

# Around the Clock Stroke Count Drill

From the starting position on the lawn, count the number of strokes used to successfully run all 13 hoops.

Date:	Number:
Date:	Number:
Date:	Number:
Date:	Number:
Date:	Number:

Over time there should be a gradual reduction in the number of strokes used to run the 13 hoops.

## Opening Shot Drill and Hoop 12 to 13

This is designed to encourage lawn judgment and effective hoop running ability.

Hit each of the 4 balls from the **opening position to Hoop 1:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

Hit each of the 4 balls from the **Hoop 12 area to Hoop 13:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

Hit each of the 4 balls from the **opening position to Hoop 1:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

Hit each of the 4 balls from the **Hoop 12 area to Hoop 13:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

Hit each of the 4 balls from the **opening position to Hoop 1:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

Hit each of the 4 balls from the **Hoop 12 area to Hoop 13:**

Date:	Hoop running position/lag:	Y	Y	Y	Y
	Successful hoop run:	Y	Y	Y	Y

## Hoop Running

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Place 4 balls on the boundary in front of hoop 1. Run hoop 1.

Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs

Place 4 balls on the boundary in front of hoop 3. Run hoop 3.

Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs

Place 4 balls on the boundary in front of hoop 7. Run hoop 7.

Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs

Place 4 balls on the boundary in front of hoop 9. Run hoop 9.

Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs

Place 4 balls on the boundary in front of hoop 13. Run hoop 13.

Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs
Date:	4 shots	Hoop runs



# Golf Practise Drills

Name of Drill	Number out of 4				
	Date	Date	Date	Date	Date
Lag to hoop 1 and run hoop					
Lag from hoop 12 to hoop 13 (Sheep Station) and run hoop					
Put in block from 1 metre					
Put in block from 2 metres					
Make 2 metre roquet					
Make 3 metre roquet					
Make 4 metre roquet					
Make 5 metre roquet					
Take out ball at hoop 5 from hoop 4					
Take out ball at hoop 2 from hoop 1					
Take out ball at hoop 1 from start					
Run hoop from 2 metres					
Run hoop from 3 metres					
Run hoop 1 (or 3) from boundary					
Jump from ½ metre					
Jump from 1 metre					
Jump from 2 metres					
Jaw ball into hoop from ½ m at angle of 20 degrees					

## At the beginning of a competition game

At the beginning of the game you will have a 5-minute warm-up opportunity. **Always take the warm-up.**

What you should include:

- Small gentle roquets, no longer than the length of your mallet.
- Around the clock from hoop 1 to 2 to 3 to 4 to 5 to 6, hoop 12 to 13.
- Jump a ball through a hoop.
- Hit the peg from medium distance, long distance and finish with a short distance.
- Opening shot to hoop 1.

You must finish with a series of successful shots. Make judgments in reference to the conditions of the lawn, tightness of the hoops and about the speed of the lawn and hence the lengths of your shots.

Have a positive frame of mind before you hit your ball. At the beginning of the game for the opening shot, deliberately choose a spot to aim for in front of hoop 1 and address this target. Do not hit and hope.

### Addressing hoop 1:

Knowing your zone

Defensive play

Taking your time

Stalking the ball

Hitting gently to run the hoop



# DRILLS

## Roquet Practice

Place your target ball on the lawn (one fixed onto a spike which can be pushed into the boundary line is ideal), then using the length of your mallet as a guide, have a series of balls (10 in total) a mallet length apart along the same line and direction. Roquet the target ball (10 consecutive shots) and record your results .....out of 10.

Date:

1m	2m	3m	4m	5m	6m	7m	8m	9m	10m

Once you have completed the exercise, practise the shortest distance you missed.

This drill should be repeated at different times – the player will become aware of what their critical roquet distance is and use this to inform their strategy on the lawn. Eg If a player is not confident with a 7m roquet, they may consider blocking as an alternative.

Date:

1m	2m	3m	4m	5m	6m	7m	8m	9m	10m

## Using the Peg

Place 8 balls around the centre peg, in a circular formation, at a distance of 2m. Roquet the peg - ensuring that each shot is effectively stalked will determine the level of success.

Date:	8 Balls	Hits
Date:	8 Balls	Hits
Date:	8 Balls	Hits
Date:	8 Balls	Hits

## Roquet Development

Place a ball near each hoop and one at the peg. Start from anywhere on the boundary line, use a total of 10 shots to attempt to roquet each ball on the court.

Play the consecutive shot from where the striker's ball comes to rest.

Date:	10 shots	Balls hit
Date:	10 shots	Balls hit
Date:	10 shots	Balls hit
Date:	10 shots	Balls hit
Date:	10 shots	Balls hit