

Polocrosse Fact Sheet



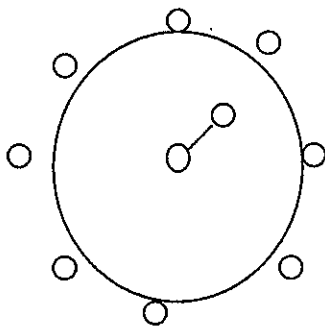
Polocrosse: Ball and Racquet Coaching Drills

1. Circle Drill (without horse)

Players stand in a circle, facing the centre, each with a racquet and ball. One player or coach stands in the centre.

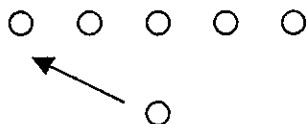
Allocate the player to start the drill. The starter player throws the ball to the centre player who places their ball on the ground at their feet. The aim of the drill is to control the ball and to throw accurately.

This drill can be timed. (If only one group) If there is more than one group, have them sit on the ground when finished.



2. Straight Line Drill (with or without horse)

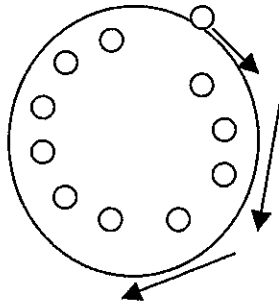
Line the players up as in diagram. Leader passes five passes to each of the five-team members who pass the ball back to leader. This drill can be timed with a stop clock or counted 1 thousand, 2 thousand etc.... Each throw can be called by players name or a cue word for the team.



3. Circle Rounds/Chase the ball (can be on the horse (skilled players only) or off the horse)

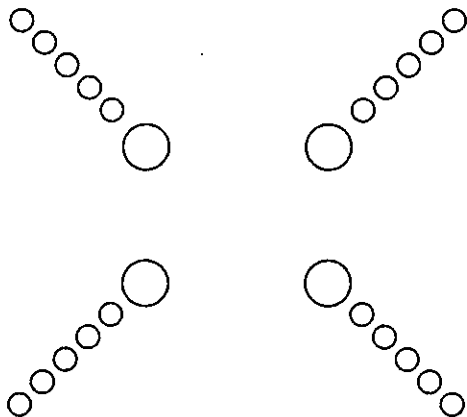
Players are in a circle. The ball is passed around the circle as a selected player runs/rides around the outside of the circle and returns to his/her place. The aim is to beat the ball back to the start. Once back the next player to their right runs.

Coaching tip: if the runners or riders are slow, the ask the players in the circle to catch the ball and bounce before passing to the next player.



4. Egg and Basket (off horse)

Four hoops, bicycle tyres or (draw the circles with flour/sand) are placed on the corner of square area. Each station has approximately 6-10 balls. Each of the four teams has 4-5 members. On the whistle the groups are to steal as many balls as they can from others (only use the racquet balls are not to be picked up by hand.) and place in their own basket. At the end of 1-2 minutes the whistle is blown and the teams are asked to count their 'eggs'. The winner is the team with most 'eggs' in their basket.



5. Keepings Off (off horse)

Allocate a rectangular area with witch's hats as the boundary. Select 2 teams of 5-8 players (depending on the playing area).

The coach flags the start. The idea is to pass the ball to each member of his or her team without the ball being stolen or intercepted. Rules are no hitting of the racquet or body contact. The aim of this drill to improve passing skills and the skills required for passing. Communication between team members can also be practiced. There is also a definite fitness component to this drill.

Tally ball Same as 'Keepings off' however team in possession attempts to make 6 passes in a row- if successful then other team gets it chance to do the same.

6. Dog and Bone (on or off the horse)

Players are given a number and told to sit on the ground with their backs to the 'goal'. (the leader or coach stands in the goal with a racquet)

A ball is placed between them and the goal.

Coach calls a number and that player then gets up, races to pick up the ball and takes a quick shot at the goal. Coach keeps calling numbers, one at a time.

This game is for players to practise their aim when running/riding at a fast pace.

This drill can also be done on horseback shooting at goal, or smaller target.

Coaching Tip: The coach can give the same numbers to two players and when called the two players must scrum for the ball.

7. Piggy in the Middle

This game is to practise catching, throwing and defending.

Four players are stationed each at a cone.

Two players are stationed inside the rectangle.

Players at the cones pass the ball amongst themselves whilst the other two attempts to intercept the passes.

If an interception is made, the thrower swaps with the 'piggy'.

8. Wall Relay

This drill is used to practise catching and throwing

Position the players in a line before a wall.

The first player is to be 4m from the wall

The first player throws the ball against the wall then runs to the back of the line.

When the ball leaves the player's racquet, the next person in line runs up and catches the ball on the full... and so on

The game is done against the clock or another team.

Coaching tip: Make sure the throw is thrown correctly(underarm/bucket throw) and accurately and that every ball is caught before speeding up.

9. On Foot Chukka

Organise players into two teams

Outline a small polocrosse field and goals.

Play a walking game of polocrosse with the focus on racquet skills and player positioning

Coaching Tip: Incorporate rules such as players must throw the ball a maximum of three times before throwing a goal, players can only go forward and backwards- no turns.

10. Free Throw Folly

Coach makes a circle of sand, flour or a bicycle tyre approximately 500mm in diameter on the ground.

Players stand 6 metres from the circle.

One at a time they lob the ball in the air and aim for the circle. The ball must only bounce once directly into the circle for a score to be tallied.

Coaching Tip: Coaches can make this drill into a team event, counting the number of accurate throws over a minute for each team. Must have a ample supply of balls returning to the team. Ask the thrower to run and retrieve their ball or coach assigns a ball handler to throw back the balls to the team.(with a racquet)

11. Team Tunnel

Players stand facing one another in two lines approximately 4m apart.

Player number one starts and finishes the game with the ball in their racquet.

The coach is the designated timer.

Routine:

no.1 throws to no.5, no.5 to no. 4, no.4 to no. 8, no. 8 to no. 3, no. 3 to no. 6, no.6 to no. 2, no.2 to no. 7, no. 7 to no.1.

no. 8 no. 7 no.6 no.5

no. 1 no.2 no.3 no.4

Coaching Tip: Introduce two or three balls after a number of practices. Rotate the players around.

12. Fruit Salad

Line the players up into two parallel lines with a leader at the head.

Allocate a fruit to each pair on opposite teams.

Place a ball in the middle of the two teams at the head end.

The leader calls out a fruit and those players that fit that description run to pick up the ball.

The first player that crosses the boundary of their team with the ball, wins.

The coach can call out more than one fruit so that up to four players can be going for the ball. (The idea is that the player's on the same team work together)

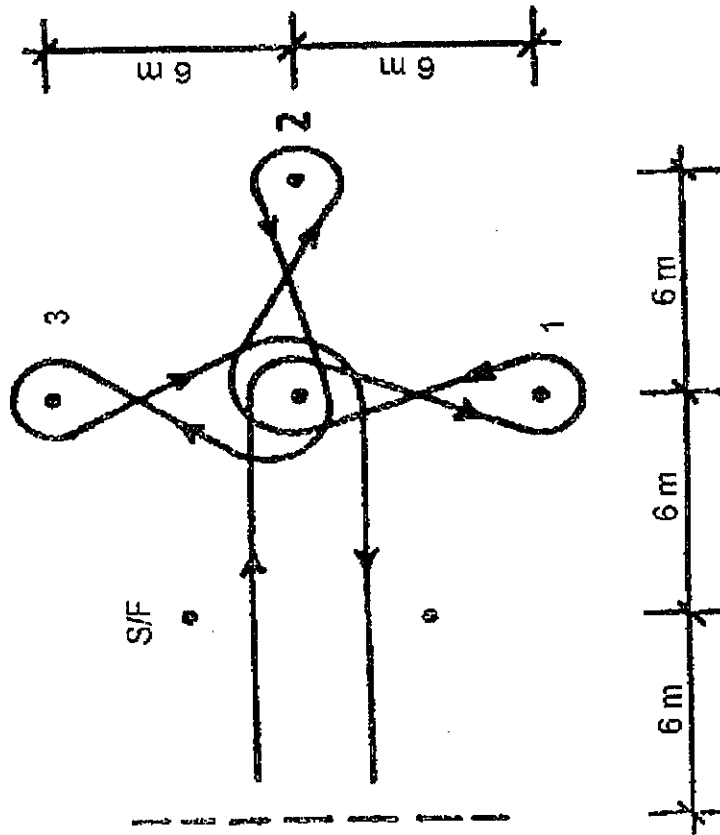
apple pear grape orange

o X coach

apple pear grape orange

CLOVER LEAF OR SHAMROCK RACE

1. Course as shown on diagram.
2. Distances as shown on diagram.
3. Elimination to result from:
 - (i) error of course not rectified
 - (ii) knocked down or broken peg



A barrel race is too easy in that it doesn't challenge the riders to think much about skill and I know a good barrel racer will not say that, but for the purposes of teaching skills and to productively use these exercises as an aid this event will require more thinking and help with the adults that may be riding.

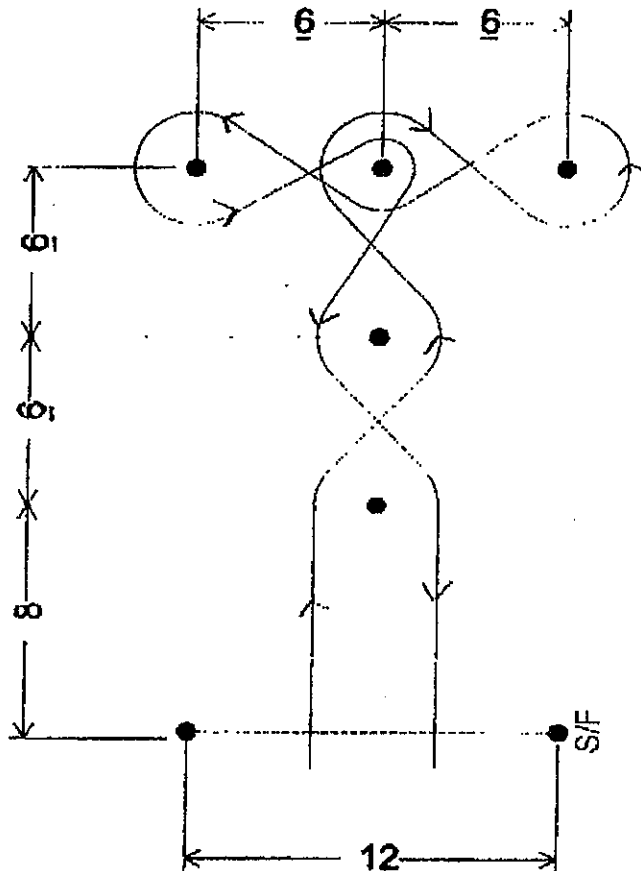
This is all for a bit of fun. See if you can work it out.

Exercise:-

To encourage correct use of aids and assist with the flexibility of the horse.

RUNNING TEE

1. Course as shown on diagram.
2. Distances as shown on diagram.
3. This is a timed event.
4. Elimination to result from:
 - (i) error of course not rectified
 - (ii) knocked down or broken peg
 - (iii) touching peg with the hand



Kieran

This is another exercise to get them thinking particularly after they have just done the Western Pole Bend as the riders often become confused.

The principles of the exercise are the same as the Western Pole Bend this just gives another option and keeps everything interesting and prevents the horses from anticipating what the rider is asking.

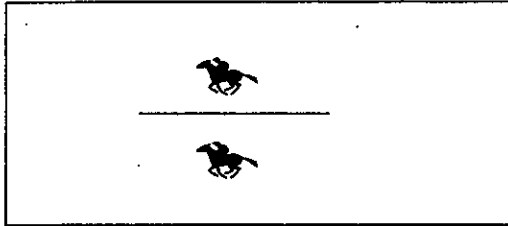
A little more complicated but easier after you have tried this. Starting from the starting line, bending through the first gap, back through the second gap, hard right at the top peg, bend & turn left around the end peg bending horizontally through to the end peg, turning left, bend to centre peg, turn right and bend through the starting line to the end.

We should set up this course as well, only need 5 pegs and a starting line. This is a good one to see who is listening!!

Exercise:-

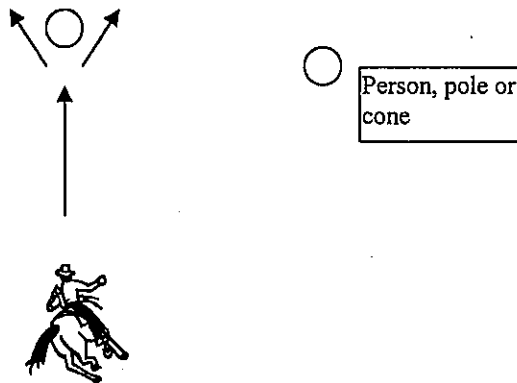
To encourage correct use of aids and assist with the flexibility of the horse.

SHADOWING



Shadowing involves two riders playing within a square or rectangular area (about half a polocrosse field). The riders face each other on opposite sides of the square. One rider is nominated as the first leader and the other is the shadower. The leader executes varying movement patterns in the confined area, such as quick accelerations and decelerations, changes of direction, turns on the haunches, sidepass etc. The shadower mimics the movement patterns as quickly and accurately as possible, whilst trying to keep up with the leader's movements.

WHICH DIRECTION?



This drill uses both verbal and visual cues to change direction. The horse and rider canter quickly to the coach, pole or cone and then have to quickly make a decision when the coach says or points to the direction in which to turn and canter to.

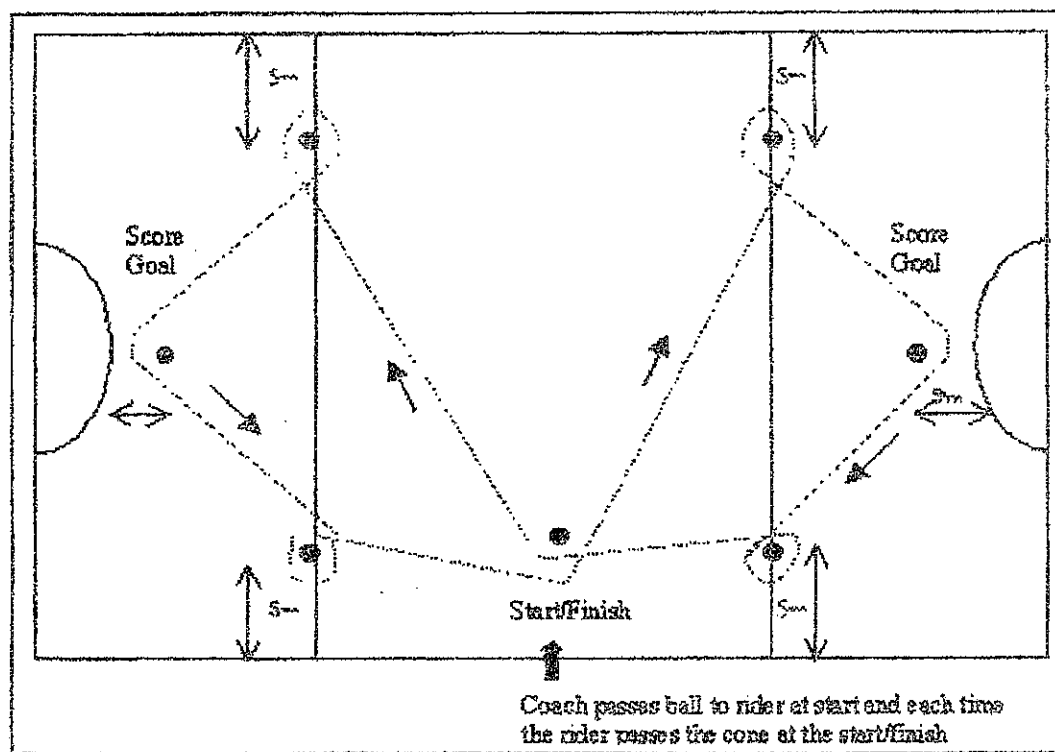


Table 1: A 12 week progressive training program for a 6 x 6min chukka game

Week	Warm-up	Description of Intervals	Total time at high intensity	Work: Rest ratio	Warm-down
1-2	15min skills, stretching	3x1min efforts with 2min recovery. Repeat whole set 2 times with 6min between sets.	6min	1:2	10min skills or walking, stretching
3-4	same as wk1	3x1min efforts with 2min recovery. Repeat set 3 times with 6min between sets.	9min	1:2	same as wk1
5-6	same as wk1	4x1.5min efforts with 2min recovery. Repeat set 2 times, 6min between sets.	12min	1:1.3	same as wk1
7-8	same as wk1	4x1.5min efforts with 2min recovery. Repeat set 3 times with 6min between sets.	18min	1:1.3	same as wk1
9-10	same as wk1	3x2min efforts with 2min recovery. Repeat set 3 times with 6min between sets.	18min	1:1	same as wk1
11-12	same as wk1	3x2min efforts with 1min recovery. Repeat set 3 times with 6min between sets.	18min	1:0.5	same as wk1