

Open Quidditch Coaching Library

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Basic Fitness Drills/Agility

Get bouncy

Set up: create a grid of cones ~2m apart (the size and no. of the grid depends on numbers).

Focus: Players should aim to stay on their toes and ready for quick direction changes/exploding off the spot.

Activity: players are to follow the commands/direction of the leader at the front. Aim to change direction quickly and explode off the spot. Run for ~2min, rest, repeat.

Ladder

Set up: an agility ladder

Focus: increasing speed of movement and agility/explosiveness.

Activity: a variety of quick feet skills. Work towards integrating arm movement. 2 feet/out → front and side, sidestepping (pushing HARD off outside foot)

Touch the butt

Set up: a line of cones set about 10-15m apart delimiting the start and finish lines. Pairs of people sit at the start line. The “back-most” person sits at an arm’s length away from the “front” person.

Focus: increasing speed of movement and agility/explosiveness.

Activity: sort of like a quick race or game of tip. The person at the front has to suddenly get up from a sitting/kneeling position and sprint to the end line, while the person at their tail (beginning at roughly an arm’s length behind) has to get up and sprint after them, trying to tip their butt.

Progression: start in kneeling position (like a brooms up), then sitting, then sitting with their back turned away from the finish line, then lying down.

Arc prints

Set up: an arc/semicircle made of cones

Focus: increasing speed of movement around corners.

Activity: people must run at full speed along the outside of the arc, inclining their body inwards and trying to push themselves to run as fast as possible without opening up their arc-trajectory too much. Progression: can start without a broom, then incorporate the broom.

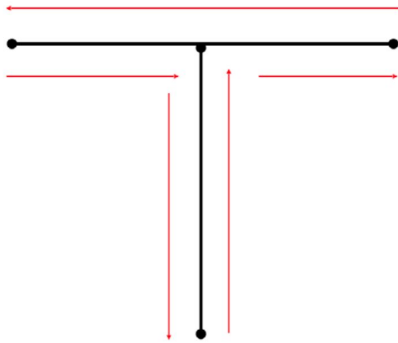
T-sprints

Set up: create a 'T' of cones. Each line should be ~10m in length.

Focus: Stepping hard off outside foot and changing direction explosively.

Activity: Stand at the base of the T in a ready position. On "go" sprint forwards as fast as possible to the top of the T. Side step right until you reach the right-hand cone. Immediately sidestep left until you reach the furthest left-hand cone. Sidestep right until you reach the middle. Turn and sprint back to the base of the T, making sure to spring through the line.

Progression: Start with no broom, move to with broom. Can time runs for individual challenge or competition.



Games

Sprout ball

Set up: a large square (the more people playing, the bigger it needs to be). Collect lots of bludgers (and quaffles if there aren't enough bludgers), the equivalent of roughly 1 bludger for every 3 or 4 people.

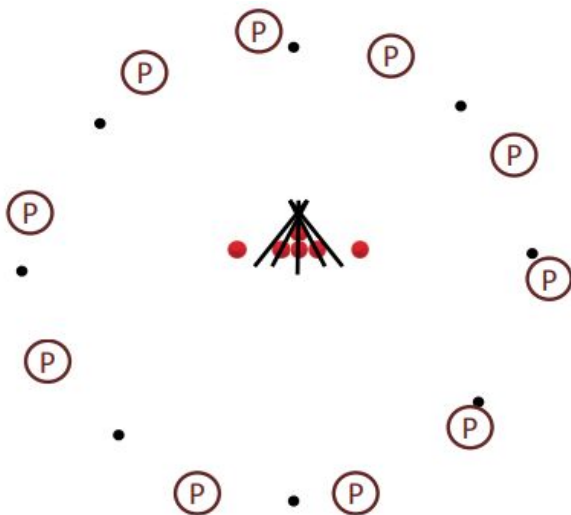
Activity: everyone stands around the outside of the square. Call "3-2-1 go!" and whoever is holding a ball must throw it into the middle of the square. Then everyone runs in and begins playing, each person for themselves, and everyone is a beater. If you catch a bludger that is thrown at you, you are safe. If you get beat, you become a sprout (sit on the ground). As a sprout, you can hold a ball for another person who passes it to you, then when they ask for it you give it back to them (you may not give that bludger to another person). A person can have a maximum of three balls in their possession (= 3 sprouts, or 2 sprouts and they are holding 1 themselves). If the person who owns the ball you were holding (while you are a sprout) gets beat, you must let go of their ball (let it roll away or lie next to you). Once the person who beat you out gets beat, you can respawn and get back into the game. If you were holding any bludger that belonged to someone else while you respawn, you can keep that ball for yourself. If a ball is thrown off bounds, you may run to get it, but you must reenter the game as quickly as possible and at the same spot you left from. You may not get beat or beat someone out of

bounds. At some point (maybe after 5-8min), someone will call “no more respawns”, and the game keeps going until the last person standing wins.

Cornucopia (Hunger Games)

Set up: there are no real boundaries, but a square of cones should be set up and the game should be concentrated within it. Place bludgers, a quaffle and brooms in the middle of the square (roughly 1 bludger and 1 broom for every 3 people; also good to have one less broom than bludgers).

Activity: everyone stands around the outside of the square, and when “go” is yelled, they all run in and try to pick up a broom and a bludger. The aim is to be the last person standing. You are only allowed to beat other people if you are mounted. The quaffle is only for deflecting. If you get beat and you are on a broom, you must drop your broom, tap a cone and return to the game. If you get beat but are not mounted, you are out. Throughout the game, you should look for fallen brooms and bludgers. The broom, as well as allowing you to actually make beats, is like an extra “life”. You cannot possess more than one broom, though. If you catch a bludger thrown at you, you are safe, and the person who threw it must dismount and tap a cone.



Circle of death

Set up: everyone stands in a wide circle. Three people are in the middle, mounted on brooms. Use around 2-3 bludgers.

Activity: the people on the outside must try and beat the three people in the circle. If you hit them, you trade places with them. This is good for communication (both for the three in the circle and for the outside people), accuracy and hard throws.

Beater bullrush

Set up: One/two beaters in the middle of the field with all the bludgers you can carry

Focus: Accuracy, encouraging baby beaters

Activity: Call bullrush, everyone who is hit by a bludger becomes part of the beating team. Catching a bludger means you are not beat and you may deflect bludgers with this bludger. Last person standing is the winner

Stuck in the mud

Set up: Square of cones correspondingly big to how many people you have (enough for people to run around but not silly), 3 beaters w/ bludgers

Focus: Communication, accuracy

Activity: If you are beat w/ a bludger you are “stuck” and have to stand with your legs in a V. To get back in another person on your team has to crawl through your legs. The beaters need to try and get everyone to be stuck. This is best achieved through communication and systematic movement around the square, and defending stuck players. This should not be told at the beginning of the drill, rather it is best if it is discovered through trial and error, and then if really required can be suggested.

Dragon tails

Set up: make a big square with cones and give everyone a bib.

Focus: practice seeking, while also being alert to what is around you.

Activity: everyone has a bib like a snitch tail and must try and eliminate everyone else by catching their bibs. Once eliminated, people remain around the square and can attempt to grab someone’s bib if they get close to the edge. As more people get eliminated the square is made smaller.

Dog and Bone

Set up: two parallel lines of cones, put people in pairs of similar ability (speed/strength/size) put them on opposing cones. Place a bib or snitch tag somewhere in the middle of the two lines of cones.

Focus: Quick reflexes, pushing off people and making quick movements, taking smallest opportunities, quick planning, off-ball/seeker physicality

Activity: Coach calls a number which relates to one of the pairs. Once they hear their number, that pair try to grab the snitch tag and make it back to their line. If a person is holding the tag, the opposing person can tap them before they get back to their line. Coaches can call multiple numbers so that there can be teams of 2 or more and can work together to block opposing people while another goes for the tag.

Chaser Drills

Contact

Project Runway

Set up: Create a 'runway' of cones. Players will be required to run within the cones.

Focus: To make players more confident in tackling and work on different tackling styles.

Activity: Split players into 2 even lines. 1 line of players will have a ball and be required to run along the 'runway' at the other line of players. Line 2 sets up their position in the runway (they can move towards the attacking player) and aims to tackle them.

Aim to work through various tackling styles (to the ground, pushing out, grab and fall, slowing down, etc.)

Variations: smaller lanes force defence to tackle and offence to attempt to spin out of tackles; wider lanes encourage offence to practice stepping/avoiding tackles

Tackling out/Down

Set up: Create a small square; ~2x2m with cones. Multiple squares are needed for larger groups.

Focus: To try to push/slow down/take down the ball carrier in the square. Useful for 1.5s, marking, tackling.

Activity: Assign ~4-5ppl per square. The aim of the drill is to push a person with a quaffle or bludger out of the square, take them to the ground, or strip the ball off them. The tackling player gets ~10secs to do this successfully. Ball carrier rotates out, tackler stays in, repeat.

Teaching points: use people's momentum to push them out. Grab and fall. Stripping the ball is effective against all side players.

Double tackle w/ Pass to Wing

Set up: 3 hoops, 1 cone for ball carrier ~7m from hoops, 2 cones for tacklers ~5m from hoops (1 slightly ahead of the other), 1 cone for wing player either to L or R of hoops.

Focus: To practice double tackling players to stop a pass/big boy. To practice passing through a tackle.

Activity: When ready, both defensive players aim to double tackle the ball handler who is trying to pass to the wing player. 1 player tries to lock down the arm while the other aims to strip the ball from the ball carrier.

Progression: Ball carrier not allowed to move → ball carrier allowed to move

Wrapping progression

Set up: split into groups of two or three, with one quaffle per group.

Focus: starting at the simplest form of contact then progressing to higher difficulty.

Activity: the first step is to get people used to pushing/shoving the ball carrier. The ball carrier can jog up to the defensive player, whose aim is to push them sideways away from the hoops. The defensive player should switch arms as the ball carrier switches directions (i.e. if the ball carrier is moving to the defensive player's left, the defensive player should use their right hand to keep pushing them in that direction, as well as away from the hoops. Then if the ball carrier begins moving the other way, the defensive player should switch arms). The next step is to effectively wrap. The ball carrier begins by walking up to the defensive player, who wraps them, aiming to pin down the ball arm. Once the wrap is firm, the defensive player can push them away from hoops. This should be progressed by increasing the speed at which the ball carrier approaches the defensive player. Lastly, this can be done at a run, and the ball carrier can try to step and get away from the defensive player.

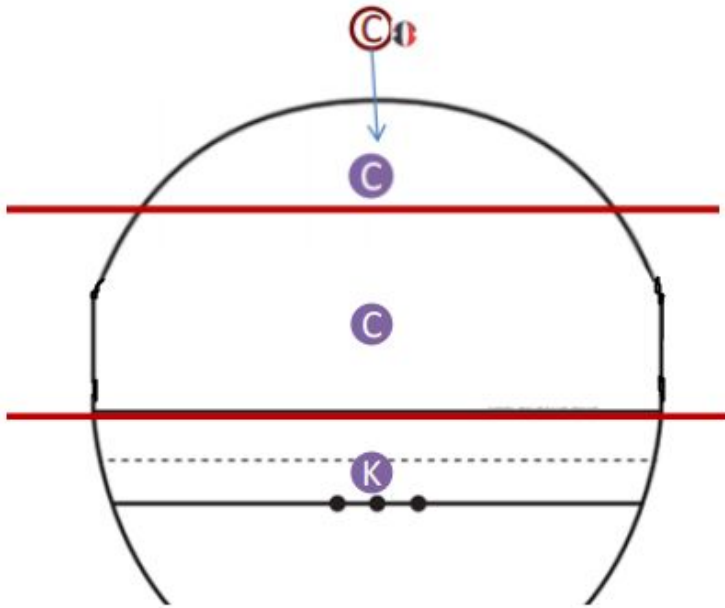
Driving Gauntlet

Set up: using cones to mark them out, set 3 lines at roughly 5m apart parallel to the hoops.

These lines mark the areas of the defensive players. A quaffle carrier starts on the opposite side of the hoops.

Focus: the aim for the ball carrier is to drive through three defensive players to score. The aim of the defensive players is to tackle the ball carrier, pin their arm, or strip the ball off them.

Activity: the ball carrier sprints towards the defensive players and faces one at a time. The player must fake/step, drive through, or spin out of a tackle, and at the end score a goal. The defensive players will do what they can to stop the driving player, but must remain in their areas.



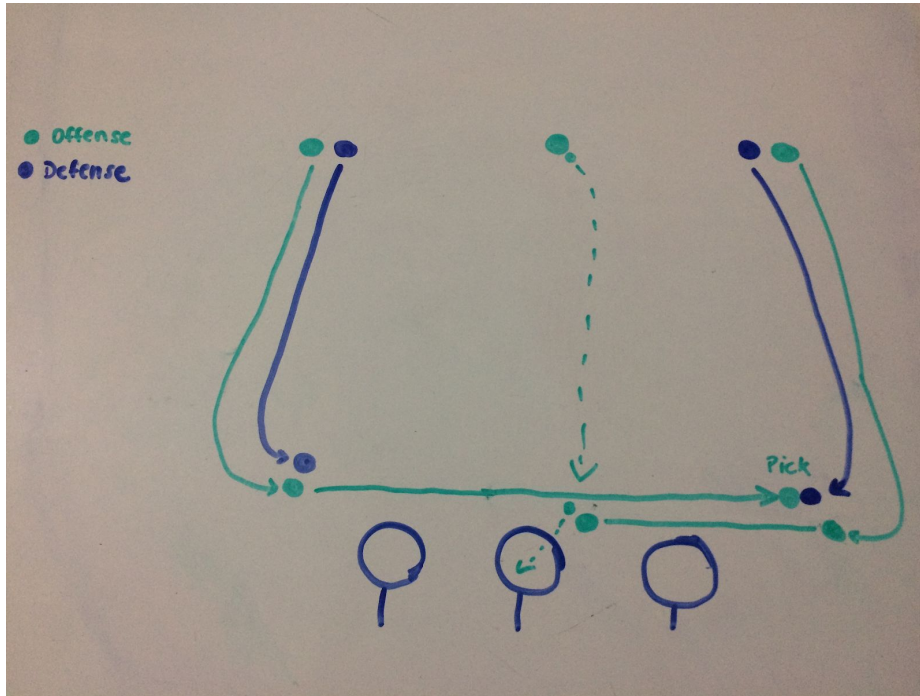
Basics

Off ball picks

Set up: hoops, one quaffle, and cones. One cone at the centre at about 15m from hoops, where a distributor will be stationary. Two cones next to each other at either side (roughly 5 metres away from centre). The outermost cone is for the offensive player, the inside cone if for the defensive player. So, in the end you will have 2 defensive players marking an offensive player each, and an offensive stationary ball carrier whose only job is to pass a quaffle.

Focus: setting off-ball picks, getting away from your mark, cutting into hoops, calling for a pass.

Activity: the two outer offensive players need to jog up to the hoop line and try to drag out their defensive players before making a cut into hoops. They set picks for each other in order to free one of them up, to be ready for a pass. They must call for the pass.

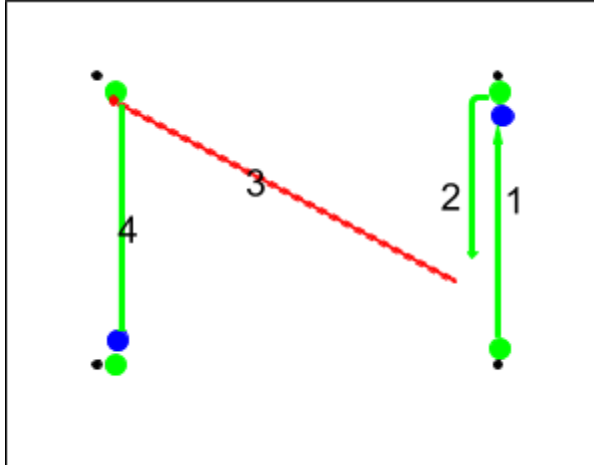


Picking square

Set up: set up a large square with cones (roughly 8x8). Place an offensive player at each cone, one of them with a quaffle. Place a defensive player at two diagonally-opposite cones.

Focus: working on setting off-ball picks, quick reaction time, and having the ball carrier remember that their job is not done after they pass off the ball and they should immediately do something new to make a play.

Activity: the free offensive chaser opposite to the ball-carrier runs up their line and sets an off-ball pick for their fellow chaser, who runs back along that line towards the now-freed cone. As they run, they receive a pass from the ball-carrier. Once the ball carrier has passed off they must immediately run up their line to set another off ball pick (and the cycle continues, with the new ball-carrier passing off to the chaser for whom the pick was set). Ideally this flows quickly, so that the new ball-carriers don't have to wait around at their cone for too long before passing off. Make sure ball-carriers don't linger at their cone after they pass, and instead explode off their cone right after releasing the quaffle. Once a pick is set, the defensive chaser remains in their spot defending a new player (the pick-setter). Run 4-5 rounds before swapping everyone out for new players. Do not set up lines behind each cone that will swap at every run, it will get too confusing. Once everyone has done enough on one side, you can swap which cones have defensive players so that passing occurs in the other direction.



Stepping

Set up: make a large Y shape with cones. Have a quaffle.

Focus: learning how to effectively step/fake someone.

Activity: the ball carrier begins at the bottom of the Y, sprints up to the middle cone, and steps a person who is standing there. The ball carrier should focus on lunging one way, then exploding off the outer foot to change directions quickly. They should keep sprinting until they reach the final cone, rather than stepping and immediately stopping. They should also learn to gauge the correct distance to begin a step, not too close and not too far from the defensive player.

Progression: the ball carrier should try different stepping techniques other than the simple “lunge one way and explode the other way”. The basketball “jump”, the spin, the windmill, reverse windmill, double step, are all techniques which can be practiced until players find their preferred method of stepping. Faking should also be included in this drill, as stepping while faking is A LOT more effective. Players should aim to practice getting the coordination right, between stepping and faking at the same time. When faking, the aim is to use one’s whole body language to trick the defensive player into thinking the ball carrier will pass/run one way; this means eyes, hips, feet, throwing arm, and even calling someone’s name (as if going to pass to them) are all techniques which should be included in this drill.

10 passes

Set up: Depending on numbers, create a 10x10m square (for 4-5 a-side) square with cones. Bibs, 1x quaffle.

Focus: To try to get away from marks and moving into space. More advanced versions of the drill include picking.

Activity: one team has the ball and aims to pass it 10 times without being intercepted. The opposition tries to keep their marks and intercept passes. If the other team gets hold of the quaffle, they then begin counting their passes, and the roles are reversed.

Shooting/blocking practice

Set up: 1 line of cones ~4m away from each side of hoops. A bunch of quaffles. Keeper on hoops.

Focus: Quaffle carriers learning how to fake and draw a keeper to one side of hoops. Learning to shoot. Keepers learning to intercept and how to read shots/how to step up to the shot to make a smaller 'shooting cone'.

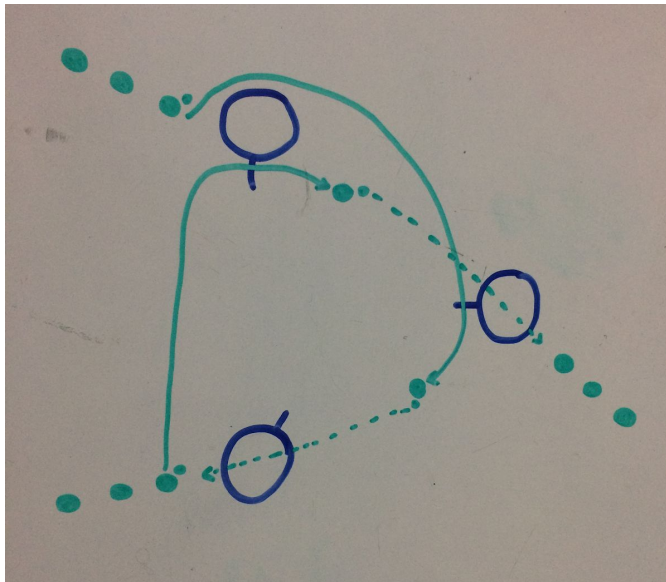
Activity: Split chasers into 2, allocate a keeper on hoops. 1 side of chasers shoots all their quaffles aiming to shoot before the line of cones. Other side collects the quaffles and then they go. Repeat.

Shooting Stars

Set up: 3 hoops, set up ~8m away from another in a triangle. Cones. 1 or 2 quaffles.

Focus: Cutting and shooting.

Activity: Players split up across all 3 cones. Quaffle carrier runs towards their clockwise hoops, cuts around it and shoot at the hoops in-front of them. Player line near that hoops collects/catches the quaffle and then goes. Repeat.



Scoring through one person on hoops

Set up: hoops, one cone for ball carriers set diagonally roughly 5m from the outer hoop. A line of distributors waits behind the cone. One wing player stands behind and close to the outer hoop (same side as ball carrier) waiting for a pass that would generally be a quick catch and dunk. A keeper stands in front of the hoops, between the middle and outer hoop.

Focus: scoring through a keeper/chaser on hoops. This is specifically helpful for smaller players, gaining confidence in scoring on bigger players.

Activity: The distributor must pass the quaffle to their teammate who is right by the hoop. Once the pass reaches them, the keeper must do all they can to stop the goal. As they are on opposite sides, this generally means blocking with their hand through the hoop. If this is the case, the ball carrier should use their free hand to shove the keeper's hand away and score. The ball carrier can also fake at that hoop, then score on the middle one. The keeper can also try to move quickly behind the hoops, defending more effectively. The ball carrier must fake, drive through, and do anything they can to score.

Quick deflect

Set up: a triangle of cones, set roughly 6m apart. On one cone, have a chaser with a quaffle, on another cone a beater with a bludger, and on the third an empty handed chaser.

Focus: receiving a pass and quickly deflecting an incoming bludger.

Activity: the second chaser receives a pass and immediately turns to an incoming bludger and deflects it. Beaters should not peg the bludger in the beginning, but slowly build up. The beater should throw their bludger as the chaser has the quaffle in their fingertips about to catch.

Alleys

Set up: Two cones set around 10-15m apart, with a line of people behind.

Focus: Long passes and alley catches

Activity: person 1 with a quaffle throws a long pass to person 2 on the other side, then begins running up towards them. Person 2 passes back, aiming to make the push-pass go diagonally upwards as an alley, so person 1 must jump to catch it. After catching the alley, person 1 should try to pass back to person 2 in midair.

Volleyball tap

Set up: Two cones set around 4m apart, with players behind each.

Focus: quickly tapping back a quaffle before a bludger hits you

Activity: players must pass the ball to each other and volleyball-tap it back. You can make this more challenging by incorporating beaters close to the centre that will fake and "scare" the person who is making the tap-pass.

Progression: this can be done while moving rather than stationary using a set up similar to the alley passing drill.

Teleportation

Set up: hoops on either side of the pitch, two lines behind each set of hoops. One line is the “keeper” line, the other the “teleporting chaser” line (on opposite sides on each side of the pitch).

Focus: for chasers to learn to read the moment their keeper will become in possession of the quaffle, and be ahead of everyone else on a fast break. Also practices long, hard passes.

Activity: as the keeper picks up the quaffle, their chaser partner is already sprinting up the pitch. The keeper sprints up as well, and at around half-way makes a long pass to the chaser, who is by the hoops ready for a catch and dunk. The next keeper quickly picks up the dunked quaffle and the cycle is repeated.

Weaving

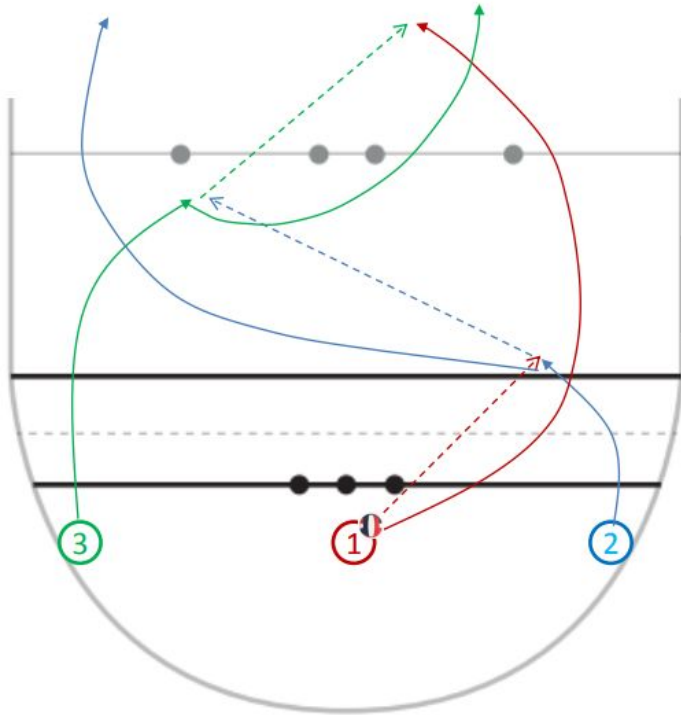
Set up: three cones around 5m apart, with people lined up behind them. A quaffle at the middle cone.

Focus: This drill practices passing and receiving at pace as well as offensive movement i.e. cutting and weaving.

Activity: Quaffle players start in three lines spaced far apart behind the hoops. The player in the middle (1) starts with the ball and can pass to a player on either side, in this case the player to their right (2). They then follow their pass and run behind the player who received the ball. This is then repeated with players (2) and (3). Players move up the pitch in a figure eight shape and can then offload the ball to another group of three.

Progression: Vary the distance between the players focuses on different ranges of passes.

Coaching Points: Players’ aim is to run onto passes without losing momentum and to perform flat and fast passes anticipating where their teammates will be. The ball and players should be in continuous motion throughout.



Palm off (Gift)

Set up: set cones in a large Y shape (cones roughly 10m apart), with a line of players at each of the three outer cones. One quaffle.

Focus: being able to switch your ball-hand and palm off to a teammate.

Activity: person 1 (quaffle carrier) runs to the middle cone and chooses a direction to run in (at either one of the two other chasers). Once they pick a side, they must switch the quaffle to their non-dominant hand and palm it off to person 2 who is running at them. Person 2 must run to the centre cone and choose a side, switch hands and palm off to person 3, and so on.

Fast break

Set up: on one side of the pitch place two cones roughly 5m apart where hoops would be (make a line of chasers behind each one), and on the other side of the pitch set up the hoops. A few metres ahead of the chaser cones set one cone with a line of beaters.

Focus: sprinting up the pitch in a fast break situation of 2 chasers vs 1 beater. This will practice faking and long accurate passing. For beaters, this will work on reading the pass and beating a sprinting target.

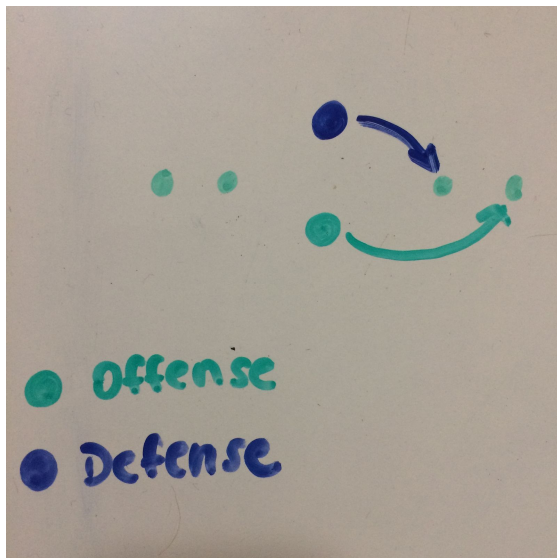
Activity: when the quaffle carrier yells "fast break!", they start running with their partner up the pitch, with the beater just ahead of them. The aim is to draw the beat, fake, make long passes, do whatever is needed to get the goal. The aim of the beater is to stop the goal.

Getting away from your mark

Set up: set up two pairs of cones in a line with about 3m separating them (and the two cones in a pair should be fairly close to each other, between 50-80cm apart).

Focus: learning how to psych out the player who is marking you by faking, twisting your legs and hips, and getting away from them. The defender has to learn to read body language and be quick at reacting to the opposition's movement.

Activity: in pairs, players begin in the centre of the line facing each other. One player is on offence, the other on defense. The player on offense needs to get away from their mark and touch one of the outer cones before the defensive player can react and touch the corresponding inner cone. The winner is the person who touches a cone first.



Catching basics

Set up: set up a line of 5 cones spaced roughly 8m apart. Make a line of chasers behind the first cone. Place a player with a quaffle at cones 3, 4 and 5.

Focus: to practice the different ways of catching a quaffle.

Activity: chasers must run from cone to cone catching quaffles thrown at different angles. The first one is an alley pass (passed from the player at cone #3), the second a chest pass, and the third a roll pass. The chaser must run from cone 1 to cone 2, and at cone 2 they must jump to receive an alley pass. When doing this, players should practice running with their hand up to serve as a target, and when jumping they should pin their thighs together to hold the broom, and try to jump while maintaining forward momentum (rather than stopping, jumping in place, landing, then running again). Then they pass the quaffle back to the person who threw at them and continue to the next cone, where they receive a chest pass, then they pass back. Then they run to the last cone where they will receive a roll pass, and they must bend by the knees bringing their broom hand down and pick up the ball with TWO HANDS, while keeping one leg behind them (this position, as opposed to a stationary open-legged stance, not only creates a

foot-barrier should the ball roll past their hands, but also allows the player to maintain their running momentum and push off that back leg).

Strategy

Blind ball

Set up: Split players into groups of 3. Make sure each group has a decent amount of space.

Focus: To work on being 'scrappy' and collecting balls from the ground. Working on boxing out.

Activity: player 1 will hold the ball while players 2 & 3 stand next to each other, facing player 1. Players 2 & 3 are to have their eyes closed. Player 1 will throw the ball in a random direction and shout "GO". Players 2 & 3 try to get the ball in their possession first.

1-2-3 Dunk

Set up: Set up 3 cones around hoops: ball carrier at position 1, wing chaser at position 2, final cutter at position 3. Place cones at the ideal position where players want to be throwing/catching the ball from/at. Set up all 3 hoops.

Focus: Players aim to

Activity: Ball carrier will pass the quaffle to wing chaser in 2, who quickly passes off to a final cutter in position 3 to dunk. This drill should happen quickly and all players should be continuously moving and catching on the go.

Progression: Move from chest passes to alleys. Introduce a point chaser or defensive beater. Can switch up sides or make sides changeable so the ball carrier can choose whether to go left or right for 2.

4 v 2

Set up: 3 hoops, 4 cones at midline. 2 beaters on defence.

Focus: chasers: learn how to make clean, fast passes around beaters until they find an opening or the beaters make a mistake. Learn to "draw the beat". Beaters: learn to work together and communicate, as well as faking a throw in order for the chasers to mess up a pass.

Activity: four chasers on offence try to score on two beaters.

4 v 3

Set up: 3 hoops, 4 cones at midline. A keeper, a point chaser and a beater on defense.

Focus: offence: chasers learn how to make clean, fast passes around hoops until they find an opening. Defence: learn to be aggressive point chaser and beater, while keeper needs to communicate and try to block passes behind hoops.

Activity: four chasers on offence try to score on a keeper, point chaser and beater.

Variation: a keeper and two beaters on defence.

3 v 5

Set up: 3 hoops, 4 cones on midline. Keeper and 2 beaters on defence.

Focus: Playing around control. Keeper communicating to their beaters.

Activity: Four chasers and a single, armed beater aim to score on the keeper and 2 armed beaters on defence.

4 v 4

Set up: 3 hoops, 4 cones at midline.

Focus: practice getting away from their mark, being free for the pass, good passing. Can also use picks. Defence: practice keeping their mark and intercepting passes.

Activity: four chasers on try to score against three chasers and one keeper.

6 v 6

Set up: 3 hoops, 4 cone at midline, bibs, quaffle, 3 bludgers

Focus: working on whatever skill is needed, or on set plays, or simply practicing offence and defense structures.

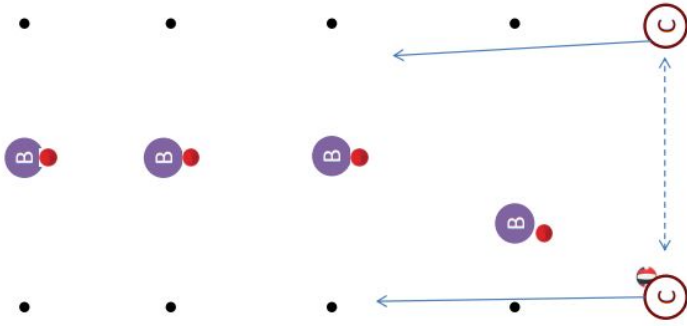
Activity: full team set up on offence and on defence. Swap which team has control every once in a while. Play half courts.

Beater Gauntlet

Set up: three parallel lines (roughly 5m between each one) marked with a cone at each end (around 8m wide), 1x quaffle, 3x bludgers. Add another set of cones further out to delimit the area the chasers can run in (about 3m out from the beater cones).

Focus: for the chasers, the aim is to draw the beater towards them and perform a flat fast accurate pass just before they are beat. For beaters the aim is to force a bad pass then beat out the receiving chaser as they are attempting to catch or beat out the original quaffle carrier before they can pass.

Activity: two chasers try to get from one end to the other with the quaffle. Beaters must remain on the lines set by cones and will try to beat out the chasers.



Chaser 2v2 (with shooting focus)

Set up: set up a line of cones ~ 3-4m from hoops (where point would normally be). 3 hoops and as many quaffles as possible.

Focus: A cognitive activity in which chasers need to work together to come up with a way to effectively shoot on a keeper/get around point.

Activity: In pairs, chasers will play defence/offence. The aim of offence is to create an opportunity for the ball carrier to shoot before the line. It is up to the offence to figure out ways to do this.

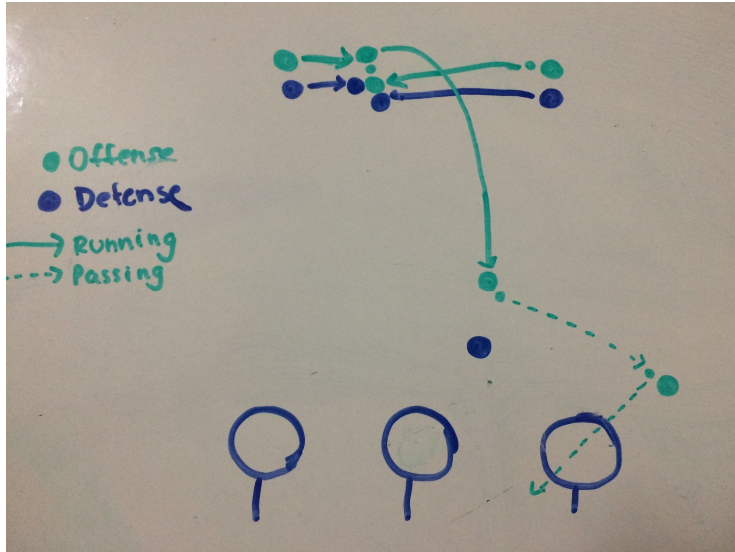
Some suggestions are: screening point and faking keeper, screening keeper and stepping point, passing past the point and shooting, etc.

Advanced palm-offs

Set up: one set of hoops, 2 pairs of cones at an offense line, roughly 10m apart. One cone is for an offensive player, another for a defensive player. One of the offensive players (person 1) has a quaffle. Another cone is set at the hoop line, about 4m away from a hoop, where another offensive player waits; and a defensive keeper is on hoops.

Focus: to use palm-offs and picks in a more game-like scenario

Activity: person 1 with the quaffle (and who is being marked by a point chaser), jogs towards person 2 (their teammate), who is also being marked (this is optional though, and you can begin with person 2 being unmarked and then progress it). Person 1 palms off the quaffle to person 2 and immediately sets a pick on the defensive player, causing some chaos. Person 2, now the quaffle carrier, quickly turns towards hoops with the intent of scoring. They can either drive through the keeper or pass to the wing chaser who is by the hoops (alternatively, the wing chaser can set a pick on the keeper).



Beater Drills

Basics

1.5 Square

Set up: Set up small squares (~3x3m). 2 beaters in a square, 1 has a bludger.

Focus: To get beaters practising effective contact and how to effectively stop the armed beater hitting another player.

Activity: Beater w/ no bludger has 10-15secs to push the other beater out of the square/strip the bludger/tackle to the ground before they can be beat.

Beater Basics

Set up: 4 cones, roughly 2-3m apart in a line.

Focus: practice different beating skills repetitively.

Activity: People stand in line behind the first cone. One person will move through the other three cones. First, they will attempt to catch a bludger thrown at them (or dodge if it doesn't go straight at them). After a few tries they move on to the next cone, where they must deflect a bludger thrown at them (by someone on the first cone) using a bludger, holding it either with one or two hands and trying not to drop it. On the last cone, they must have their back to the group and move side-to-side, while the person on the first cone gets a target practice, trying to beat them as they move sideways.

Progression: “catching” cone: start without a bludger → hold a bludger and drop it before catching the one thrown at you. “Jumping” cone: add an extra cone right next to the throwing one, in which the beater must jump over a bludger thrown at their feet at close quarters.

Take Me Out

Set up: One hoop, Beater A w/ bludger on hoop and Beater B w/ no bludger approaching

Focus: Offensive beating, handling pressure, applying pressure

Activity: Beater A has a bludger and is on hoops, wanting to protect it. There is a chaser who is actually the next beater in line w/ a quaffle pretending to be a threat. Beater B has no bludger and must distract/incapacitate Beater A. This can be through tackle/pushing them back behind hoops/getting in their face/stripping the bludger. Beater A has a few choices. Their first choice cannot be to beat out Beater B, but can step Beater B and therefore get in front, they can place a hand on Beater B to keep them at arm’s length.

Progression: No tackles, no beating (if you beat them you lose). Then tackles + beats but bludger must be recoverable. Then chaser becomes more active and Beater A’s goal is to delay the goal for as long as they can, Beater B must act as a shield/deterrent.

Notes: Be aware/careful of illegal contacts

Throwbacks

Set up: Ideally a hoop and cone, can be two cones

Focus: Throw-back accuracy

Activity: Beater stands with back to hoops and throws a series of bludgers backwards and aims to have the bludger reach the middle hoop and stop nearby.

Progression: Throw the bludger backwards and then have to run after it (teaches accuracy when you have to get tired from running).

Alternatively: Same set-up except the beater runs away from hoops and throws the bludger backwards, second beater runs forward and picks it up, keeps running and throws it backwards.

Human Shield

Set up: Two cones

Focus: It’s a snazzy move that retains bludger control

Activity: Chaser is running away with the quaffle, not looking back. Beater A is not on their team and is aiming for them. Beater B is on the chaser’s team, and throws their bludger back to their partner Beater C who is at hoops. Beater B is aiming to disrupt the beat on the chaser by physically taking the beat or just throwing off the aim of Beater A.

Second Chance

Set up: Two beaters face off

Focus: Tapping up the ball and not just accepting the beat

Activity: Beater A throws at Beater B, not aiming at their centre. Beater A has to tap the ball up in the air before they can catch it, kicks are also accepted.

Square of chasers

Set up: 3x3m square of cones, and one cone outside at ~5m away.

Focus: beater will practice soft beats and catching their bludger after a beat. Training for speed.

Activity: three chasers must pass a quaffle around in the square. If they are beat, they must run to the outside cone before coming back in. The beater's aim is to beat all the chasers out.

Pentagon of Death

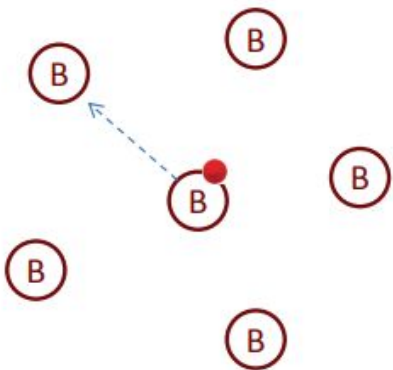
Set up: cone in the middle w/ bludgers and ~5 cones 1.5m away in a pentagon shape for 5 beaters on the outside.

Focus: Accuracy, dodging

Activity: beater in the middle throws the bludger to beat out those on the outside. Those on the outside can duck or jump as they wish but can only dodge one step either side of the cone.

They can also catch the bludger. If beat you sit down or collect the bludgers, last one out becomes the new centre beater or whoever wants to. If the beater in the middle is caught, they switch with the one on the outside who caught them, and those that were beat in that round stay down.

Alternative: If the beater in the middle misses a beat, they switch with the one on the outside.



Valhalla

Set up: 3x3m square

Focus: Beater battles (throwing, catching, deflecting, dodging)

Activity: Everyone stands in a line. The first two players (with bludgers) engage in a beater battle. The first to beat the other wins, and the loser stands on the other side of the square. The next in line challenges the winner, and the winner stays in while the loser stands outside. Once the player who knocked you out gets knocked out themselves, you rejoin the line.

Firing Range

Set up: 3 beaters w/ bludgers, one without standing about 1.5m away

Focus: Catching bludgers

Activity: The beater without a bludger (Beater A) stands facing away. Silently, the other beaters determine who will throw their bludger, while the other two fake. One beater yells 3, 2, 1, fire! And Beater A turns and must try to catch the bludger thrown at them.

Beater awareness

Set up: hoops; four cones in a square around the hoops about 10m distance. Place a beater at the hoops and chasers behind each cone.

Focus: practicing quick thinking for beaters

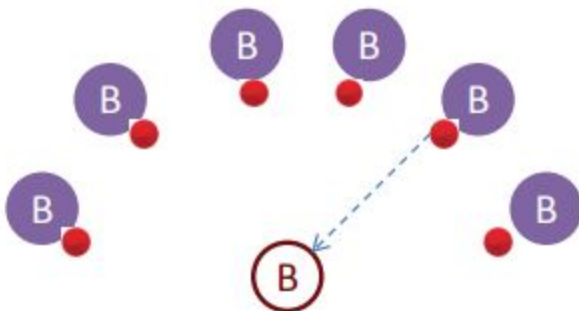
Activity: the beater keeps their eyes closed and the chasers decide which two of them will run in and score. Once they decide, the quaffle carrier yells "go!" and starts running. The beater opens their eyes at the call and must quickly find where the quaffle carrier is and where their partner is, and must decide what to do to stop the goal (fake, make an early beat, etc).

Beater crescent

Set up: one beater stands with their back turned around 7m away from a group of beaters with bludgers.

Focus: This drill builds up catching instincts so that players can react quicker on pitch. Start with balls being thrown at moderate speed to where most throws are very catchable and build up power as the drill progresses

Activity: While the single player is facing away, one of the players in the crescent signals to the rest that they alone will throw their ball. On the coach's command the player in the centre turns to face the crescent and must quickly react and catch the bludger.



Strategy

Beater Battle

Set up: Two beaters

Focus: Accuracy, catching, strength

Activity: Two beaters square off, encourage fakes and movement, especially confidence.

Beaters may also deflect (but keep in mind, dead easy to hit someone on the foot if they deflect like a chaser). If one beater throws and misses, they must catch their opponent's bludger.

Encourage tapping up the ball to recover a beat that glances off you

Beater blitz

Set up: 2 beaters, 1 with just 1 bludger, another with all the bludgers (like 10).

Focus: Working on quick dodges, deflects, catches, etc.

Activity: The person who is 'in' has to try to deflect, dodge, or catch the rest of the bludgers which are thrown at them in quick succession. Both parties are allowed to move but are not allowed to move too far away from each other (aim is to challenge yourself). Once all bludgers have been thrown, both players move to where the bludgers are vaguely in a similar area and go again. Go for ~2 rounds, then switch.

4 v 2

Set up: 3 hoops, 4 cones at midline with chasers lined up. 2 beaters on defense.

Focus: chasers: learn how to make clean, fast passes around beaters until they find an opening or the beaters make a mistake. Learn to "draw the beat". Beaters: learn to work together and communicate, as well as faking a throw in order for the chasers to mess up a pass. Also teaching island and see-saw, and calling and switching who is up.

Activity: four chasers on offense try to score on two beaters.

King of the Hill

Set up: hoops on either side of the pitch, a 2x2m square on the midline. 3 bludgers.

Focus: beaters must protect their seeker while also beating out the opposing seeker.

Activity: there are two beaters and a seeker on each side. They all begin from their hoop line. The seekers must run to and remain inside the square without being beat out for 20 seconds. Beaters must work together to eliminate the opposing seeker while also protecting their own.

Seeker Drills

Dragon tails

Set up: make a big square with cones and give everyone a bib.

Focus: practice seeking, while also being alert to what is around you.

Activity: everyone has a bib like a snitch tail and must try and eliminate everyone else by catching their bibs. Once eliminated, people remain around the square and can attempt to grab someone's bib if they get close to the edge. As more people get eliminated the square is made smaller.

It Feels Like We're Running in Circles

Set up: Everyone gets a circle and a number, snitch in the middle

Focus: Dives

Activity: Snitch calls out two numbers, both have one chance to get the snitch. Encourage fanning out, dives and fast movements. Have everyone else walk around in a circle and run out when they're called. Best not to get them jogging or else they just get tired.

Good Links

Quidditch UK Drill Manual

<https://www.quidditchuk.org/wp-content/uploads/2017/10/QuidditchUKDrillManual.pdf>

Tactical quidditch drill library

<https://folioz.ca/user/fostere/tactical-quidditch-drill-library>