

POLOCROSSE

Racquet Skills

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LEVEL 11 COACH

THESE EXERCISES AND SKILLS ARE DESIGNED TO BUILD UP STRENGTH IN THE FOREARM AND SHOULDER, TO GAIN QUICKER REFLEXES AND GREATER HAND-EYE CO-ORDINATION.

FOR THESE THREE EXERCISES YOU NEED THE AID OF A POLE OR POST.
THE TALLER THE BETTER.

1.
 - A STAND ABOUT 600-1m. AWAY FACING THE POLE.
 - B RIGHT HANDED PLAYER RAISE THE RACQUET WITH BALL UP TO SHOULDER HEIGHT ON RIGHT HAND SIDE.
 - C THROW THE BALL DOWN AT AN ANGLE OF 45° SO THE BALL BOUNCES ABOUT 6" AWAY DIRECTLY BEHIND THE POLE.
 - D THE BALL SHOULD RAISE UP AT 45° ON LEFT HAND SIDE.
 - E BRING YOUR RACQUET DOWN AND BETWEEN YOU AND THE POLE.
 - F RAISE RACQUET UP AND ABOVE THE BALL.
 - G AND CATCH THE BALL ON THE DOWNWARD SWING.

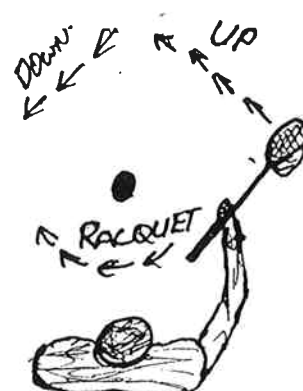
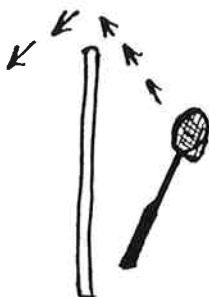
BRING THE BALL BACK TO THE RIGHT HAND SIDE TO REPEAT. ONCE THE BALL IS CAUGHT CRADLE IT TWICE. DO THE SAME EXERCISE IN REVERSE WITH ADDED SPEED TO GAIN THE STRENGTH IN THE FOREARM.



2. THIS EXERCISE IS SIMILAR. THE RACQUET STILL HAS TO COME BACK BETWEEN YOU AND THE POLE.

- A STAND 2-3' AWAY WITH THE POLE IN FRONT.
- B HOLD THE RACQUET AND BALL DOWN RIGHT HAND SIDE.
- C THROW THE BALL UP AROUND SHOULDER HEIGHT AT AN ANGLE SO IT COMES DOWN AROUND 1' AWAY LEFT HAND SIDE OF THE POLE.
- D BRING THE RACQUET BACK DOWN AND BETWEEN YOU AND THE POLE.
- E RAISE THE RACQUET UP LEFT HAND SIDE ABOVE THE BALL AND COME DOWN OVER IT IN A DOWNWARD SWING.

RETURN THE RACQUET TO RIGHT HAND SIDE TO START AGAIN. ONCE YOU ARE ABLE TO COMPLETE THIS, TRY GOING IN THE OPPOSITE DIRECTION, FROM LEFT TO RIGHT. BUILD UP SPEED AND CRADLE THE BALL TO GAIN STRENGTH.



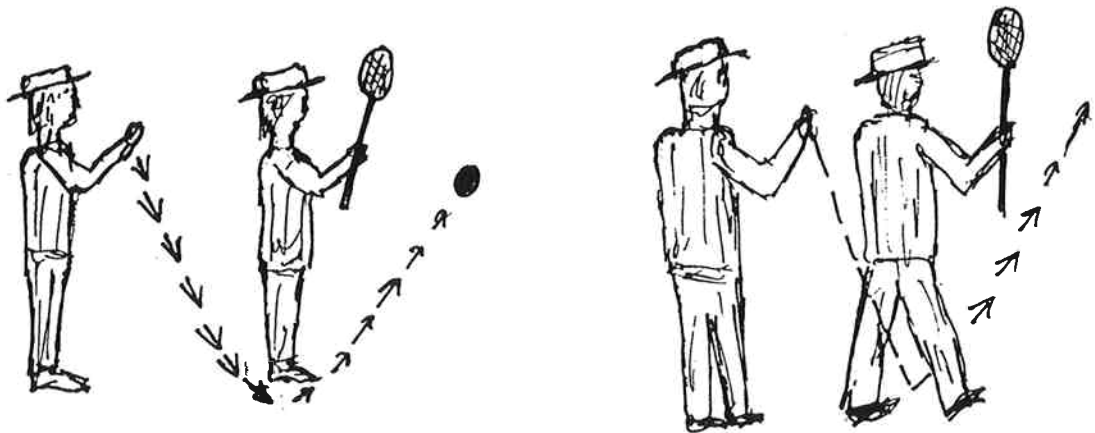
3. TO GAIN STRENGTH IN THE SHOULDER AND UPPER ARM STAND SIDE ON TO THE POLE AND HOLD THE RACQUET AT ITS FULL LENGTH AND COMPLETE THE SAME EXERCISE.

THESE TWO EXERCISES ARE FOR RACQUET SPEED AND HAND-EYE CO-ORDINATION.

4. A HAVE SOMEONE STAND ABOUT 1m. BEHIND YOU. BOTH FACING THE SAME DIRECTION
B PERSON BEHIND TO THROW (BY HAND) THE BALL DOWN WITHIN 6" OF RIGHT FOOT. ALLOW THE BALL TO RISE UP AT 45°.
C PERSON IN FRONT HAVE THE RACQUET RAISED UP AND WHEN THE BALL COMES INTO SIGHT, BRING THE RACQUET DOWN OVER THE BALL TO CATCH IT.
D HAND THE BALL BACK TO PERSON BEHIND AND REPEAT.

SIMILAR TO EXERCISE AS ABOVE.

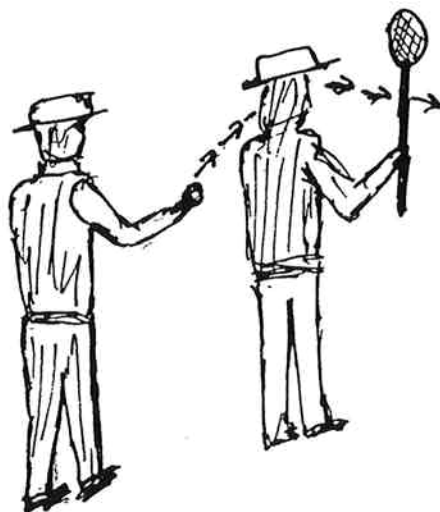
5. A STAND WITH FEET SPREAD APART.
B PERSON BEHIND THROWS THE BALL BETWEEN YOUR LEGS SO AS THE BALL RISES 45°.
C FRONT PERSON HAVE YOUR RACQUET UP READY.
D AS BALL COMES INTO SIGHT BRING THE RACQUET DOWN OVER BALL TO CATCH IT.



6. USE A PARTNER AGAIN AND STAND AS YOU WERE TO PREVIOUS EXERCISE.
- A PERSON BEHIND WITH AND UNDERARM THROW. LOB THE BALL OVER LEFT HAND SHOULDER OF PERSON IN FRONT.
B PERSON IN FRONT WITH RACQUET RAISED. COME DOWN OVER THE BALL TO CATCH IT.
C PASS THE BALL BACK AND REPEAT.

THE DIFFICULTY IN THESE EXERCISES IS THAT THE BALL IS UNSIGHTED UNTIL IT IS OUT IN FRONT OF YOU AND IN CATCHING THE BALL ON THE DOWNWARD SWING.

ALL 4, 5, & 6, CAN BE DONE WITHOUT THE USE OF A PARTNER BY RELEASING THE BALL OUT OF THE RACQUET BEHIND YOU.

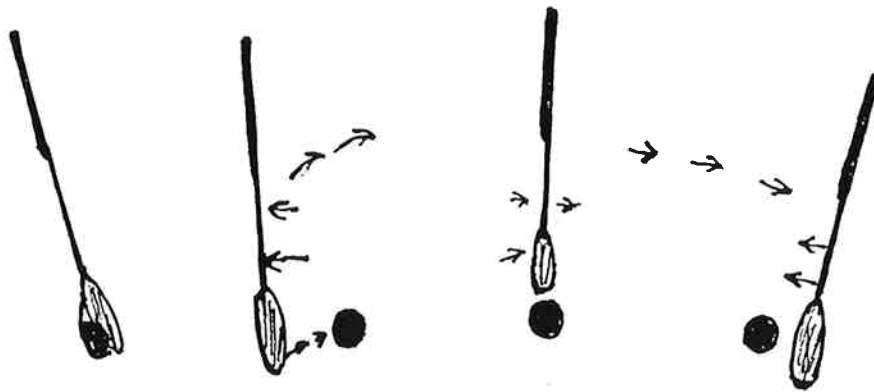


- 7
- A RAISE RACQUET AND BALL UP IN FRONT.
 - B BOUNCE THE BALL DOWN AT YOUR RIGHT FOOT SO AS THE BALL COMES UP BEHIND.
 - C BRING YOUR RACQUET UP AND OVER TO COME DOWN ON TOP OF THE BALL.
 - D CATCH THE BALL GOING DOWN AND RETURN TO START.



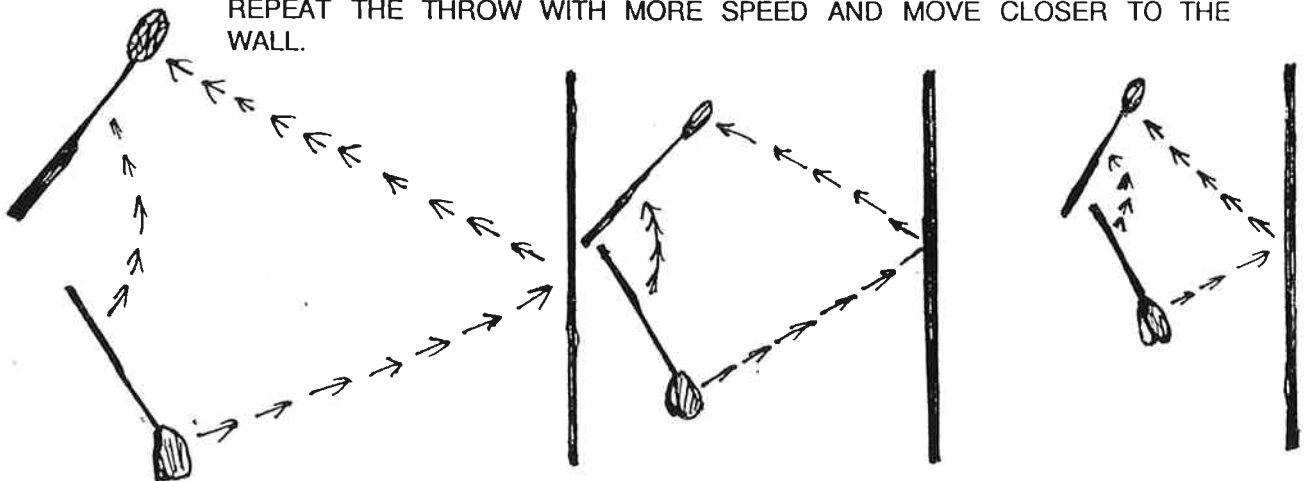
- 8
- A RAISE THE RACQUET AND BALL UP TO YOUR RIGHT AND A LITTLE BEHIND YOU.
 - B THROW THE BALL DOWN SO IT BOUNCES 6" AWAY FROM YOUR HEEL AND THE BALL RAISES UP AND OVER YOUR L/H SHOULDER.
 - C BRING YOUR RACQUET BACK AND TO THE LEFT HAND SIDE AND CATCH THE BALL GOING DOWN.

- 9 HOLD THE BALL IN THE RACQUET ABOUT 6" OFF THE GROUND. PULL THE RACQUET OUT FROM THE BALL AND SWING IT OVER AND CATCH THE BALL BEFORE IT HITS THE GROUND.



- 10 USING A WALL

- A STAND AROUND 2m. AWAY FROM THE WALL AND THROW IN THE NORMAL UNDERARM WITH THE BALL RISING UP TO CATCH IT ABOVE YOUR HEAD. REPEAT THE THROW WITH MORE SPEED AND MOVE CLOSER TO THE WALL.



- 11 A THROW THE BALL AT THE WALL SO IT COMES OFF AND BOUNCES RACQUET LENGTH AWAY FROM YOUR BODY.
 B BRING THE RACQUET FROM THE FRONT OF YOUR BODY AND CATCH THE BALL AS IT GOES PAST WITH A BACKWARD SWING.



- C AS YOU BUILD UP SPEED, CATCH THE BALL ON THE FULL. DO THIS ON BOTH SIDES OF YOUR BODY.

- 12 A STAND WITH YOUR BACK TO THE WALL. ABOUT 2m. AWAY AGAIN.
 B THROW THE BALL BACK AT THE WALL SO IT COMES OFF TOWARDS THE OTHER SIDE OF YOUR BODY.
 C SWING YOUR UPPER BODY AND RACQUET AROUND WITH FEET STILL FIRMLY ON THE GROUND.
 D CATCH THE BALL AFTER IT BOUNCES.

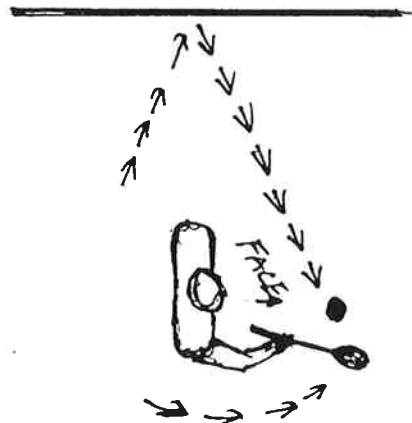
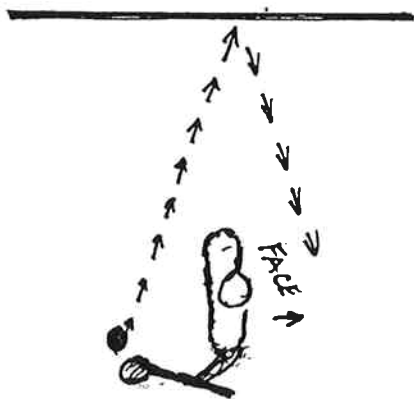
THIS CAN BE DONE ON BOTH SIDES OF THE BODY AND CAN BE CAUGHT ON THE FULL.

THESE NEXT SKILLS, AGAIN AS WITH MOST OF THEM, YOU'LL NOT PERFORM ON YOUR HORSE WHILE PLAYING BUT ON THE GROUND, YOU WILL GAIN QUICKER REFLEXES AND GREATER HAND-EYE CO-ORDINATION.

- 13 STAND SIDE ON TO THE WALL WITH YOU RACQUET AND BALL OUT, LOWER THE RACQUET DOWN BEHIND YOUR LEGS AND FLICK THE BALL OUT AT THE WALL SO IT COMES OFF IN FRONT OF YOU.

BRING YOUR RACQUET FROM BEHIND YOUR LEGS TO CATCH IT IN FRONT.

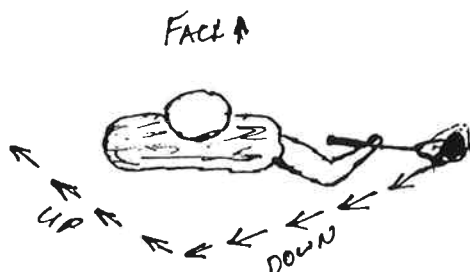
WITH A LOT MORE DIFFICULTY IT CAN BE DONE IN REVERSE.



- 14 RAISE YOUR RACQUET AND BALL UP AND A LITTLE BEHIND.

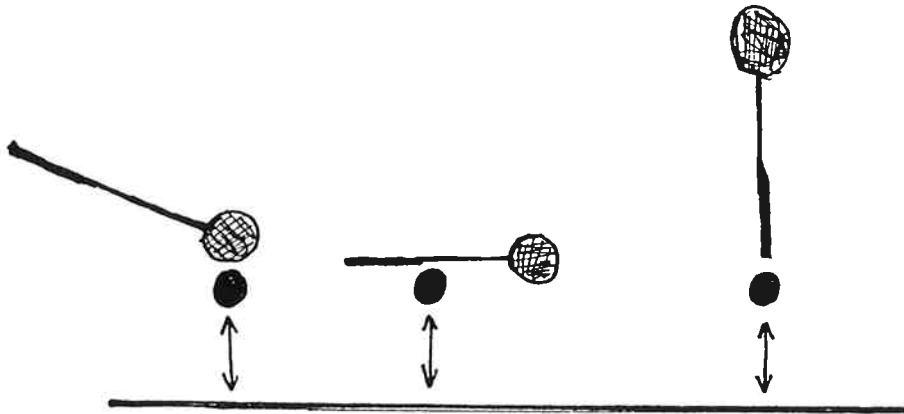
BOUNCE THE BALL DIRECTLY BEHIND YOUR LEGS ABOUT 12" AWAY SO AS THE BALL COMES UP ON THE OTHER SIDE STILL BEHIND YOU.

ROTATE FROM YOUR WAIST KEEPING YOUR FEET IN POSITION AROUND TO CATCH THE BALL GOING DOWN.



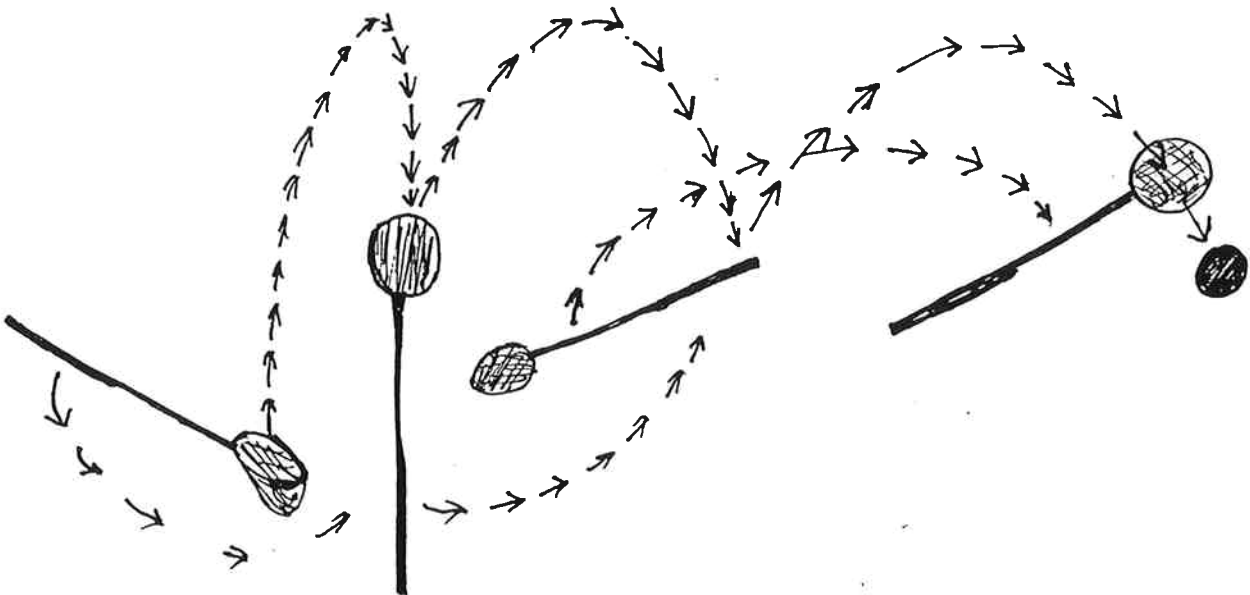
15 WRIST STRENGTH, EYE-HAND.

BOUNCE THE BALL CONTINUALLY ON THE GROUND WITH THE HEAD OF THE RACQUET. THEN IN FRONT OF YOUR HAND, THEN MOVE TO THE BUTT.



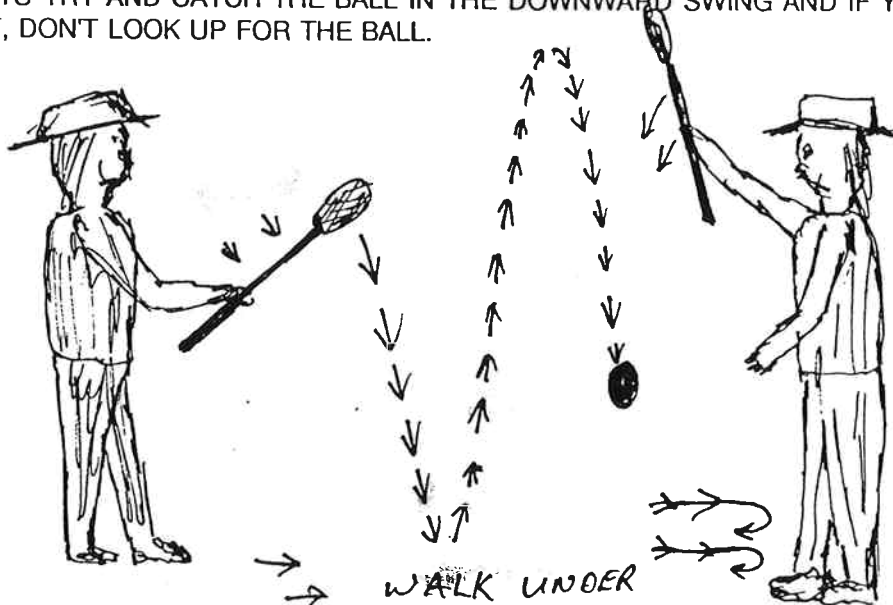
16 WRIST STRENGTH, SPEED, EYE-HAND.

THROW THE BALL UP ABOUT 1m. ALLOW TO COME DOWN AND BOUNCE THE BALL OFF THE HEAD OF THE RACQUET. THEN SWING THE BUTT AROUND AND BOUNCE THE BALL OFF THIS. THEN QUICKLY SWING THE HEAD OF THE RACQUET OVER AND CATCH THE BALL BEFORE IT HITS THE GROUND.



- 17 A THIS EXERCISE YOU CAN EITHER BOUNCE THE BALL FIRMLY DOWN SO IT RISES UP ABOVE YOUR HEAD OR THROW IT UP.
 B WALK UNDER THE FLIGHT OF THE BALL AND TURN 180° WITH RACQUET RAISED UP.
 C AS THE BALL COMES INTO SIGHT, SWING RACQUET DOWN AND OVER THE BALL.

ALWAYS TRY AND CATCH THE BALL IN THE DOWNWARD SWING AND IF YOU WEAR A HAT, DON'T LOOK UP FOR THE BALL.



FOR CO-ORDINATION

- 18 A PLACE THE BALL ON THE GROUND BETWEEN YOUR FEET.
 B BEND OVER WITH YOUR L/H IN FRONT AND YOUR R/H BEHIND.
 C HOLD THE BALL WITH BOTH HANDS.
 D THROW THE BALL UP 12" AND ROTATE YOUR HANDS. L/H GOES TO BEHIND,
 R/H COME TO THE FRONT.
 E REPEAT IN REVERSE AND KEEP ON REPEATING.
- 19 A HOLD YOUR LEFT ARM STRAIGHT OUT IN FRONT OF YOU.
 B HOLD THE BALL UNDER YOUR L/H ELBOW.
 C THROW THE BALL UP AND BRING YOUR R/HAND FROM UNDER TO OVER TO
 CATCH THE BALL
 D ALLOW THE BALL TO RAISE UP ONLY MINIMAL DISTANCE.