against a wall
- throw the ball against the wall then spin around before catching it
- If hoops are available the ball must be bounced inside the hoop

