

Name

Squad Exercises for July 2019		Score
<p><i>Hoop control</i></p> <p><i>One attempt from each position</i></p>	<p>Exercise 1</p> <p>Place 2 balls in contact 1 yard directly front of any hoop</p> <p>You will repeat this exercise 6 times from the same position</p> <p>Object of the exercise is to get a rush after running the hoop to every hoop.</p> <p>Steps</p> <p>Trying to get rush to Hoop 1</p> <p>Take croquet, run hoop</p> <p>If you now have a rush to Hoop 1, score a point</p> <p>Repeat trying to get a rush to Hoop 2</p> <p>If you now have a rush to Hoop 2, score a point</p> <p>Repeat trying to get a rush to Hoop 3</p> <p>Repeat getting a rush to all 6 hoops</p>	Max score 6
<p><i>One attempt from each position</i></p>	<p>Exercise 2</p> <p>Place 2 balls in contact 3 yards in front of any hoop</p> <p>You will repeat this exercise taking croquet from 12 o'clock, 2 o'clock 4 o'clock 6 o'clock 8 o'clock and 10 o'clock</p> <p>Object of the exercise is to get a rush to Corner 2</p> <p>Steps</p> <p>Take croquet from 12 o'clock, run hoop</p> <p>If you now have a rush to Corner 2, score a point</p> <p>Repeat taking croquet from 2 o'clock, run hoop</p> <p>If you now have a rush to Corner 2, score a point</p> <p>Repeat taking croquet from 4 o'clock, run hoop</p> <p>If you now have a rush to Corner 2, score a point</p> <p>Repeat for 6 8 and 10 o'clock positions</p>	Max score 6
<p><i>Take-off</i></p> <p><i>One attempt from each position</i></p>	<p>Exercise 3</p> <p>Place balls in corner 2, in the jaws hoop 3 and corner 4</p> <p>Score a point if you land within 2 yards of target ball.</p> <p>Object of the exercise is to accurately judge the court speed.</p> <p>Steps</p> <p>Start at C2,</p> <p>take off to ball in jaws of Hoop 3, roquet</p> <p>take off to ball in C4, roquet</p> <p>take off to ball in C2, roquet</p> <p>take off to ball in jaws of Hoop 3, roquet</p> <p>take off to ball in C4, roquet</p> <p>take off to ball in C2, roquet</p>	Max score 6
<p><i>Rush</i></p> <p><i>One attempt from each position</i></p>	<p>Exercise 4</p> <p>Starting on EB level with Hoop 4 with 4 balls</p> <p>Object of the exercise to accuracy of the rush to hoop</p> <p>Steps</p> <p>Set dolly rush to Hoop 1, if ball stops within two-yard area in front of hoop, score 1 point</p> <p>Repeat again to Hoop 2</p> <p>Repeat again to Hoop 3</p> <p>At Hoop 1. Pick up balls, set dolly rush to Hoop 6, if ball stops within two-yard area in front of hoop, score 1 point</p> <p>Repeat again to Hoop 5</p> <p>Repeat again to Hoop 4</p>	Max score 6

4 th and 5 th turn 9s 2 attempts for each exercise	Exercise 5 Standard ladies opening..... 4 th turn KB one-yard apart EB 9 yards north C4 R has roqueted Y 12 yards down WB from C1 R takes croquet and score 9 hoops	Max score 1 when 9 hoops scored
2 attempts	Exercise 6 Standard ladies opening5 th turn KB one yard apart EB 9 yards north C4 Y 12 yards down WB from C1 R in C2 KB to play to score 9 hoops	Max score 1 when 9 hoops scored
2 attempts	Exercise 7 Spilt ball opening.....EB cannon and C24 th turn R has roqueted K and has RKB cannon on EB level with Hoop 4 Y in C2 R takes croquet and score 9 hoops	Max score 1 when 9 hoops scored
2 attempts	Exercise 8 Split ball opening EB and C4 and C2..... 5 th turn B in C4 K on EB level with Hoop 4 RY C2 touching balls KB to play and score 9 hoops	Max score 1 when 9 hoops scored
2 attempts	Exercise 9 3 ball cannon C4 other ball 4 inches up EB4 th turn R has roqueted B and has RBK cannon in C4 Y is 4 inches north of C4 on EB R takes croquet and score 9 hoops	Max score 1 when 9 hoops scored
Continuation play	Exercise 10 3 ball 24 hoops If you break down, place ball in best starting position and continue until the break Record how many mistakes you made for each six hoops Hoops 1 to 6..... Hoops 1 back to rover..... Then again Hoops 1 to 6..... Hoop 1 back to rover.....	