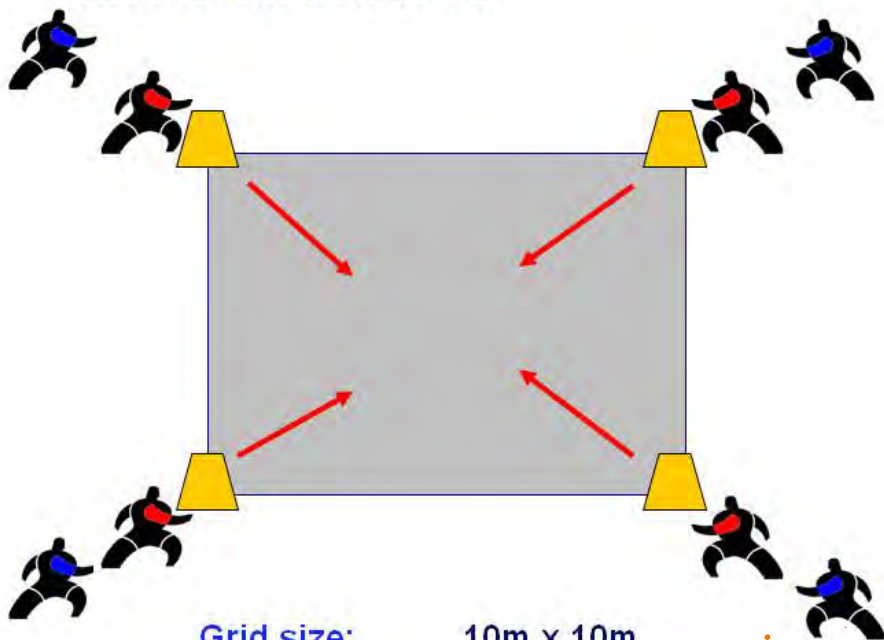


## AUCKLAND GRID

- Position the players at the four corners of the grid with the first player at each corner carrying a ball.
- Players carry the ball across the grid, as shown, and pass the ball to the player waiting at the opposite corner.
- Once they have passed, players join the back of the line they passed to and await their next turn.
- Avoid contact in the centre.



<b>Grid size:</b>	10m x 10m
<b>Group Size:</b>	12+ players
<b>Equipment:</b>	4 cones 4 balls



### Coaching points:

- Receivers should **reach for the ball** and **provide a target** for passers keeping hands up.
- The passer should **look towards target, swing the arms** and **follow through using the wrists**.

### Progressions:

- The receiving players run towards the ball carrier to receive a pass in the centre of the grid and on the move.
- Players place the ball on the ground in front of the next player for him to pick it up.  
When picking up the ball, players should **approach in a low position, straddle the ball** and use **two hands to lift the ball**.
- Players roll the ball along the ground to the waiting receiver  
This encourages players to bend and practice picking up a moving ball