

**Reaction Training**  
Sharpen those reactions!



**Ball Control Technique**  
**1-2 mins**



# Cornerstone Skills – Ball Transfer

**Ball Transfer**  
**Challenge**  
Give it a go!



## Ball Transfer –Tuck the Tips, Tighten the Grip

### Set 1:

- Tennis Ball drizzle (10 reps on each hand)
- Speed Challenge: Tennis Ball drizzle around grid

### Set 2: (Against a Wall- 10 reps each hand)

- Transfer rugby ball when tennis ball hits the wall –underarm throw (10 reps on each hand)
- Transfer rugby ball transfer tennis ball hits the wall –overarm throw (10 reps on each hand)
- Intermediate: involve side to side footwork (10 reps on each hand)
  - Advanced: involve a variety of throws with the necessity footwork (10 reps on each hand)

