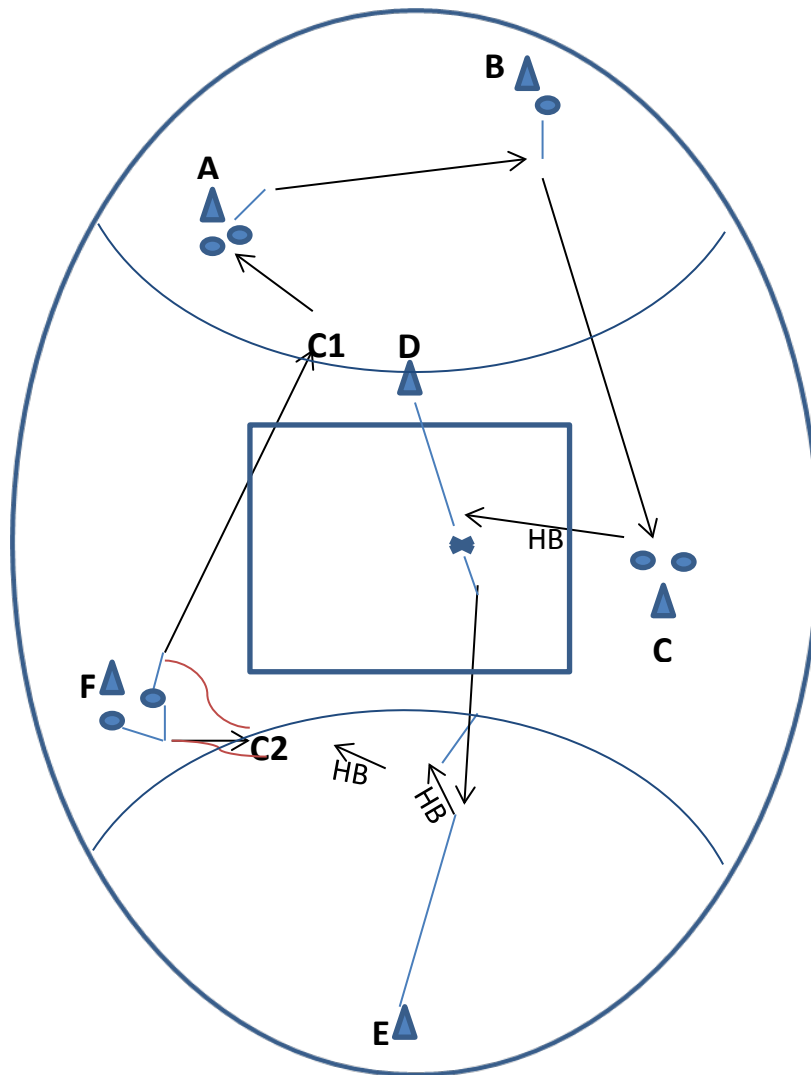


## Contested Ball Drill – In the air and ground level

Jamie Macri – AFL Victoria Central Murray Football Development Manager



<b>KEY:</b>	
<b>Coach 1:</b>	C1
<b>Coach 2:</b>	C2
<b>Groups A to F:</b>	
<b>Players:</b>	
<b>Run + Lead:</b>	
<b>Roll ball:</b>	
<b>Handball:</b>	HB
<b>Kick:</b>	
<b>Bounce:</b>	

- **Coach 1** Kicks high to contest A.
- Players on **Group A** contest mark and ball winner pushes back off the mark, before running off and switching the play - by kicking out in front of player B, who is leading away from goal. The ball winner kicker follows his kick to station. The non-ball winner stays on station A for the next contest.
- **Player B** runs the ball up and kicks high to **contest C**. Contested ball winner from station C pushes back and squares the ball into the corridor, handballing in front of running player D then follows handball to group D. The non-ball winner stays on station C to contest the next contest.
- **Player D** has a bounce then kick to leading **player E** who marks then handballs back to player D who follows up his kick then handballs to **coach 2**. Players E goes to group F and player D goes to group E
- **Coach 2** then rolls the ball on ground to group F, the ball winner handballs the ball to coach 2 who then rolls on the ground back to group F for a second contest. The ball winner from the second contest kicks to coach 1 then sprints to group A. The non-ball winner stays on station F.