



QuidditchUK Drill Manual

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A special thanks to all those who helped contribute to this book by proxy;

Ben Morton, Mollie Lensing, Simon Bidwell, Ash Cooper , Emily Oughtibridge, Lucy Quidditch and everyone at Team UK



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Useful websites

- <http://www.igaquidditch.org/>
- <https://ukquidditchcoaching.wordpress.com/>
- http://www.dragoerhb.dk/e_index.html

Introduction

It's finally here! The QUK drill archive is up for the new season. The best collection of drills, exercises and tips provided by coaches and players from within the quidditch community. This archive will be edited and updated every season so that its growth and development can match that of the sport itself. Its purpose is to act as a resource for coaches and captains, particularly those of new teams, so that we can improve the level of quidditch coaching in the UK. Teams can use this resource to plan and deliver enjoyable, creative training sessions, picking and choosing the right drill for the right skill from an ever growing library.

As a coach or captain, no one knows your goals or outcomes better than you, within this archive are the ideas and tools needed to achieve them. This manual is simply a collection of drills and a brief explanation of concepts . To truly excel as a coach you will have to expand upon these drills and work hard to understand these concepts to a level far beyond that explained here.

If you would like to contribute a drill, exercise or idea to this resource you can submit them via this link https://docs.google.com/forms/d/1OABfKwA8vl-j0e2Tn1q0Mepux2EqaqbQGvhRfD5FDNM/viewform?usp=send_form

Diagram key



Players (Keeper, Chaser, Beater, Seeker)



Opposition players



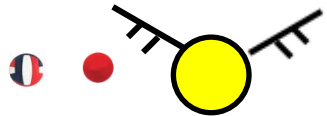
Player of any position



Path of players



Path of Balls



Quaffle, Bludger, Snitch Runner



Cone



Tackle pad

Coaching and Trainings

When coaching quidditch it is important to consider that you will be teaching players of all genders, a range of ages, abilities, and sports backgrounds. This can be challenging at times but also very rewarding as it facilitates a group dynamic unlike anywhere else. Some of the best players in the world started off with no background in any other sport, it is essential to give every player the time and attention they need. Praise improvement over ability and incorporate the ideas of your players into your training sessions while maintaining an authority in your team.

How to plan a training session

A typical training session will consist of:

- Warm Up – Gentle exercises that prepare players bodies for harder training.
- Technical skill drills – These drills isolate and train a specific skill needed for players e.g. catching and throwing.
- Positional drills - Players are separated into their respective positions (quaffle players, beaters, seekers) in order to train skills and situations specific to their position.
- Integrated drills – Players of different positions train together and practice techniques and tactics in a more game like situation.
- Scrimmages – A practice match or matches.
- Cool down – These gentle exercises and stretches allow physiological activity to return to normal gradually after strenuous exercise and allow players to recover.

Pre-season or at the beginning of the season fitness drills may also be included, or included throughout so long as individuals understand that they must also work on fitness during their own time.

Skill training and feedback

Aims: Teaching a single specific skill (e.g. tackling)

Description: Explain the skill to the players: the purpose, the method, how it fits into a game. Break the skill down into a few easy, sequential steps (e.g. for tackling: positioning, making contact, wrapping opponent, completing the tackle). Walk through each step in front of all the players. Give the chance for them to ask any questions.

Split them into pairs to practise the skill (either step-by-step or the whole thing depending on the players competency). Spend time observing all the pairs and giving individual feedback.

After 10 minutes gather everyone in for feedback. Get them to tell everyone what they found easy or hard. Any problems and solutions they had. Then give your feedback: build on what they have mentioned and then add in other important things they need to know or can improve on. Then change partners and repeat practice and feedback. When everyone is happy then build the drill up (e.g. for tackling: walk, then jog, then sprint)

Warm up and cool down.

Quidditch requires a lot of dynamic and explosive movements in all major muscle groups in the body. It is important for teams to perform warm ups and cool downs to prepare the body for physical activity, improve performance, reduce the risk of injury and mentally prepare teams for competition through completing the same routine before trainings and matches.

A general rule of thumb is that dynamic stretches are used in the warm up and static stretches are used in the cool down. Throughout the season players will undoubtedly pick up minor injuries; static stretches for these particular individuals in the injured area are important in the warm up, cool down and throughout trainings/tournaments. Dynamic stretches are slow controlled movements through the full range of motion. Static stretching involves gradually easing into the stretch position and holding the position gradually increasing the stretch for a short period of time.

A warm up will be individual to a team but should consist of:

- Light jogging to increase body temperature (around 5 minutes).
- Dynamic stretching to reduce muscle stiffness and reduce injury risk (around 10 minutes).
- Sport specific movement which would be moderate activity training specific movements one at a time e.g. sprinting, jumping, hitting tackle bags. (around 10 minutes).
- Technical drill, this could be a competitive game or position specific drill. Many of the positional drills in this manual can be an excellent warm up for players as well as training technique. (around 15 minutes).

A cool down should consist of:

- Light jogging to gradually decrease body temperature from that of the game and aid in muscles to recover. (Around 5 minutes).
- Static stretching each stretch held for around 15 seconds. These help muscles relax, realign muscle fibres and enable players to work out these muscle groups the next day. (around 5 minutes).

Fundamentals

Ball Handling

Passing

Although sometimes certain game situations and strategies favour driving over passing, a crisp passing game is one of the most important skills for teams to develop, new teams even more so.

A good pass needs to be accurate so that the receiver can catch the ball easily, fast to gain the advantage over the opposition, and tactically useful meaning the pass should be to a player whose position may find or make gaps in the defence.

Common technique: one handed throw with the foot opposite to the throwing arm one step forward. The throwing arm at a 90° angle and the elbow over the shoulder. The whole hand should be behind the ball when it is being thrown. Follow through with the arm and wrist.

Key technical points

- The ball should be passed in front of the receiving player, taking into account the player's speed.
- The ball should be passed at approximately head height so that the receiver is immediately in position to catch and pass or shoot.
- The pass should be performed while on the move.
- Typically passes are flat to take the shortest path to the receiver (unless arcing over a defence)

Shooting

Shooting is performed similarly to passing but with a stronger action of the trunk and upper limbs. Stepping through while throwing can create more powerful shots. Jumping while shooting may also be needed to throw from a more elevated position. Shooting should always be drilled while on the move and after receiving a pass. Two handed dunks or netball style shots are also common, particularly from players cutting into space near the hoops.

Catching

Making a catch

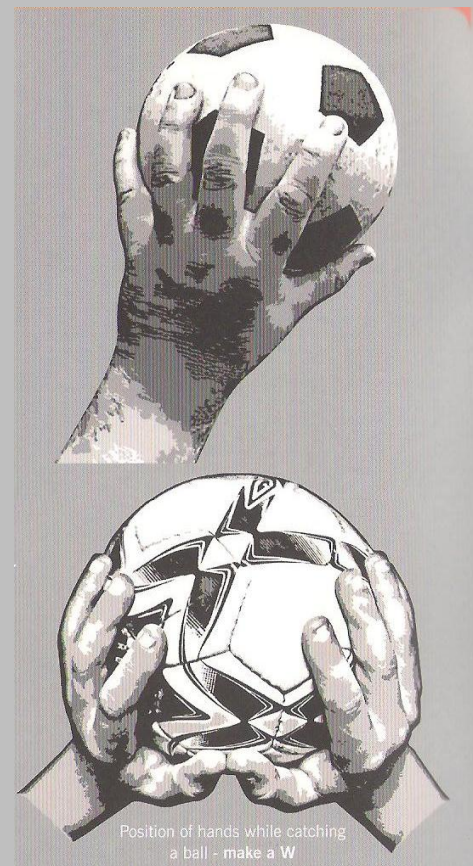
A reliable catching ability is essential to all positions in quidditch and must be drilled at each practice. Quick, accurate passing and catching ensures a fast pace but smooth flowing offence. Most new players will naturally attempt to catch one handed while keeping one hand on the broom but catching with two hands while squeezing the legs together to prevent a dismount ensures a higher percentage catch rate.

W catch

The softness of catching is an important skill to learn. Fingers need to be relaxed and placed around the ball to absorb the force of the pass. This can also be accomplished by relaxing your arms and bringing the ball closer to you as you catch. A good tip to tell new players is to position their hands in a “W” around the ball when they receive a pass as shown. Passes should be aimed at head height so that receivers can quickly catch and offload in one swift movement.

Key technical points

- Players should keep their eyes on the ball until they catch it
- Players should spread their fingers, soften their elbows and make a “W” shape with their thumbs.
- On catching the ball, the player should look to pass immediately by shifting the ball to their throwing arm and re-grabbing the broom so no momentum is lost.



Beater specifics

For beaters a dodgeball style of catching is more suited to this position. So usually fingertips facing down instead of up. This also helps deflect balls up into the air not down. If you catch the ball before it hits the ground you are safe.

Beaters should try and take a catch in the “bread basket” catching with both hands (usually fingertips down not up) bringing it into their midsection. Remove as much energy from the beat as possible by folding yourself around the ball and quickly shifting the ball into your throwing hand. A bludger in your hand can be useful to deflect incoming beats but sometimes throwing your bludger back to free up your hands to catch as a ball is thrown is the safest and most advantageous strategy whether successful or not, as you maintain possession of your bludger either by catching or retrieving your thrown ball when running back to hoops.

Key technical points

- Don't reach for catches. You catch with your hands not with your finger tips (unless protecting quaffle carriers or beater partner).
- Deflect the ball up if you catch a second time before it hits the floor you are safe.
- Absorb the impact of the beat to prevent you losing the ball.

Fundamentals- Ball Handling



Players should always practice catching at pace and drill receiving many different types of throws. For chasers; short and long passes at head height, jumping “alley oop” two handed passes (see photo), one handed over reaching catches, catches at knee height (bad passes) and side on passes.

For beaters; short and long range power beats, split jump catches, low catches, short range faking beats, and throw back catches (throwing the bludger in your hands back before catching an incoming bludger).

Tackling



Fundamentals- Tackling

Correct tackling technique is crucial to all positions in quidditch for both an effective defence and offence. Teaching correct tackling technique is as important and fundamental as teaching correct catching technique, all players must be able to execute a controlled effective tackle consistently. Here tackling is broken down into four stages 1: Positioning and distance, 2: Making contact, 3: Completing the tackle, and 4: Controlling the posture.

1: Positioning and distance

Body positioning: Having the right positioning and stance before the tackle makes it much easier to bring the ball carrier down. Pre contact distance should be around 1-2 meters this distance should be maintained before committing to the tackle and closing in for a hit.

Tackling stance is with your knees bent, feet shoulder width apart, on the balls of your feet, back straight, head up with eyes on opponent's hips or stomach, and tackling arm up and ready to initiate contact. This body positioning keeps you ready for changes of direction and the contact itself whilst allowing for a strong controlled hit.



Fundamentals- Tackling

Relative positioning:

- Classic Positioning

Face on with tackling arm out. Off centre to your opponent so that you are one step to the side of the path of the ball carrier forcing them to choose between running onto the side of your tackling arm or taking a longer path to your weak side. Use footwork to maintain this positioning and distance until they have chosen a side and have committed to a run then you can commit and close in to tackle.

If they do choose your “weak” side, switch arms and adjust your positioning or commit to the tackle on this side.

Shown here by Ollie Craig at BQC 3 http://www.youtube.com/watch?v=4S_rjTCg6tM&t=5m46s



Fundamentals- Tackling

-Alternative positioning

The positioning and angle of the tackler in this approach shows the opponent the side to run down. The tackling shoulder is always pointing towards quaffle carrier. Use footwork to maintain this positioning. If they run down the opposite side switch arms. Now your other shoulder should be facing their closest side.

This positioning and angle relative to the quaffle carrier attempts to force the opposing player to run on a path that intercepts with your own. So that when they commit to that side you can charge to meet them.

If they choose the other side you can switch arms and mirror you positing as before so that now you would initiate contact on their other side. Or if they run close enough you can revert back to the classic hip/turning tackle.

This positioning is shown here by Simon Arends in the USQ Cup 8 final

http://www.youtube.com/watch?v=ZiY2A4_iDZY&t=8m13s





2: Making contact

Hitting with your shoulder you should then immediately then wrap your arm around the back of the other player. Your shoulder is like the trigger in a bear trap that closes the jaws, as soon as your shoulder hits the player the tackling arm wraps round as close and as tight as possible. Hitting with the shoulder and not the arm is important as this allows your entire body to be behind the tackle so you will be much harder to drive through.

The side of your head should be on the players stomach (this is crucial to avoid a neck injury) just like the wrap of the arm around the player, the head is as tight to the player as possible as the head and the arm together complete the bind.

3: Completing the tackle

Once a tight wrap has been established you can take the opponent to the ground by falling back and turning (top image), throwing the player on to their back over your hip using their own momentum or driving and transitioning to their back to then spin the player over your hip in the same way.

Fundamentals- Tackling

Alternatively hit, drive and carry their momentum forward and down to the ground (bottom images).

The ending position for both should have you on top and the other player on their back or front. This is a great way to tackle because size doesn't matter since you are using their momentum to take them down.



Fundamentals- Tackling



Some players, particularly those from a rugby background may prefer to initiate contact lower and bind the opponent's legs to bring the quaffle carrier down. So long as the tackle happens above the knee this is perfectly legal and equally as effective.

Here the tackling stance is lower and the shoulder hits the opponent's thigh. The side of your head goes to one side of the player and the tackling arm the other. Wrapping your arm around their legs tightly, binding them together. Drive through to bring the player down to one side landing on top, with your arm underneath and your head on top still side on.



Fundamentals- Tackling

4: Controlling the posture

The tackle isn't over once your opponent hits the floor, you must continue to maintain control over the quaffle carrier until you or your team can gain possession of the ball. As a chaser you have gained nothing from taking your opponent to the ground if they can simply get back up and continue their attack or pass the ball off to their teammates.

After taking the player to the ground and landing on top continue your top pressure and keep them on the floor. Next look to move up to control their upper half of their body and prevent them from passing off the ball by blocking passes or gripping, hooking or holding their ball arm. The same contact rules that apply on the feet apply on the ground so you can only use one hand to wrap them but the other is free to block shots. If the beaters haven't yet intervened then you've got time to strip the ball from them.



Fundamentals- Tackling

Beater on beater tackles are very different because the overall objective of the contact may be different to that of a chaser. You may be trying to gain possession of their ball or alternatively you may be trying to protect a quaffle carrier or beater partner from a bludger or simply temporally neutralising the player. For a regular beater tackle many of the same principles apply except the players you want to tackle don't typically run at you. Generally you have to close a much larger distance, drive into them and try to get them in a position where they can be spun or forced to the ground.

Threatening with a catch is a great way to close the distance before making a tackle. Often in beater tackles the tackler will quickly be beat on the back or the person being tackled will simply pass their ball to their partner as they are being tackled. To prevent this tackle players higher on their body and when tackling the player you are able to trap their ball pinning it to their body so that it cannot be used or passed.



Quaffle player Drills

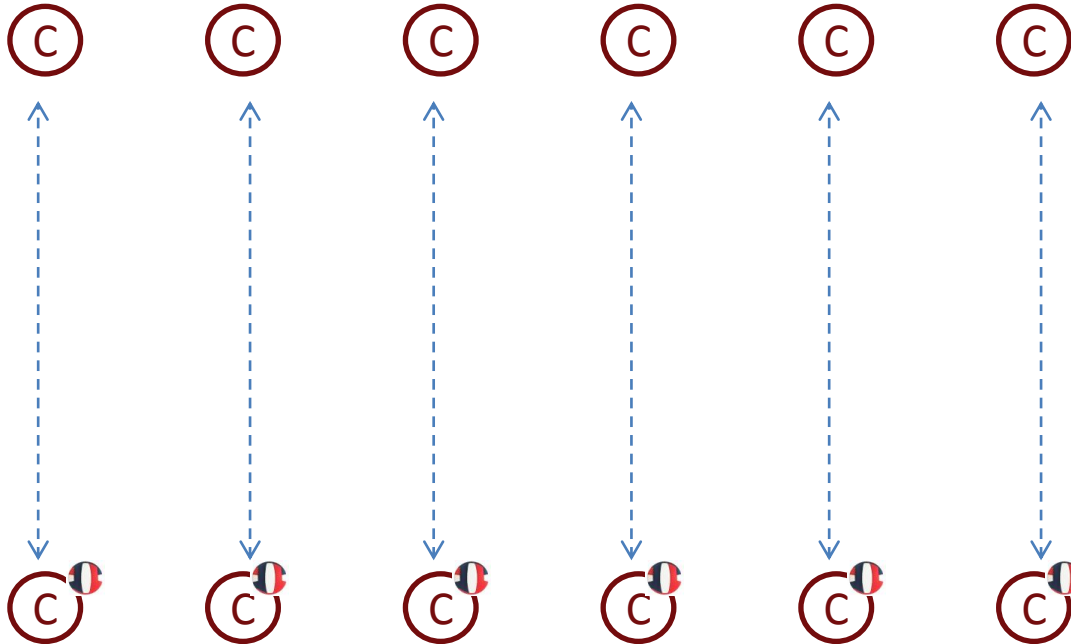


Quaffle player position drills include keepers and chasers and are separated into passing, shooting and contact drills. These central quaffle player skills should be trained every session.

The passing and shooting drills can be an excellent warm up for players as well as training technique.

The contact section includes tackling, switches, screening and spinning out of contact. Switches are included in this section as the movement of the players involved is similar to that of screening and so are best introduced together.

Pair Passing



Aims: Developing throwing and catching technique.

Description: Working in pairs with a quaffle is the simplest way to develop fundamental passing skills. Start with players passing roughly 10m apart using the elbow over shoulder technique.

Expansion/Variation: Progress to introducing different kinds of passes; Back pass (both sides), a high pass that players have to jump and fully extend to catch then quickly release.

Players back and forth or side to side while passing and receiving.

Coaching Points: This drill can be performed at the start of trainings. Players can be instructed to perform the drill either for a set amount of time or for a set amount of passes e.g. 100 passes (50 regular, 25 back pass, 25 jump pass)



50 passes

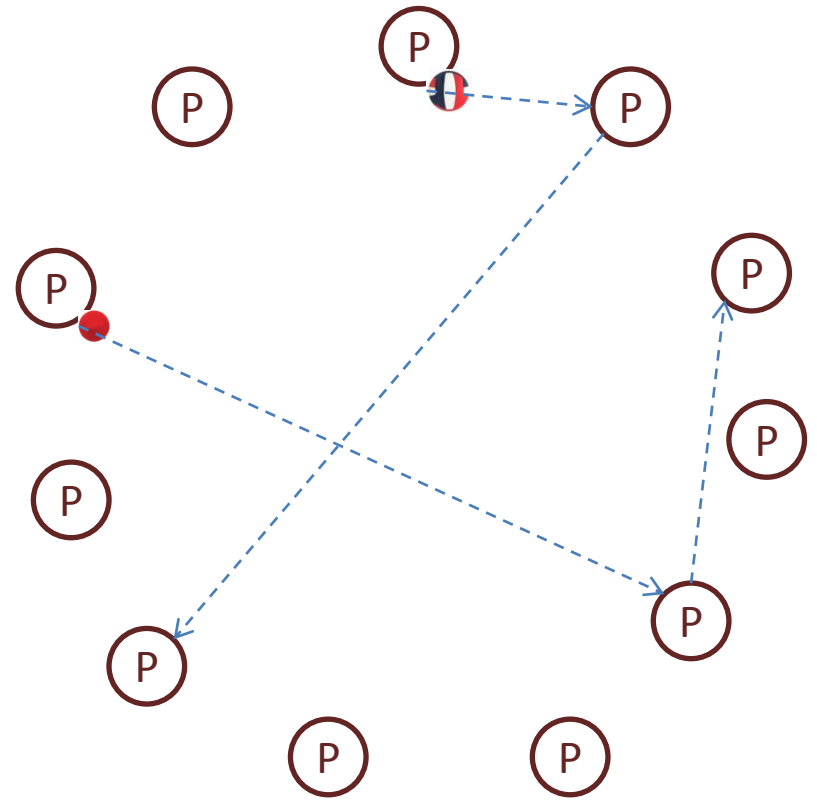
Aims: This drill works on the consistency and reliability of players catching and passing.

Description: Two single file lines of chasers facing each other, players perform 25 passes at the chest/ face level followed by 25 over the head passes. Passes are performed on the move running toward the opposite queue.

If a pass is missed all players perform 10 press ups and start again from zero. Once a pass is made each player moves to their left so as to not collide with oncoming players.

Coaching Points: Constantly remind players of the correct technique. Shouting two hands when players attempt to catch with one will happen often.

The Name Game

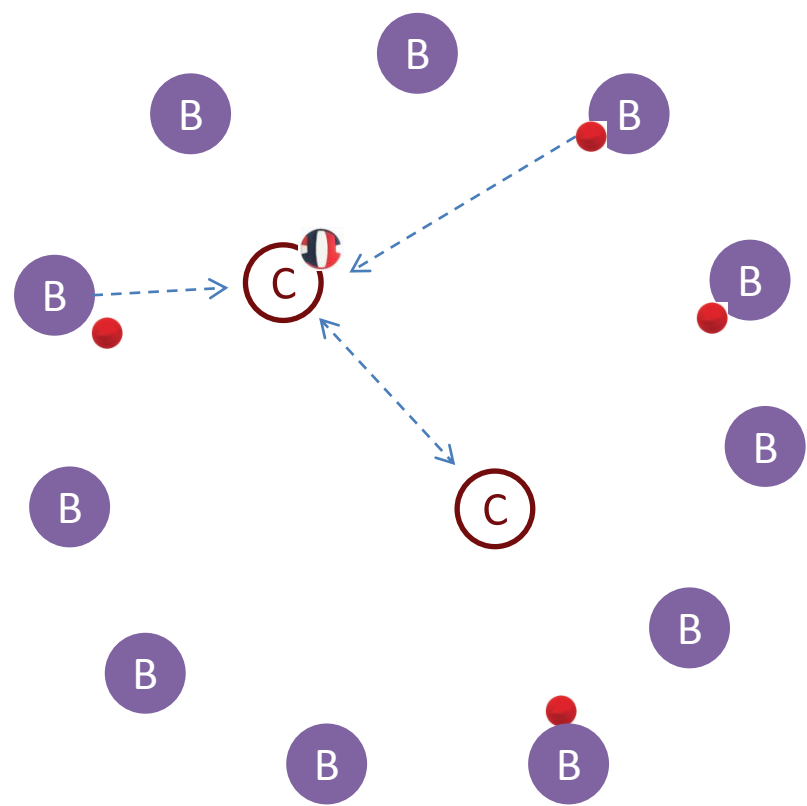


Aims: This is a easy warm up drill and a good opportunity to learn players' names.

Description: Players of all positions stand in a circle and pass the ball to one another, before the pass they must call out the name of the person they are passing to. This is great at the beginning of the season players and coaches can learn everyone's names.

Expansion/Variation: Alternatively players can call out their own name upon receiving the ball. Next players will have to follow their pass taking the spot of the player they just threw to. Players can also cut across the middle of the circle and call for the ball now players should be receiving the ball on the move.

Bully pass



Aims: This drill works on basic passing and the concept of drawing bludgers to pass out of beats.

Description: Two quaffle players are positioned inside a circle of quaffle players acting as beaters. The outside “beater” players must try and beat the central players only when they are in possession of the quaffle. While the central players must try to pass the ball between them without getting beat by dodging, deflecting bludgers with the quaffle and passing just before beats occur. Any player who makes a beat on a central quaffle player takes their place and the drill continues

Expansion/Variation: The number of central players can be modified as well as the number of bludgers being thrown to change the difficulty of the drill.

The drill can be inverted, so that the players in the circle are passing to each other and the players in the centre are the beaters.

Coaching Points: Make sure every player has time inside the circle.

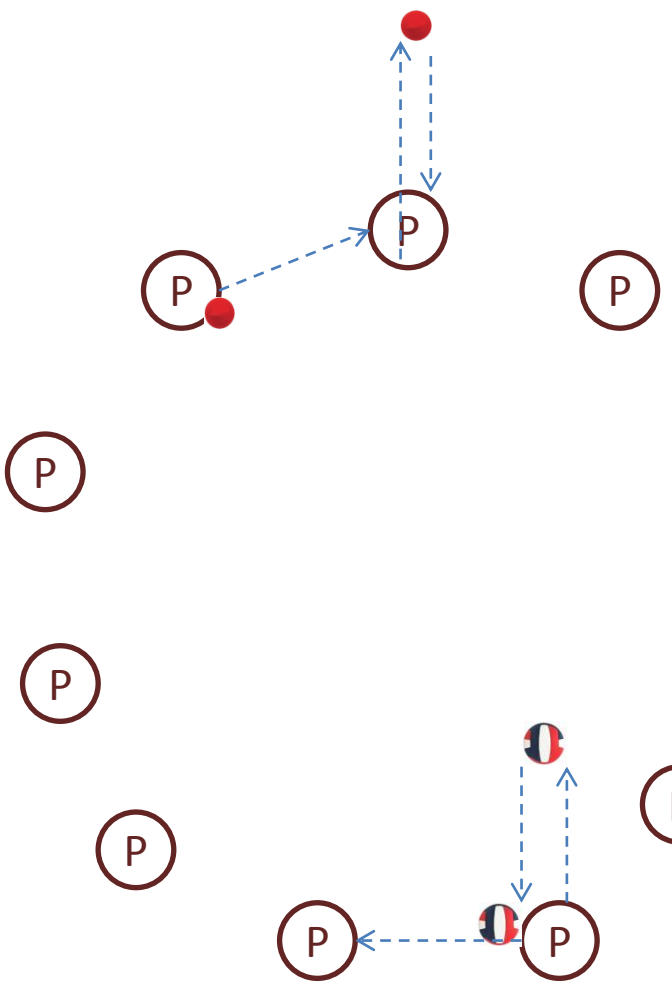
Two ball

Aims: This exercise increases coordination and ball awareness. The more comfortable you are on the ball the better.

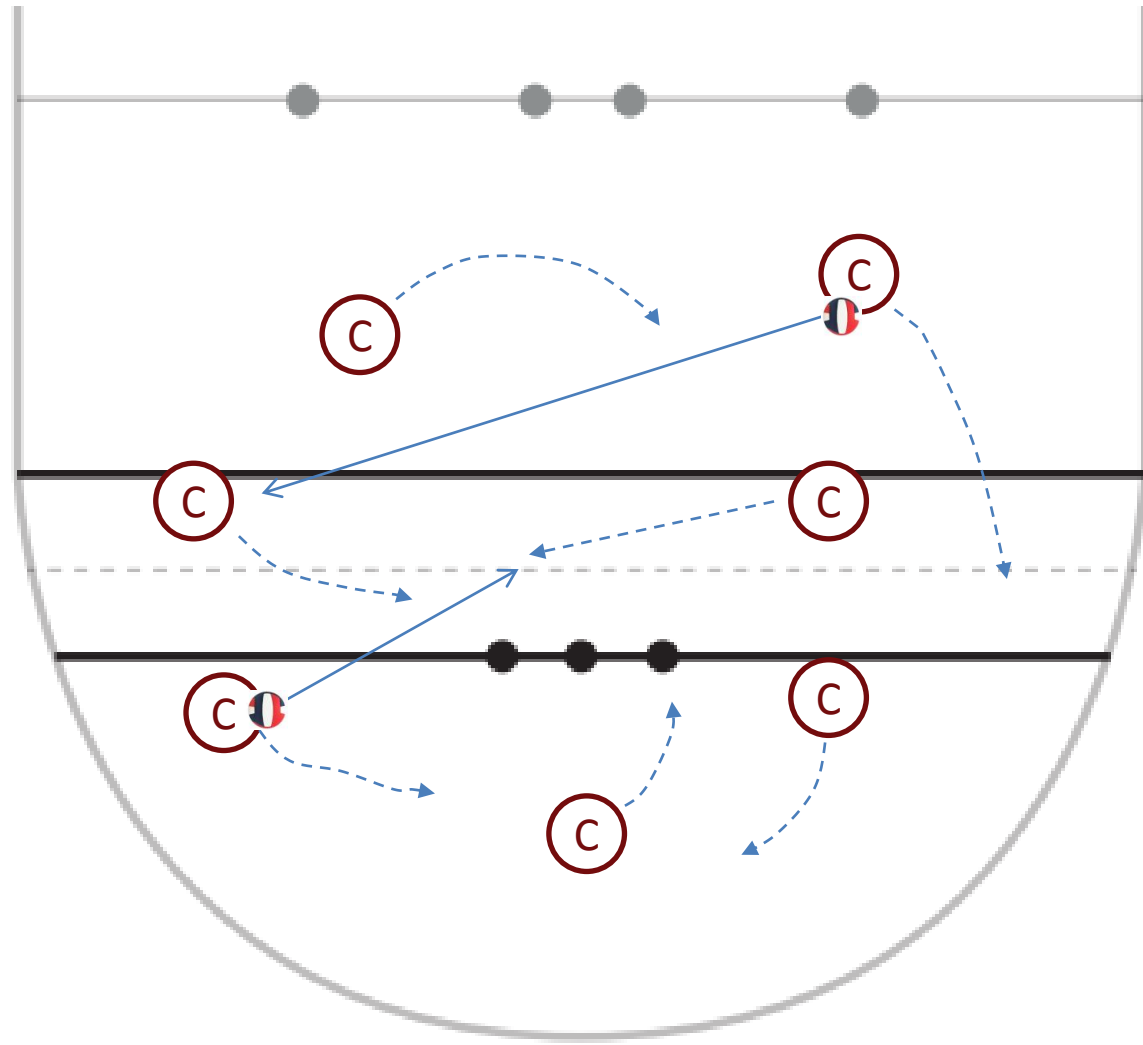
Description: Players of all positions stand in a circle and pass to their left. When player receives the first ball they must throw it straight up directly above their own head. While the first ball is still in the air they receive a second ball which they quickly off load to the next player and then catch the first ball ready to pass this one on to the next player once they have a ball in the air. This continues around the entire circle, each player receiving a ball, throwing it up, passing on a second ball, then catching and passing off their original ball. If the circle is large enough two or more sets of two balls can be passed around the circle.

Expansion/Variations: The next stage is three ball where the first ball is caught and then placed between the players legs. The next two balls are as before. Alternatively every player in the circle has a ball and randomly passes a second ball on to a player who must throw the ball in their hands directly up catch and pass the ball being thrown at them then catch their original ball.

Coaching Points: Many players will throw the ball in front of them instead of directly above their head. This means they will have to take a step forward to catch the ball and probably miss. Get players to focus on the ball they are throwing directly up to ensure they do it correctly. The quick catch and pass of the second ball is actually the easier task and doesn't require as much focus.



Random movement

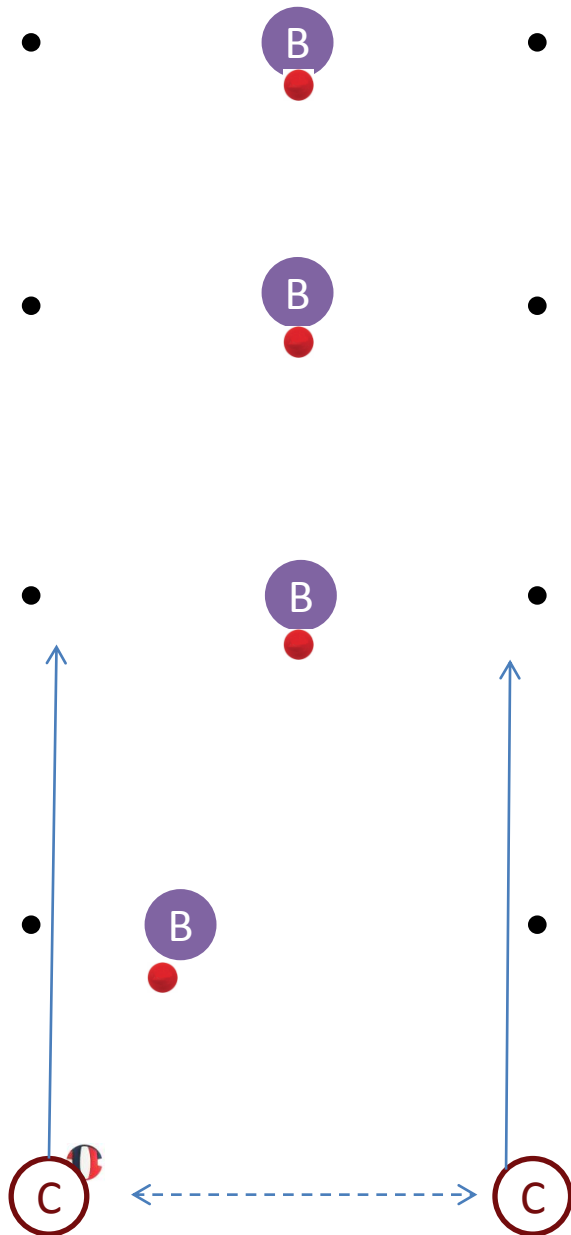


Aims: This drill teaches players how to pass and receive the ball while running from a variety of different angles and positions.

Description: A large group of quaffle players take part in this drill preferably around one set of hoops. Players move around the pitch randomly passing, receiving at pace and scoring through the hoops. Players are encouraged to be creative with their passes (back passes, pop passes etc).

Expansion/Variation: More balls are gradually added to increase difficulty. Number the players from 1 upward, this is the order that they now must pass in. Make sure players are mixed up and continue to move randomly.

Coaching Points: Players should be passing and receiving at pace, continuing their run unchanged when catching the ball with no loss of momentum.



Beater gauntlet

Aims: This drill teaches how to properly utilise a 2v1 opportunity through committing a defender, passing out of beats and running a support line.

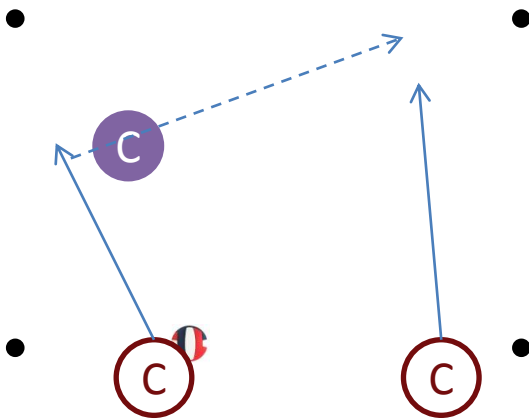
Description: A channel is marked out with cones with a beater in each line, their movement is restricted to within their own line.

Quaffle players move up the channel in pairs passing the quaffle attempting to pass the ball before they are beat. When players are beat they progress to the next line regardless.

Expansion/Variation: Beaters are confined to box's instead of lines. More offensive or defensive players can be added. Width of the area's can be added to shorten or lengthen passes and drawing defenders becomes more important.

Coaching Points: 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.

Committing a defender



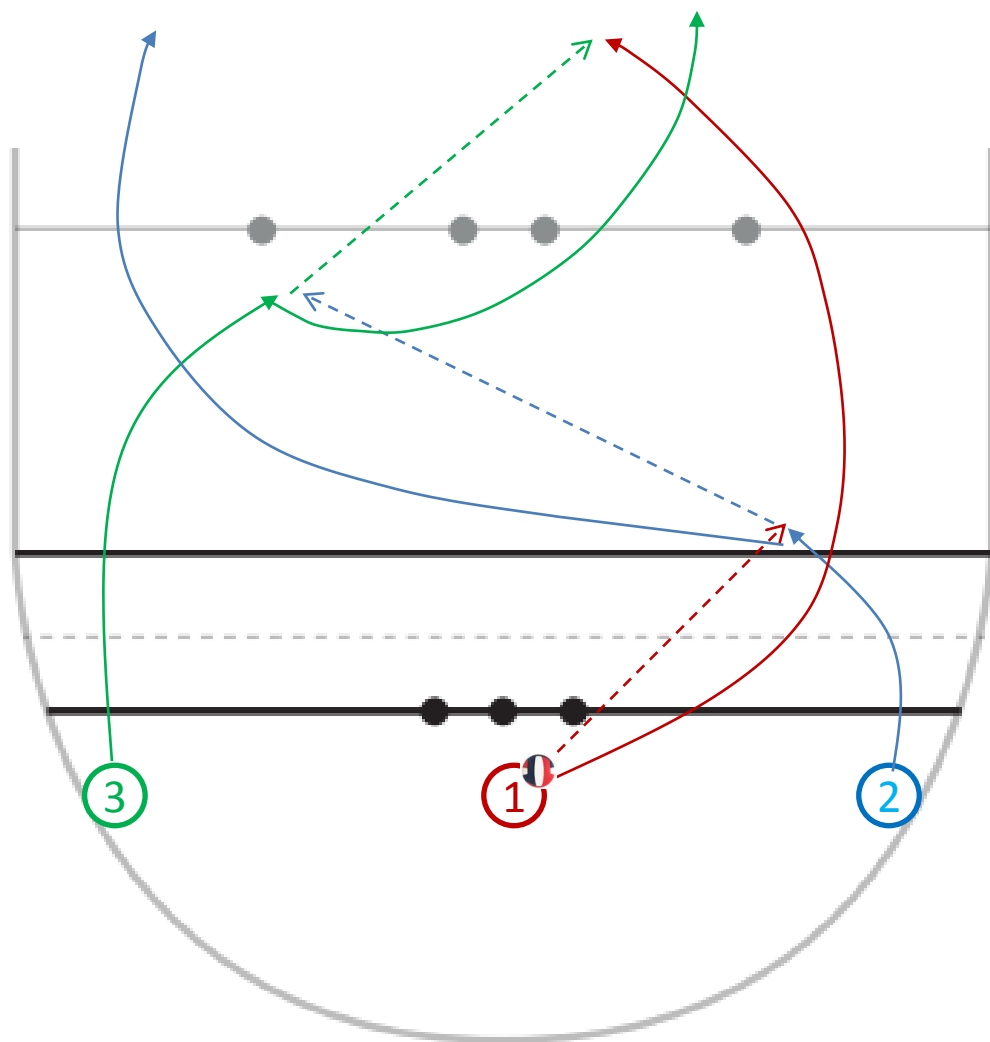
Aims: This drill teaches how to properly utilise a 2v1 opportunity through committing a defender, passing out of contact and running a support line.

Description: A single player is designated the defender and is positioned in a box of cones (this will be the contact zone for the drill). The rest of group is split and form two single file lines. One line is designated the carrier and the second is the support. The carrier runs at the defender trying to force them to initiate contact whilst support runner is slightly wider. Once the defender has committed the carrier shifts the ball out to the support runner.

Expansion/Variation: Reducing the width of the tackle box means the initial carrier has to commit the defender further, rather than just passing wide. Switching the defender to a beater instead of quaffle player to further enforce need to actually commit the defender (make them throw).

Coaching Points: Emphasise on running a line at the defenders weaker shoulder showing intent in trying to "score". The support runner must be wide enough for pass but also close enough to mop up should carrier get smothered.

Three man weave



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

Description: 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 of eight shape and can then offload the ball to another group of three.

Expansion/Variation: Vary the distance between the players focuses on different ranges of passes.

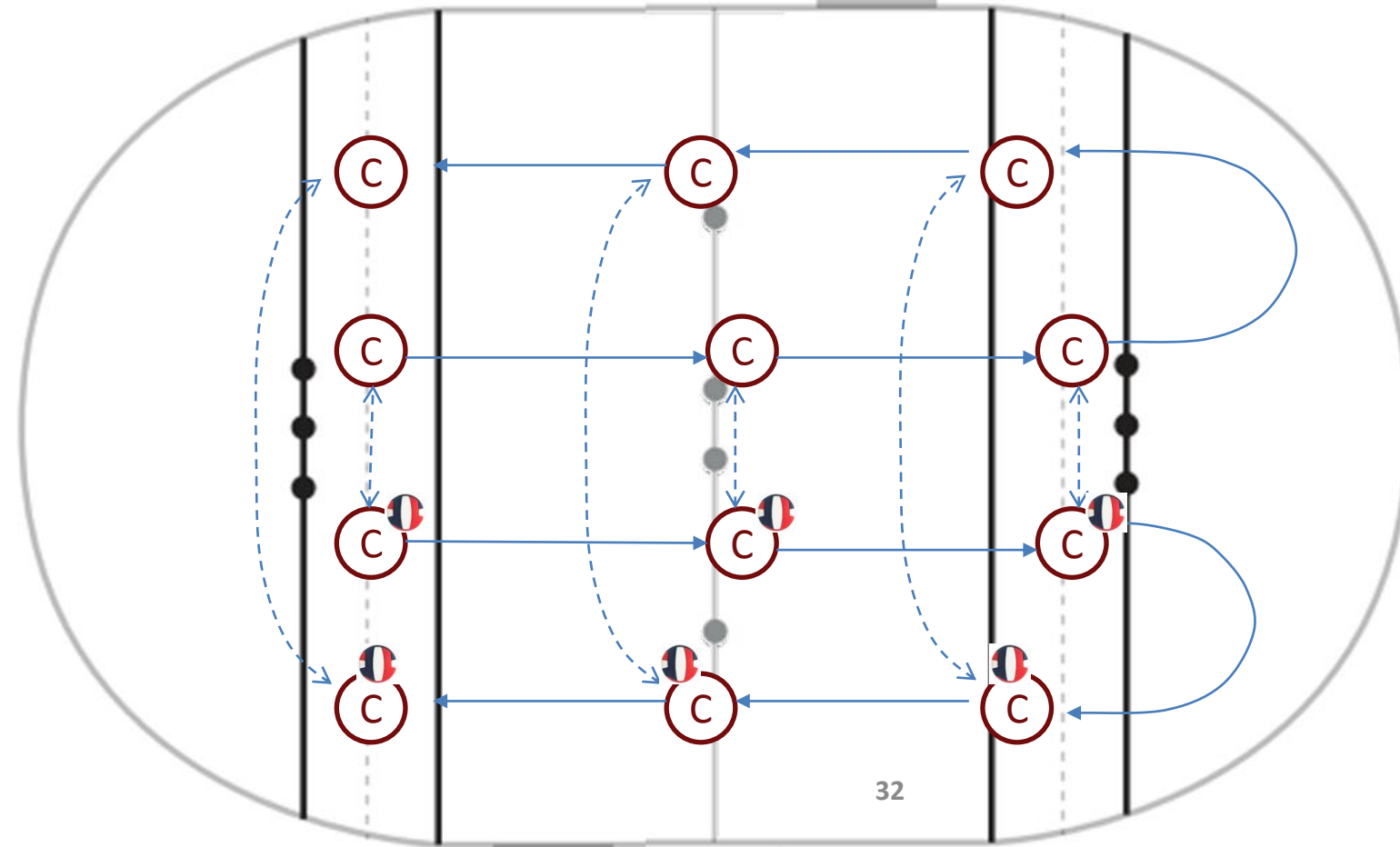
Coaching Points: Players' aim is to run onto passes without losing momentum and to perform flat and fast passes anticipating where their teammates will be. The ball and players should be in continuous motion throughout.

Passing flow

Aims: To practice both short range passes and long range passes over a defence.

Description: Quaffle players line up in pairs with a ball for each pair. Players move up the pitch at pace performing short quick passes at close range. They then loop around and move down the sides of the pitch passing to their partner over the players in the middle.

Coaching Points: Make sure to keep the tempo high in this exercise. Players should tire within 5-10 mins.



Centre Pass

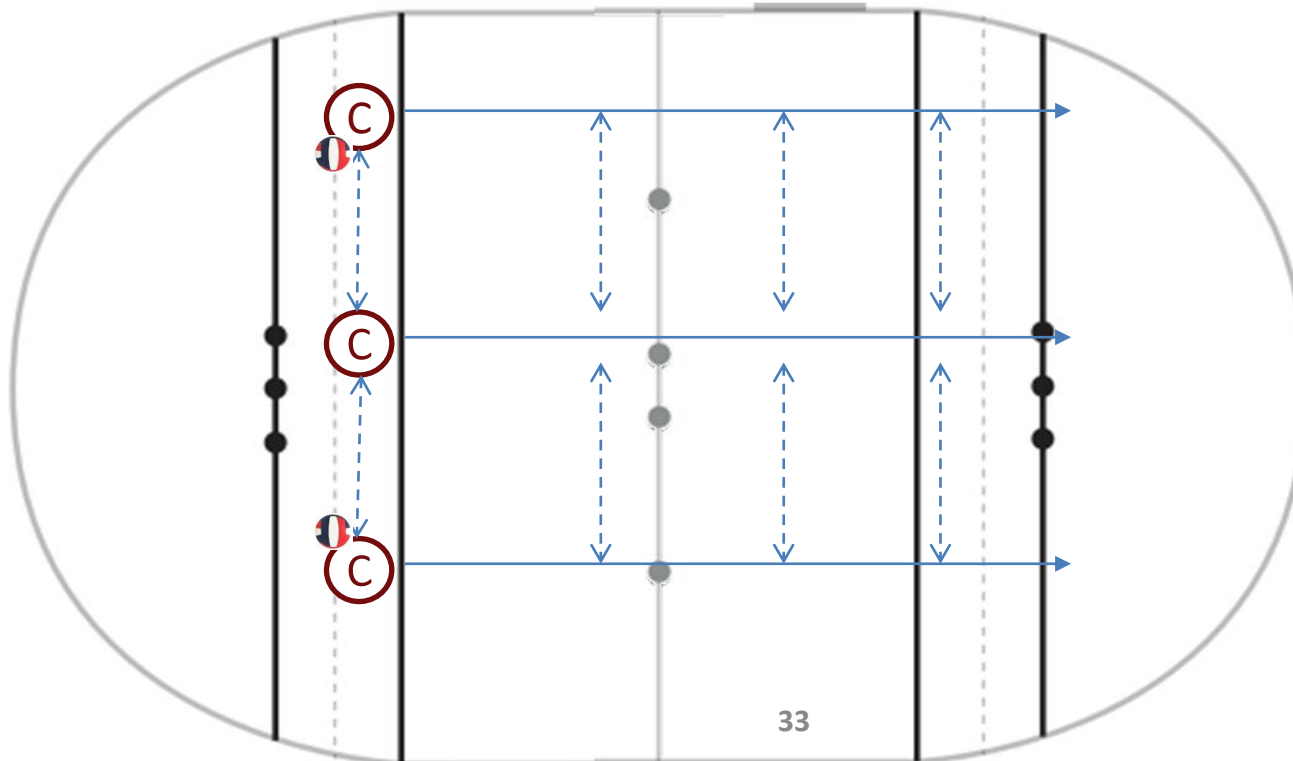
Aims: This drill isolates one aspect of passing; quick short passes and returns while running with no hands on the broom.

Description: Players get into lines of three. Each three passes up the pitch working the centre player. The two wing players each have a quaffle and pass to the player in the centre who must receive a ball and immediately pass back and quickly turn to do the same with the other wing chaser.

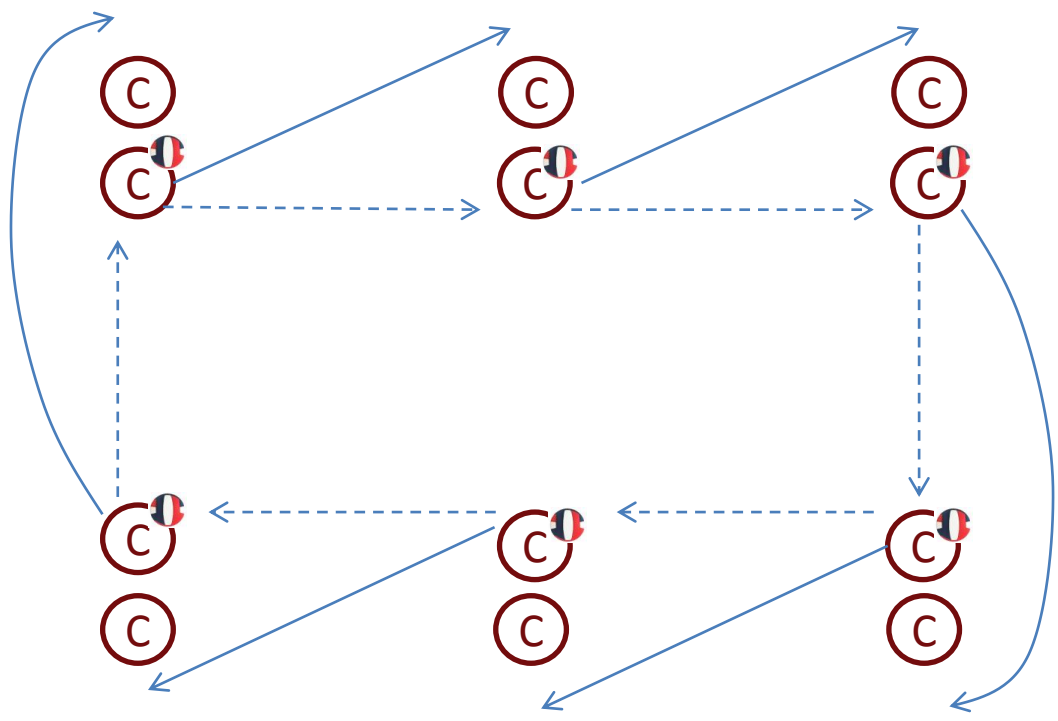
Progress to introducing different kinds of passes; Back pass (both sides), a high pass that players have to jump and fully extend to catch then quickly release.

Expansion/Variation: Vary the distance between the players focuses on different ranges of passes.

Coaching Points: This drill should be performed at pace and players should be shuffled so that everyone gets a turn in the centre.



Pass to fail

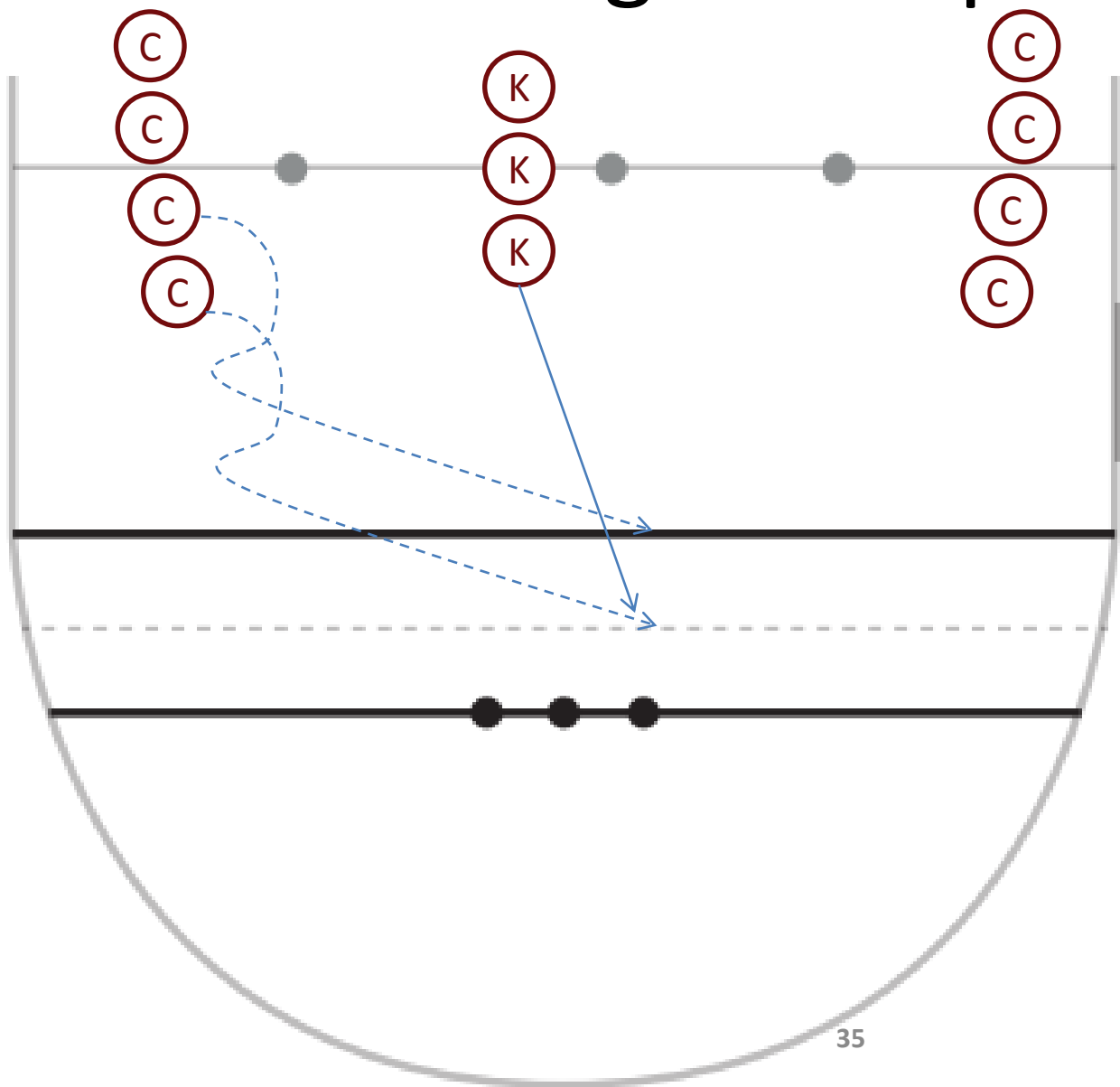


Aims: To overload players with a constant flow of passes and to train quick accurate hands and throws.

Description: Players arrange themselves in six or more lines. The player at the front of the line passes to their left then joins the back of that line. More balls are gradually added to increase difficulty. The drill continues until players can't keep up with the pace of the drill.

Coaching Points: The aim of the drill is to overload the players. Once people start getting too tired and/or consecutive fumbles occur, the drill is over.

Passing under pressure



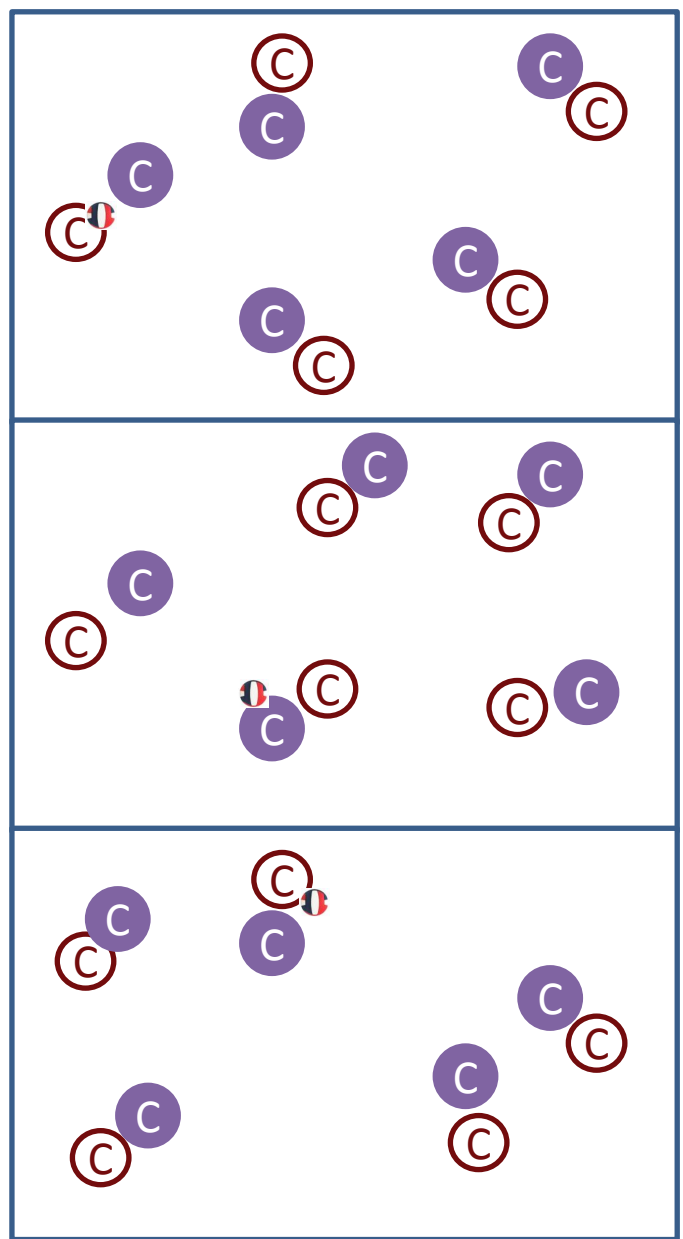
Aims: To practice marking players, losing markers and passing/receiving under pressure.

Description: Three lines of quaffle players in front of the hoops.

A receiving player and a defensive marking player leave each wing queue. The receiving player tries to lose their marker with evasive movement and catch a pass from the middle queue to score at the hoops. The defensive player attempts to man-mark their opponent and intercept the pass.

The other wing queue mirrors this their side while the centre queue distributes the ball. Players should spend equal times in all roles.

10 passes



Aims: This drill works on passing, catching and intercepting skills as well as moving into space and marking/losing markers.

Description: Divide players into teams of 5-10 players. Two teams play on a marked out area and several games can happen as once as shown. The Coach throws the ball in the air to start the game. It is then up to teams to try to pass the ball between themselves 10 times and the team without the ball to mark players to intercept. This drill is non contact and the player with the ball can pivot but not move. When one team drops the ball, takes it out of the restricted area or the other team intercept then the other team start from zero. Every time a team gets to 10 passes, they score one point.

Expansion/Variation: Vary the amount of players, add in beaters.

Coaching Points: Getting players to shout the pass number they are on as they complete each pass will simplify the drill.

Passing competition

Aims: Developing throwing and catching technique in a competitive setting.

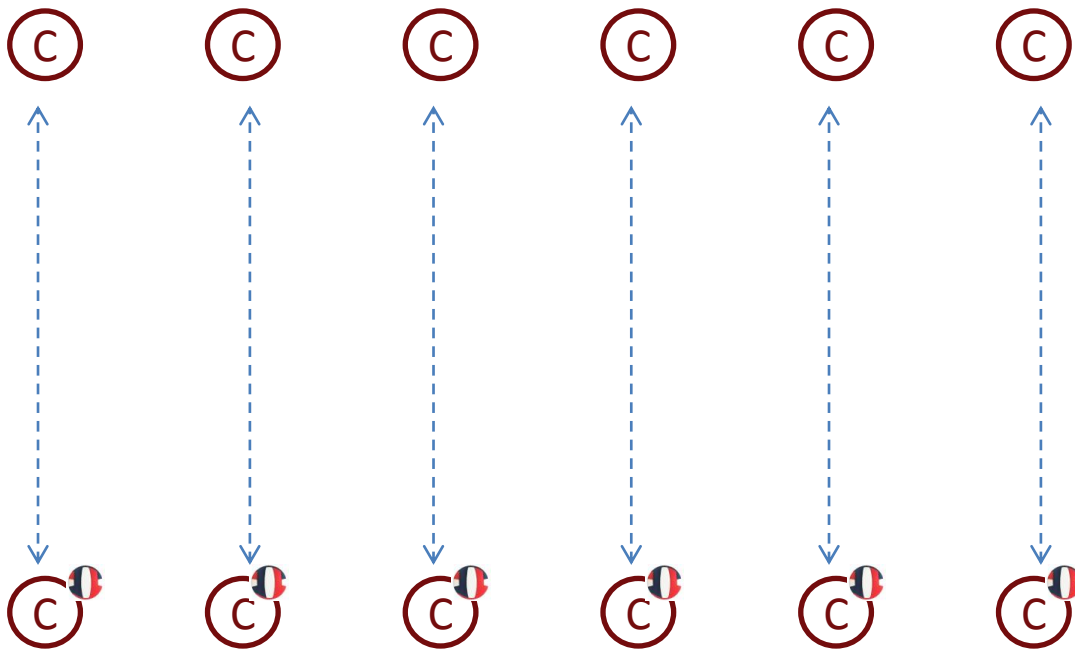
Description: Players are arranged into pairs. The coach blows a whistle every few seconds, on the whistle one player must pass to their partner successfully. The pair are eliminated if the pass is unsuccessful. Once a pair is out they sit down, the last standing pair wins.

Expansion/Variation:

Players are arranged into pairs and are told complete 20 passes between them as quickly as possible.

Once a pair completes their passes they sit down indicating the winning and losing pairs.

Coaching Points: (See ball handling section).



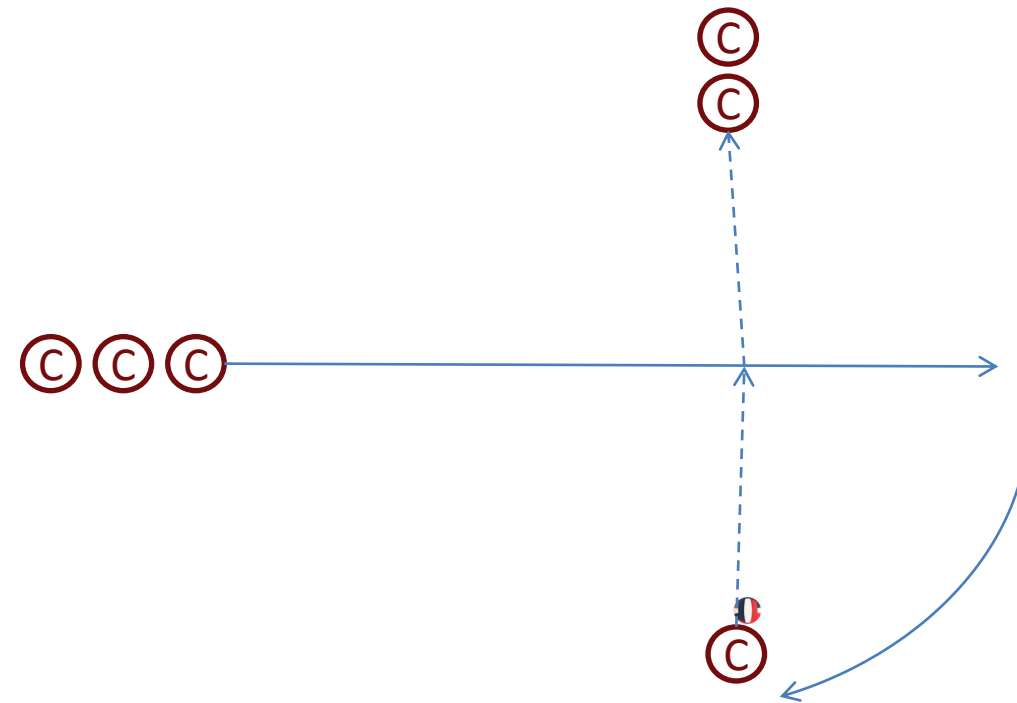
Passing at Pace

Aims: This drill isolates one aspect of effective passing and receiving, the ability to perform these tasks at full pace and not slow down during or after.

Description: Players are arranged into three lines, a running line and two distributing/receiving lines. One at a time players from the running line sprint through the centre of the other two lines receiving a pass from one then passing onto the other without slowing down. After their run they join the line they received from and the player at the front of the queue who threw the ball joins the running line. The drill continues until all players have performed the task from both sides many times.

Expansion/Variation: Passes and running pace could start off slow then gradually the speed of passes and players is built up. The position of the distributing/receiving lines can be changed which will change the angle of the passes. This can be made into a competition e.g. a challenge of 10 successful runs in a row.

Coaching Points: The focus is that players can catch turn and pass then continue a run without loss of momentum. Passing players should direct the ball in front of the running player and passes should be fast, flat and on target.



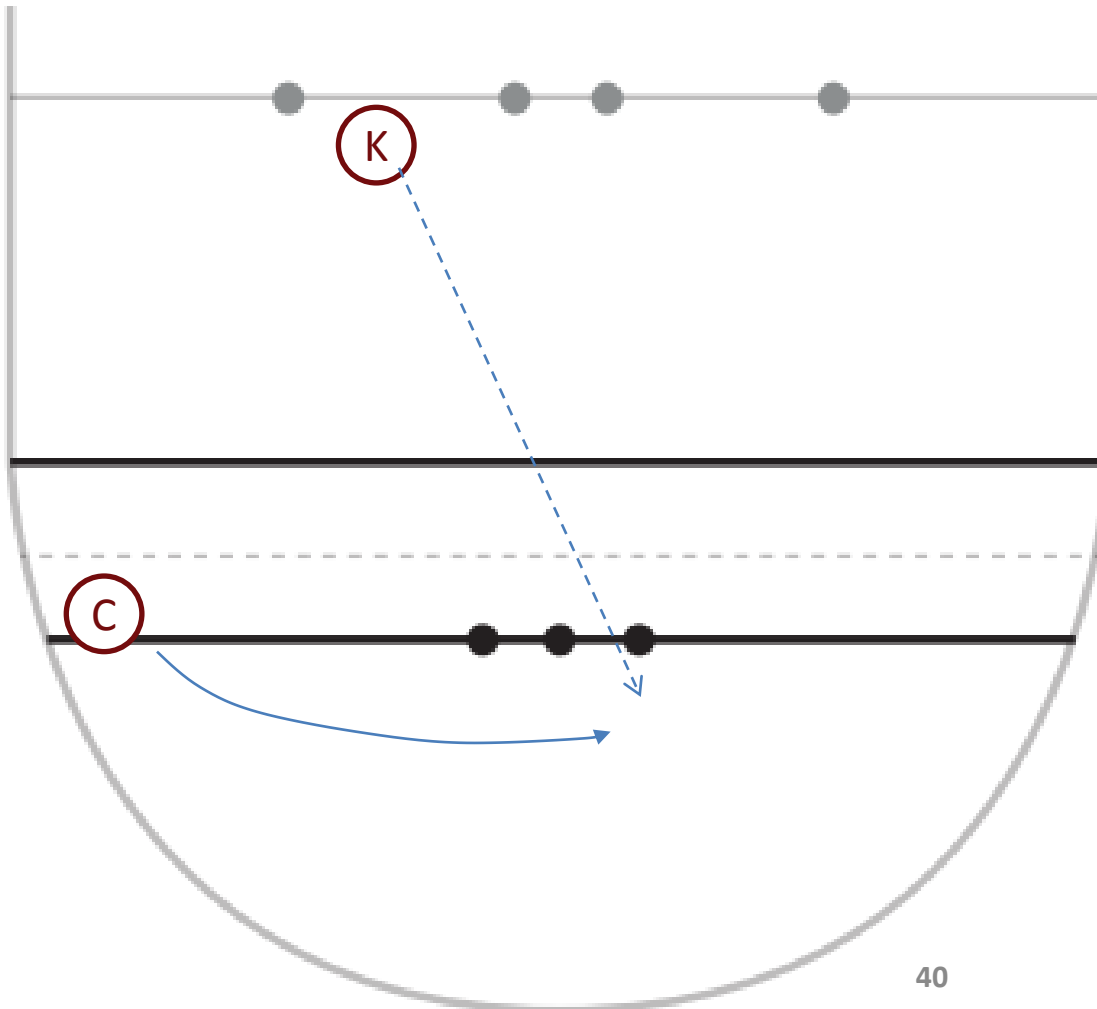
Ultimate quaffle



Aims: An ultimate quaffle game is identical to ultimate frisbee game but with a ball instead of a disc. It works on passing, catching and intercepting skills as well as moving into space and marking/losing markers.

Description: Two teams play on a marked out area with two end zones, as shown. The game begins with both teams in their end zone and one team throwing to the other. Once the throw has been made all players are free to leave their end one. After each point the scoring team throws to the other. A point is scored when one team catches the ball in the opposing team's end zone. You can't run with the ball. The other team tries to block/intercept your passes. Blocked passes result in a turnover.

Troll Passing



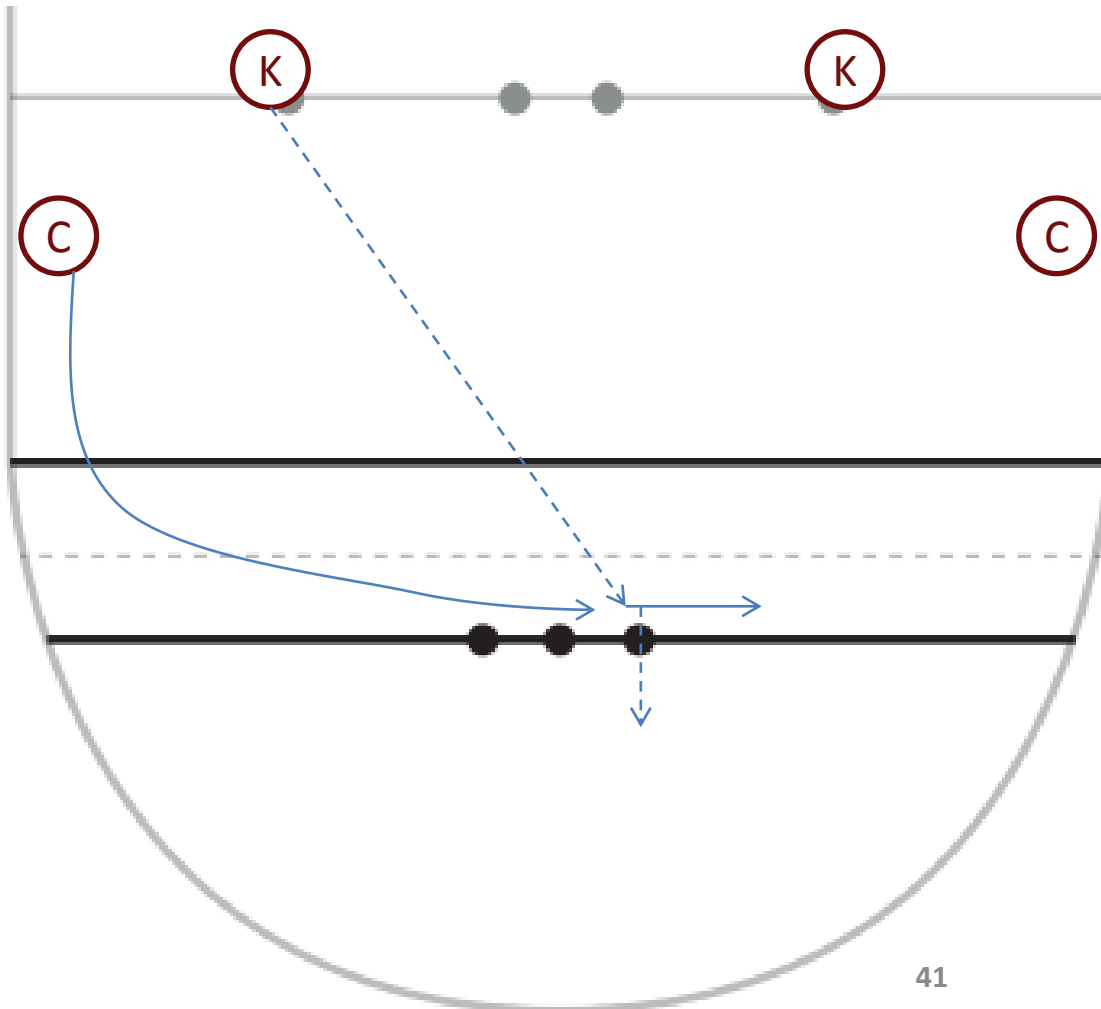
Aims: This drill trains accurate passes by distributors, promotes the use of space behind the hoops and train timings of runs, train catching whilst running, quick catch-release from receivers and train communication.

Description: A distributing player starts with the quaffle in front of the hoops. Receivers line up in line with the hoops, but at the edge of the pitch. Receivers initiate the drill by making a run behind the hoops, calling for the ball. The distributor passes the quaffle to allow receiver to run on to catch it. The receiver catches and quickly releases to score a hoop.

Expansion/Variation: Add in defender(s) to pressure distributor/mark receiver. Allow more varied tactics, e.g. run in front of hoops, make a drive if the distributor is left unmarked.

Coaching Points: Make sure players receive the ball at pace, catch with two hands, and prepare to jump to meet the ball in the air.

Cutting into space

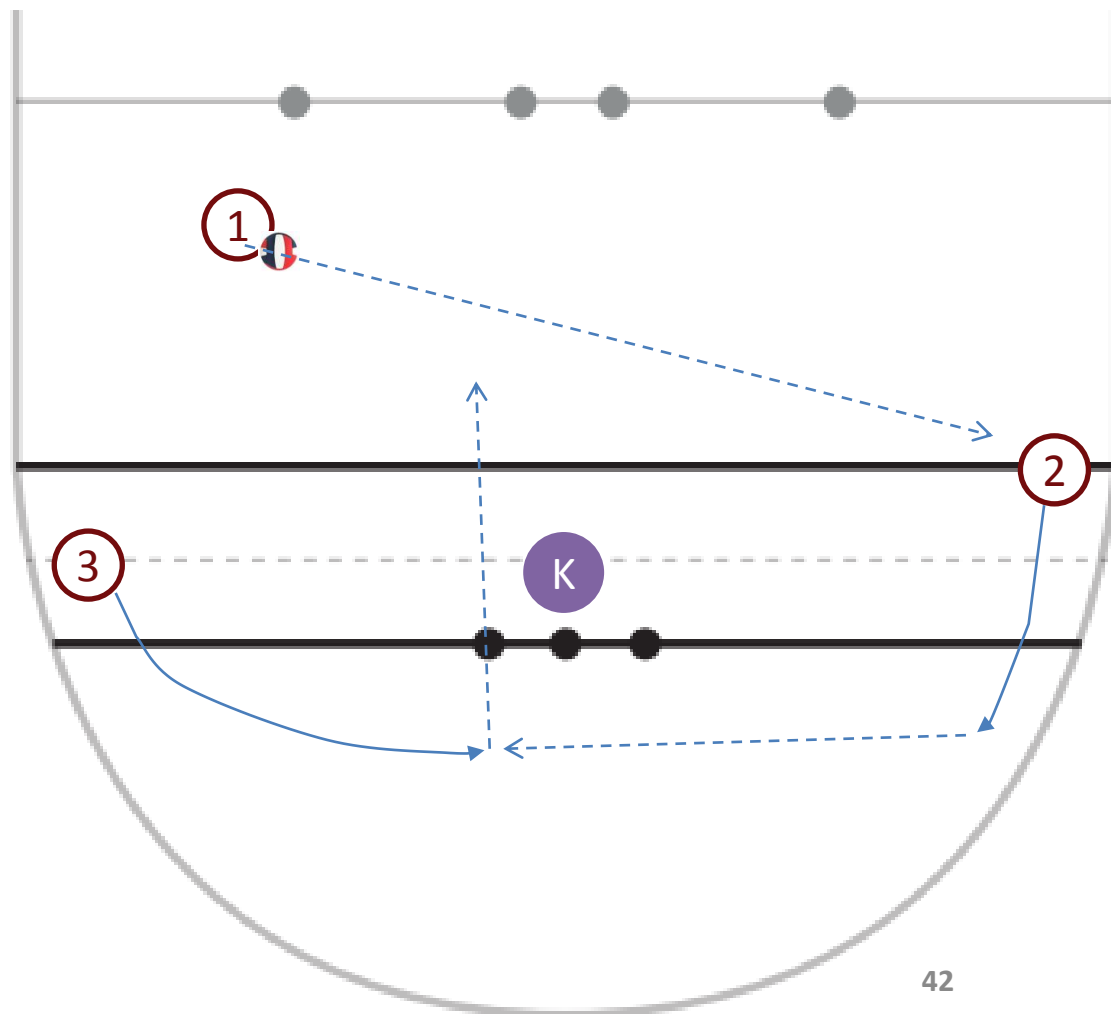


Aims: The space in front of the hoops is one of the best areas to pass into for a simple goal, this drill trains this particular option as well as accurate distribution and receiving off of a cut.

Description: The keeper/distributor passes the ball to area in front of the furthest side hoop. The chaser/receiver begins their run high up pitch on the wing then cuts into the space, receives the pass on the move and shoots. The entire sequence is mirrored on the other wing of the pitch so that players practice passing and receiving from both sides and angles.

Expansion/Variation: This drill can be expanded by adding in defensive markers or changing the cutting angle or position for a tight or loose curl in front or behind the hoops.

Passing around the hoops 1



Aims: Players moving the ball around the hoops performing set movements is a great way to develop passing skills in a more realistic game situation

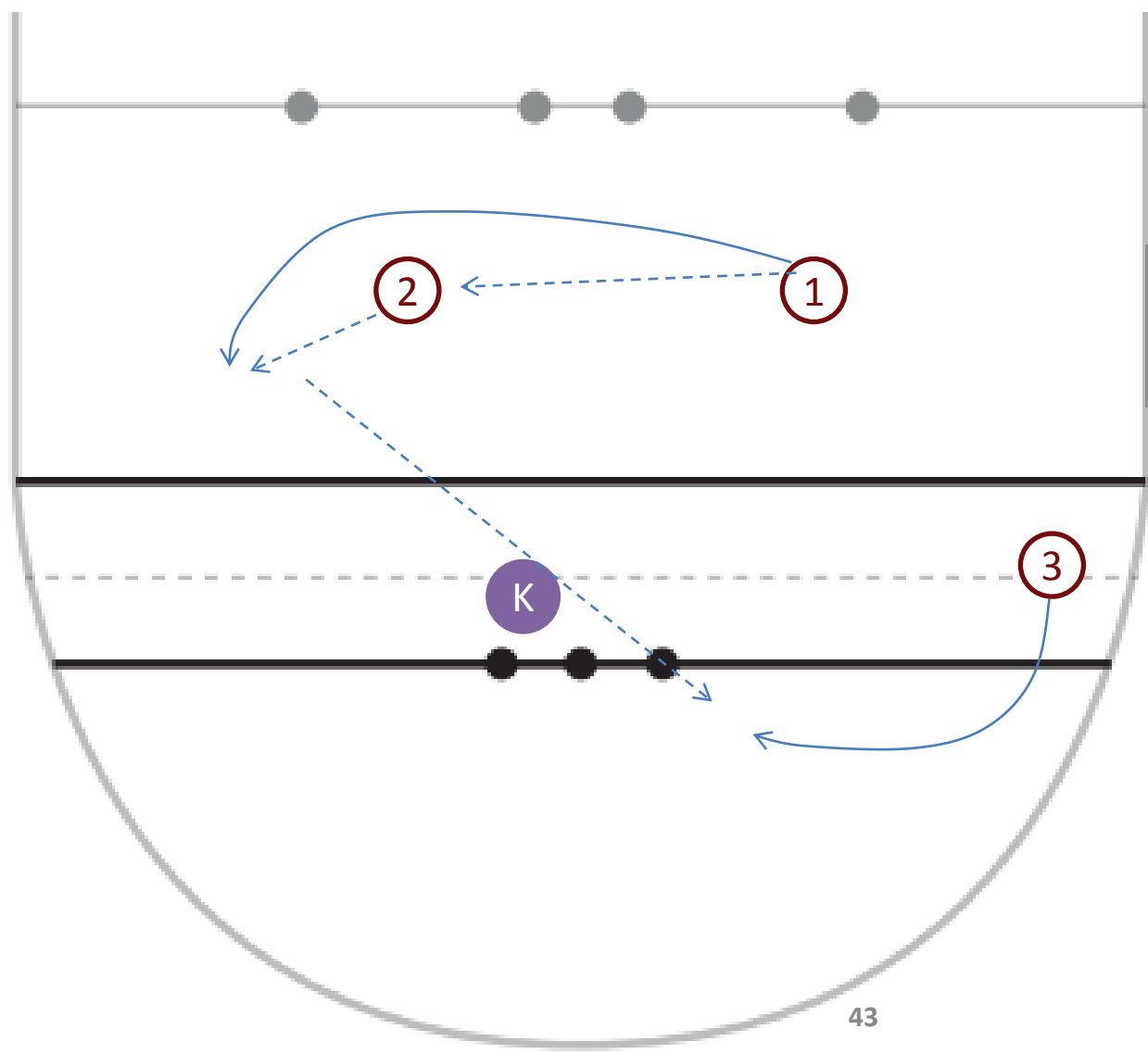
Description: Three lines of players each start on different positions on the pitch. Each line will run on to a pass then pass to the next line ending with a goal from a player running behind the hoops which resets to the first line.

Player (1) passes to a player on the wing (2) who passes to a player running in to space behind the hoops (3).

Expansion/Variation: A keeper and other defensive players can be added to intercept passes as well as the distance between each line to increase the difficulty.

Quaffle Player Drills -Shooting

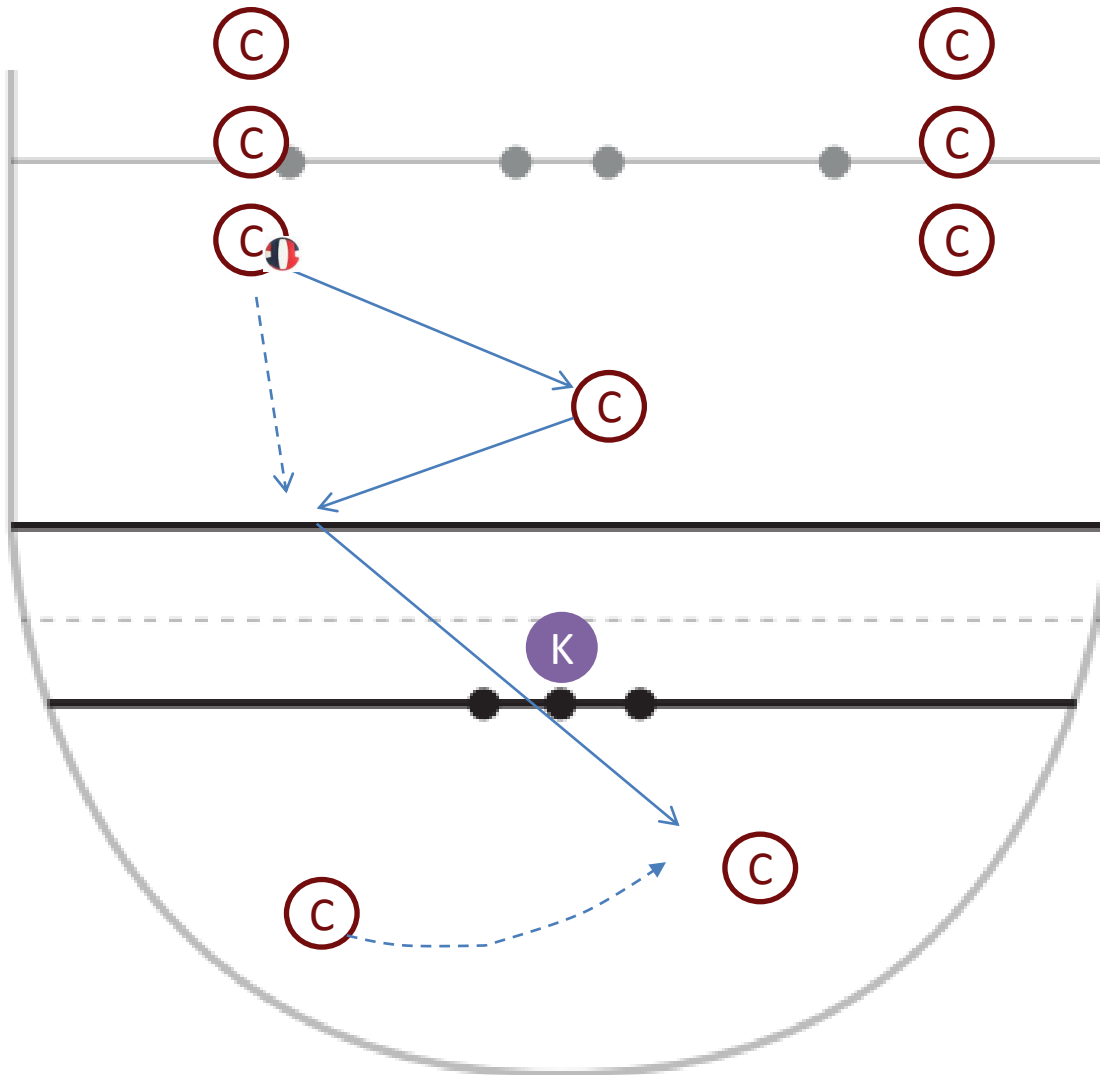
Expansion/Variation:



Three lines of players each start on different positions on the pitch

Player (1) passes to a player on their right(2) then runs in an arc around them. Player (2) to receives the pass and immediately pops it off to player (1). Player (1) then shoots to pass to a player behind the hoops, player (3) who is running behind the hoops.

Shooting Practice

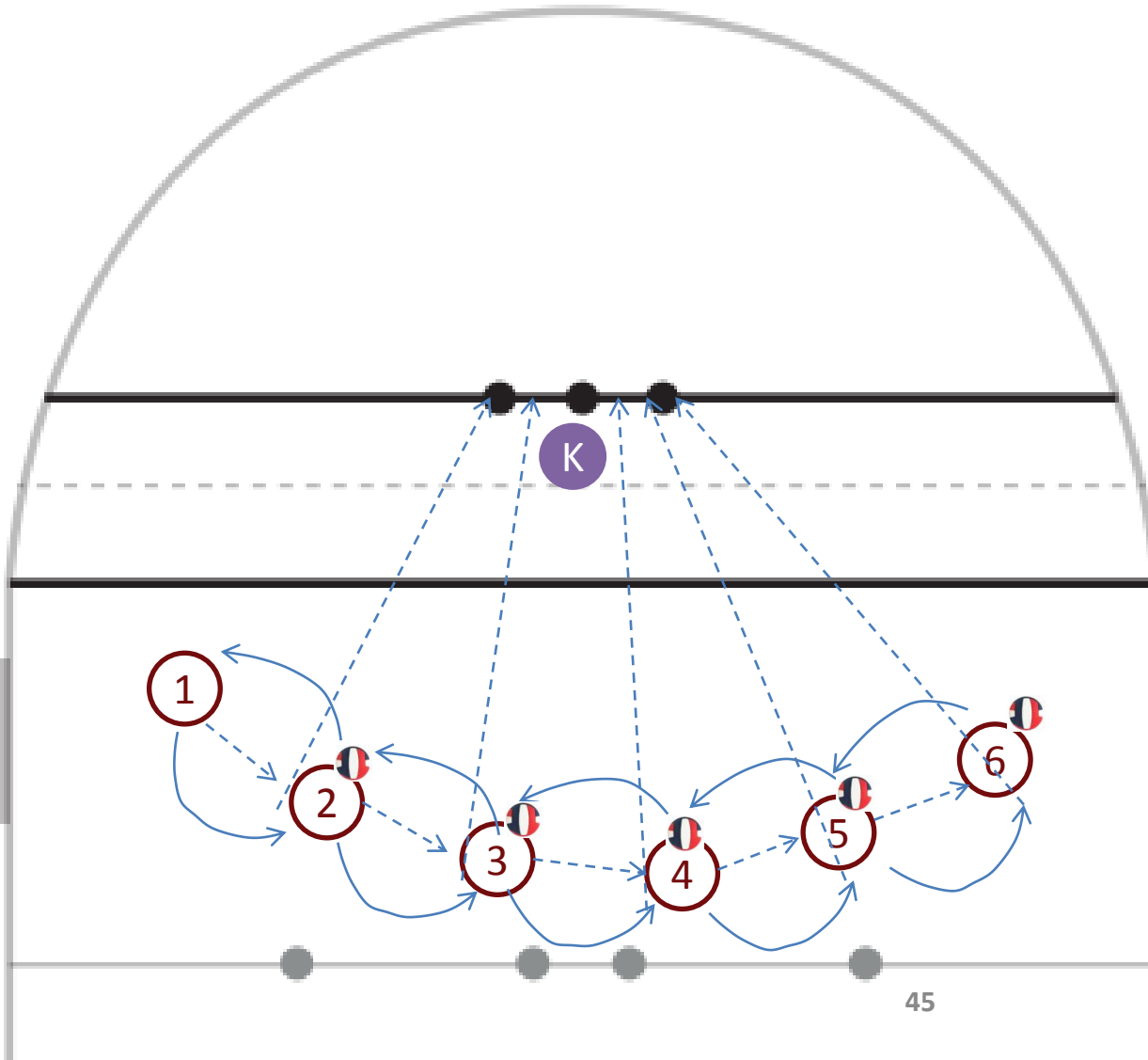


Aims: This drill allows players to practice mid range shots to improve accuracy and keepers on stopping shots. To be practiced on both wings.

Description: Two lines of players are positioned in front of the hoops. The first player in each line must pass to a stationary feeder player in front of them who immediately passes back. The player then takes the pass on the move and must immediately shoot to score at the hoops. After taking their shot players run behind the hoops to retrieve balls and score alley oop goals before returning to the opposite queue.

Coaching Points: Players need to be improving both the precision and the power of their shots. The feeder player can be the Coach.

Passes and Shots



Aims: This drill works on players shooting accuracy and pop passes.

Description: Chasers form a semi circle in front of the hoops. The player at the front of the line loops around and receives a pop pass from the second player then shoots. The same movement is then performed by the 2nd and 3rd players. Then the 3rd and 4th and so on until every player has taken a shot at the hoops.

Expansion/Variation: trolls can be added the other side of the hoops to score goals/ retrieve balls.

Coaching Points: Note every player starts with a quaffle except the player at the front.

Quaffle player Contact



Parachute Falling

Aims: This drill teaches players how to take a tackle correctly specifically how to fall. This drill can be run with chasers and beaters.

Description: Gather players together and show them the correct way to fall when taking a tackle breaking it down into simple steps. 1) Grip the ball tightly so that it does not get knocked loose during the fall. 2) Relax your body and sink sideways. 3) First make contact with the ground with your knees, then hip, then shoulder. 4) Don't put hand out to break the fall, this is a natural instinct but is a common way new players injure themselves.

Next have players find space and practice this method from standing and help out individuals. Once players are used to this have the group slowly jog around in space. On the coaches whistle all players drop to the floor using the falling technique they just practiced.

Expansion/Variation: Later on players can practice passing out of tackles i.e. drawing the contact and passing to an unmarked player.

Introducing a tackling player and learning the fall in a tackling context. When players are spun and land on their back tucking their chin is important to avoid hitting the back of their head on they ground.

Coaching Points: In quidditch players will often be from a mix of different sporting backgrounds and abilities. Some will have never done contact before or some may have learn how to fall from a different sport under different circumstances e.g. judo. This is why it is important to teach players to fall at the beginning of the season so that everyone is on the same page.

Tackling progression

Aims: This drill is about introducing tackling to players in gradual steps until they are comfortable and confident enough for a full contact scenario. This drill can be run with chasers and beaters . [See section on tackling.](#)

Description: In pairs players go through several progressions each taking turns to be the tackler and the quaffle carrier. The first step is one player (the tackler) begins on their knees while the quaffle carrier moves towards them at walking pace.

The tackler should move their head safely to one side and their tackling arm the other, make contact with the shoulder, wrap round the waist or thighs of the ball carrier and go to ground with the player, land on top to control their posture.

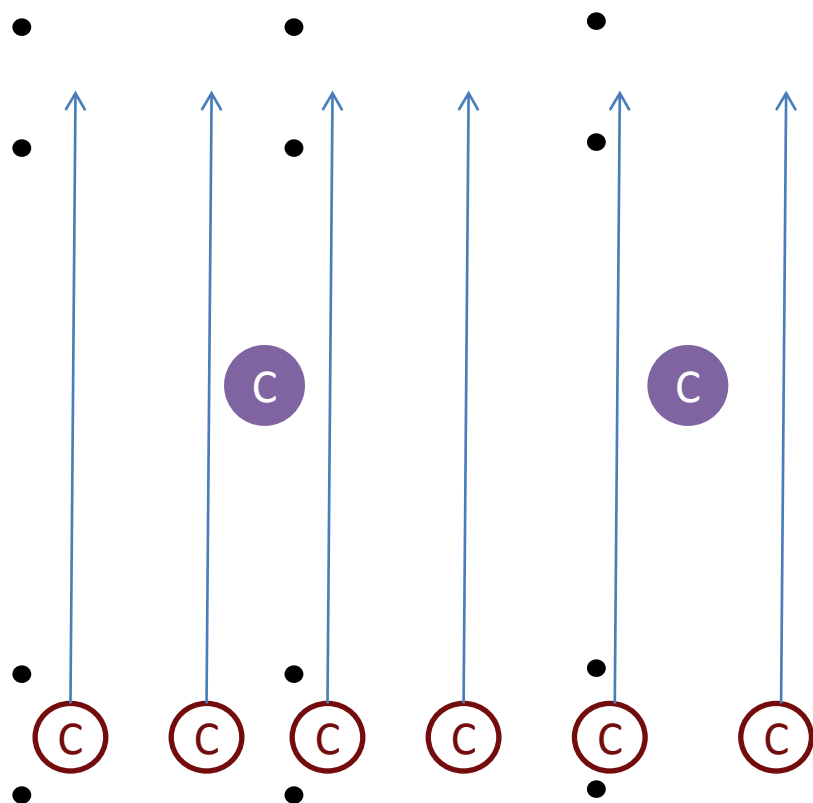
The second step is to have the tackler on one knee and repeat the same as before but now the player is able to use one leg to drive or spin them to the ground.

The next stage is to have the tackling player begin standing in tackling stance with the quaffle carrier still moving at walking pace. Now the full tackling stance can be taught and the tackler can use their whole body to drive or spin their opponent to the ground.

The final stage is to have the quaffle carrier run at full pace the tackler, or gradually build up speed if they prefer. Now the full tackling technique can be drilled at a more realistic pace.

Coaching Points: It is important for participants to progress at their own pace. Make sure pairs are of equal confidence/ability and that they are allowed to move on to the next stage when they are ready. For a large group of players and few coaches though, gathering players in and teaching everyone the next stage together will save a lot of time and will also provide an opportunity for questions and coaches' feedback.

Bulldog



Aims: To encourage tackling, build confidence of players, gradually progress into full tackling technique in a fun exercise.

- Description:** All players must stay on their knees though
- out this drill. A line of runners must attempt to get from one end-zone to another without being tackled. Two tackling players attempt to take the runners to the ground once they
 - have left the end-zones.

Tackled players must join the tackling players in taking out the rest of the runners until a single player remains.

Once players are more confident they can perform this game standing up but at walking pace.

The final progression would allow players to run.

- Expansion/Variation:** Once players are standing they
- can perform the full tackling technique, the games can be stopped at any point to give pointers.

- **Coaching Points:** Having all players walking on knees may not be suitable on a dry hard pitch and should always be progressed to the next stage quickly. As there are more and more tackling players the stages can be advanced more quickly.

Mirroring drill

Aim: This drill focuses on dealing with the deceptive/evasive movement of the ball carrier by maintaining the correct distance before a tackle, making you harder to step/juke. [See section on tackling.](#)

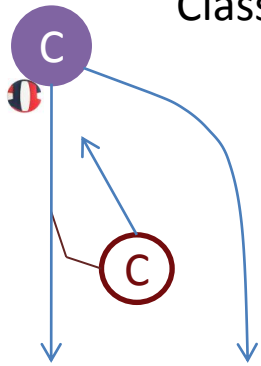
Description: Two or more lines of tacklers face some volunteer quaffle carriers. One at a time tacklers practice their positioning and track the quaffle carrier's movements.

The tackler gets into tackling stance 1-2 meters away from the other player. The quaffle player moves from side to side and back and forth while the tackler shadows their movement maintaining the correct distance and swapping arms when the quaffle carrier shifts to their other side.

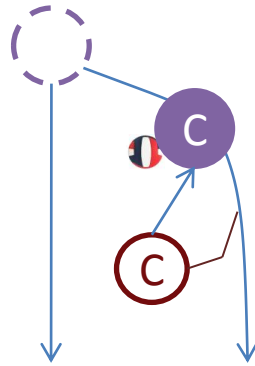
The quaffle carrier now uses faster movement and direction changes to get them to react and adjust faster. After a few reactive movements the quaffle carrier tries to run past the tackler. The tackling player establishes a wrap but full contact is optional.

Next tackle pads are introduced to the quaffle carrier so that players can comfortably commit to harder hits and drives.

Classic positioning

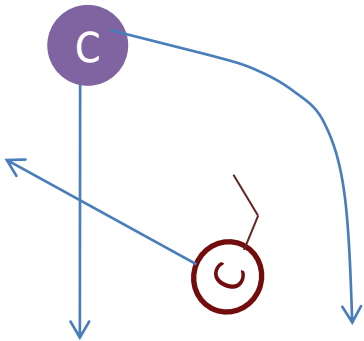


Ball carrier is forced to choose between running to the side of tackling arm or taking a longer path

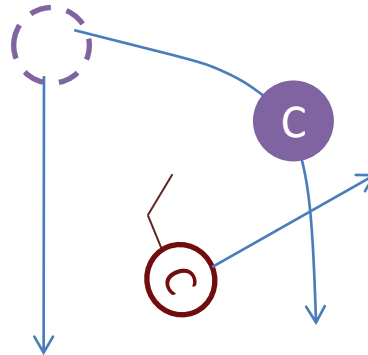


If ball carrier chooses longer path switch arms and commit to the tackle on the other side.

Alternative positioning

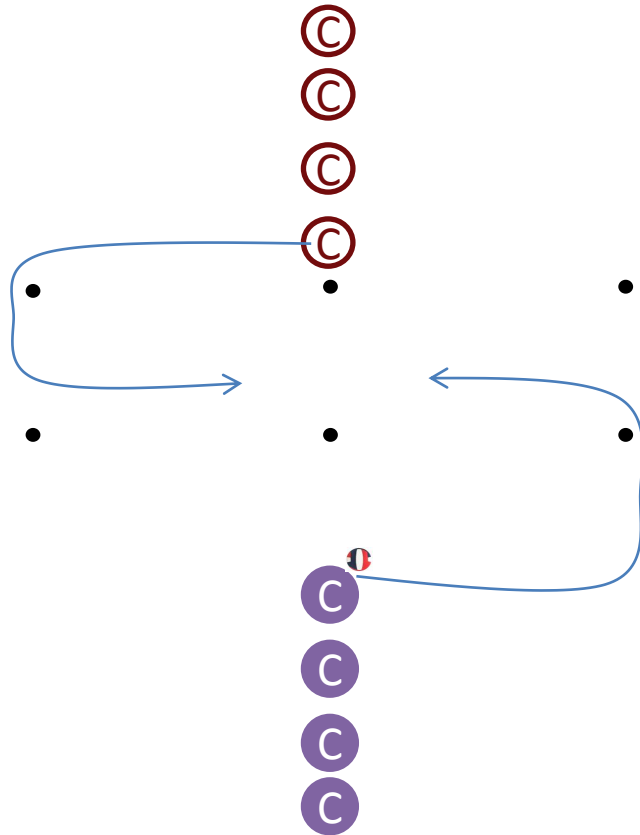


Ball carrier is forced to run on a path that intercepts with yours. when they run charge to tackle.



If they choose the longer path switch arms and commit to the tackle on the other side

Tackle channel



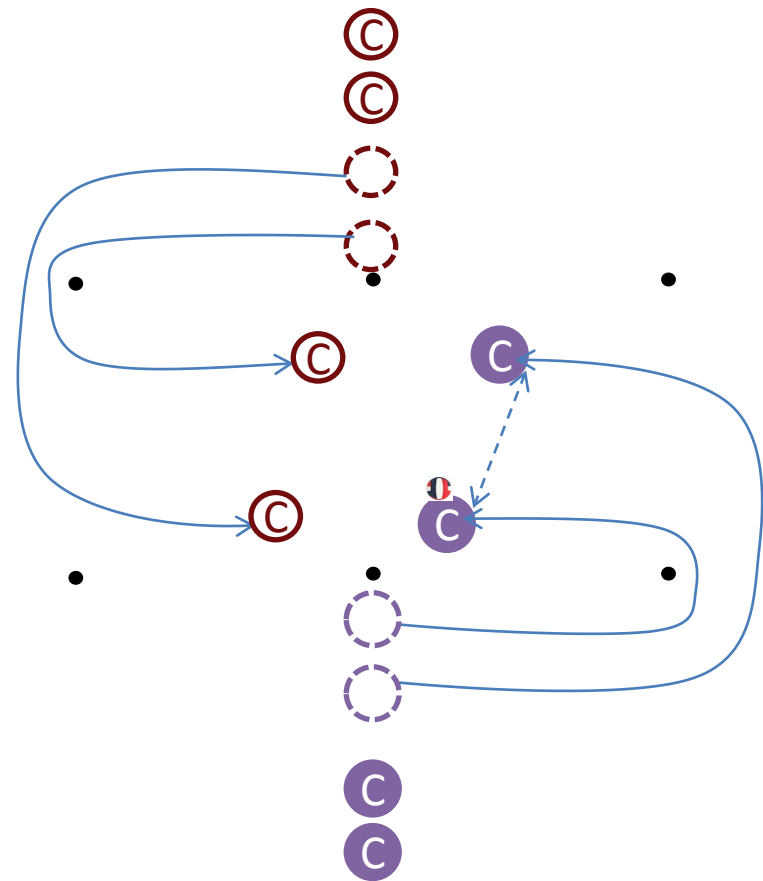
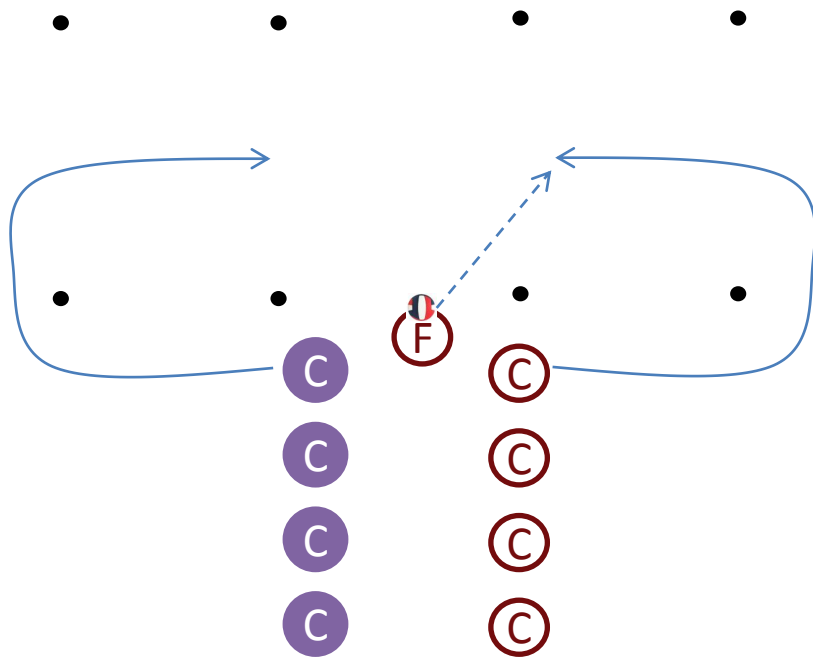
Aims: This simple drill works on tackling technique and how to channel players into a tackle. It has several variations depending on coaches preference and focus of the drill.

Description: Mark out a rectangle using 6 cones 10m x2m as shown. Two lines of players line up behind each centre cone, one line is designated the tackle line the other the quaffle carrier line. On the whistle both players run to a chosen short side of the rectangle and enter the channel. The tackler is trying to stop the runner from making to the opposite short side of the channel whilst the runner is trying to get to the other side by driving through or side stepping the opposing player.

Coaching Points: This drill can be stopped to give individual feedback to players or feedback given at the end. [See tackling section.](#)

Quaffle Player Drills - Contact

Expansion/Variations:



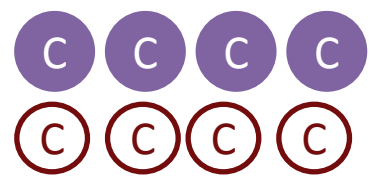
Another variation would be adding a coach/feeder who picks one of the players at random to pass to. The player who receives the pass is the quaffle carrier, the other the tackler.

Varying the width of channel- gives runner more options in trying to avoid contact or if made narrower forces drives through tacklers.

Adding a second player to one side as a support runner or additional tackler practices passing out of tackles/around players for the quaffle carriers or channelling players onto team mates who complete the tackle.

Adding a second player onto both sides the same skills but with a 2 on 2 scenario.

Hoop contact



Aims: This drill encourages tackling, teaches how and when to commit to a tackle in a fun game like scenario.

Description: A cone and a single hoop are placed roughly 7 meters apart.

Two players start at the midway point between the cone and the hoop. One player is designated the quaffle carrier the other player is the tackler.

On the coaches whistle both players begin their run. The quaffle carrier runs around the cone then attempts to drive to the hoop and score. The tackler runs around the hoop and then presses up to meet tackle the quaffle carrier.

The quaffle carrier is not permitted to shoot, only drive but can score from either side. Players should stay within a reasonable distance of the hoop. The tackling player is effectively marking a zone around the hoop rather than the player, so shouldn't get too drawn out.

Hospital pass

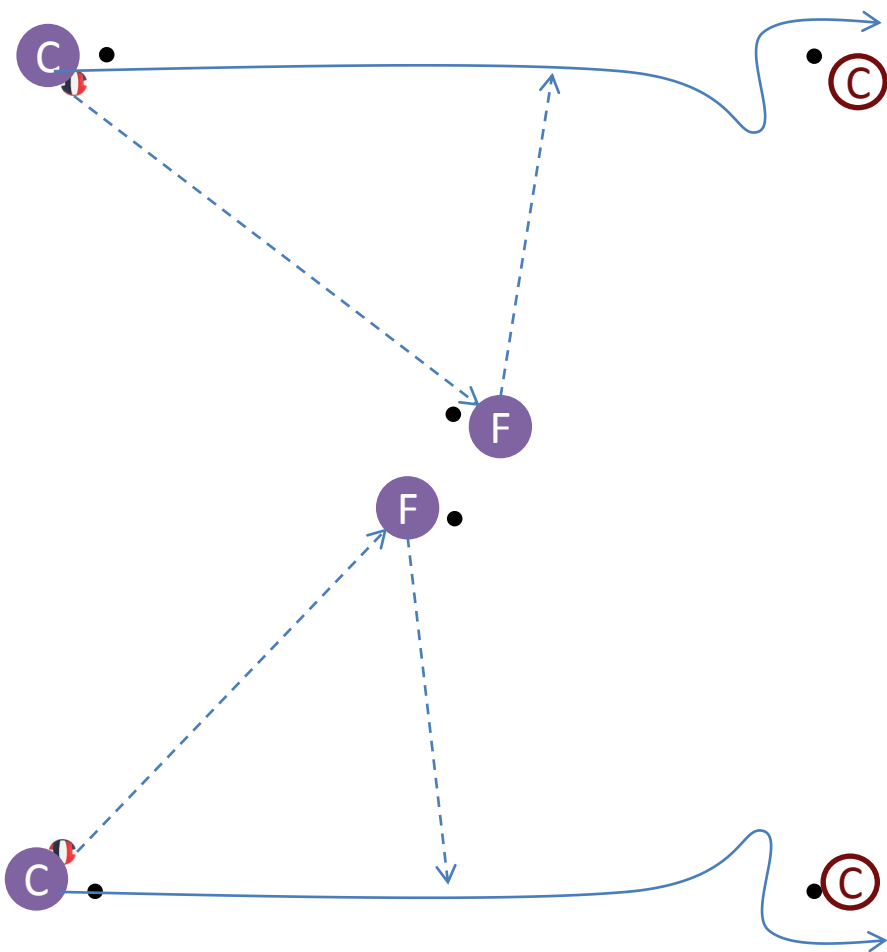
Aims: This drill practices tackling in a controlled scenario that replicates a situation a defender may encounter on the pitch.

Description: Three cones are marked out in a triangle. The player with the ball initiates the drill with their run. They pass to and receive from a feeder player on the middle cone then run around the tackling player on the last cone.

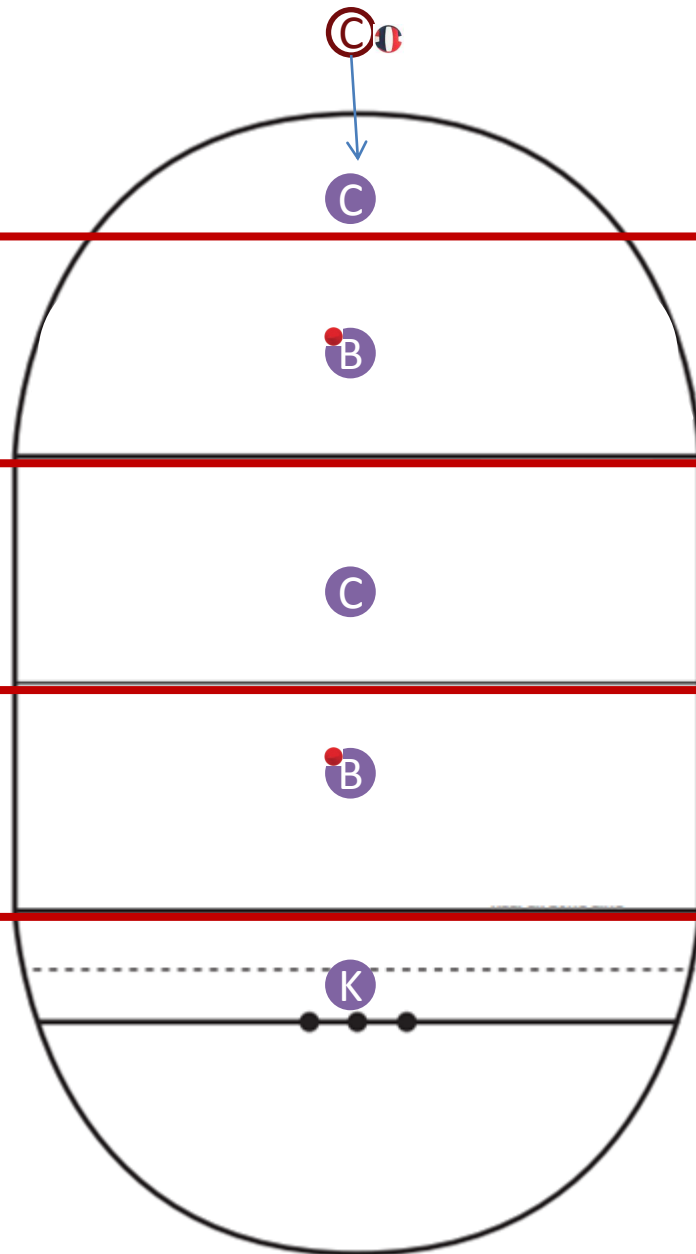
The aim for the tackling chaser is to prevent the player getting beyond their cone by reading their movement and driving to tackle at the correct moment.

The aim for the other player is to pass and receive a ball at pace then side step the tackling chaser.

Expansion/Variations: The drill is mirrored on the another side. This drill can be varied by spacing out the cones or by instructing players on the percentage intensity that you want them to use.



Driving gauntlet



Aims: This drill develops basic driving skills, bludger deflection, getting around defenders, and confidence.

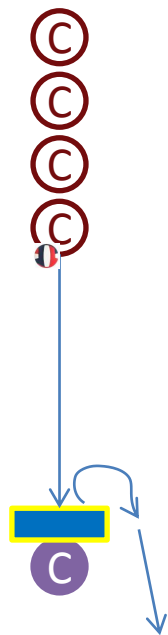
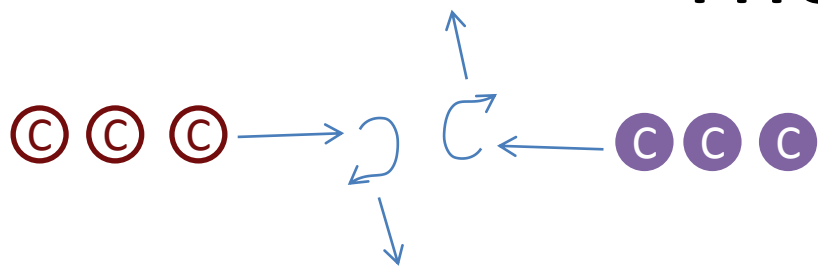
Description: Full pitch divided into five sections. First and third section has a defending chaser, second and fourth section has either a moving or stationary beater, last has keeper in their keeper zone. One by one players run through with a quaffle trying to score by side stepping or driving through defensive chasers and dodging or deflecting beats. Defending players must stay in their section.

Expansion/Variation: Highly variable. Adding in extra attacking players switches the focus from driving to passing past defenders.

Extra rules can be added e.g. attacking players must pass the ball 3 times in each zone in order to be eligible to advance to the next zone.

Add in a offensive beater to switch the focus to creating and utilizing driving lanes.

The Spin



Aims: This drill teaches people to spin out of contact specifically the timing and spacing of initiating the spin vs a defender.

Description: Split players into 2 groups and form 2 lines single file facing each other 5m apart. Both players at the front of the line run at each other and spin outwards over their right shoulder (like a game of chicken who can hold the spin longest without making contact) this can be at the speed of players choice to practice just the spin without getting disorientated.

Once players are comfortable spinning a single line is formed with a designated defender facing the line 5 meters away holding a tackle shield. Players from the line take turns to run at the defender and spinout of contact with the shield. The aim is to bounce off the shield through the spin.

Expansion/Variations: Alternate which side players spin outwards.

Coaching Points: Make sure players are able to come to balance after the spin and accelerate forwards seamlessly. Against the tackle shield encourage big hits.

Hit and Spin

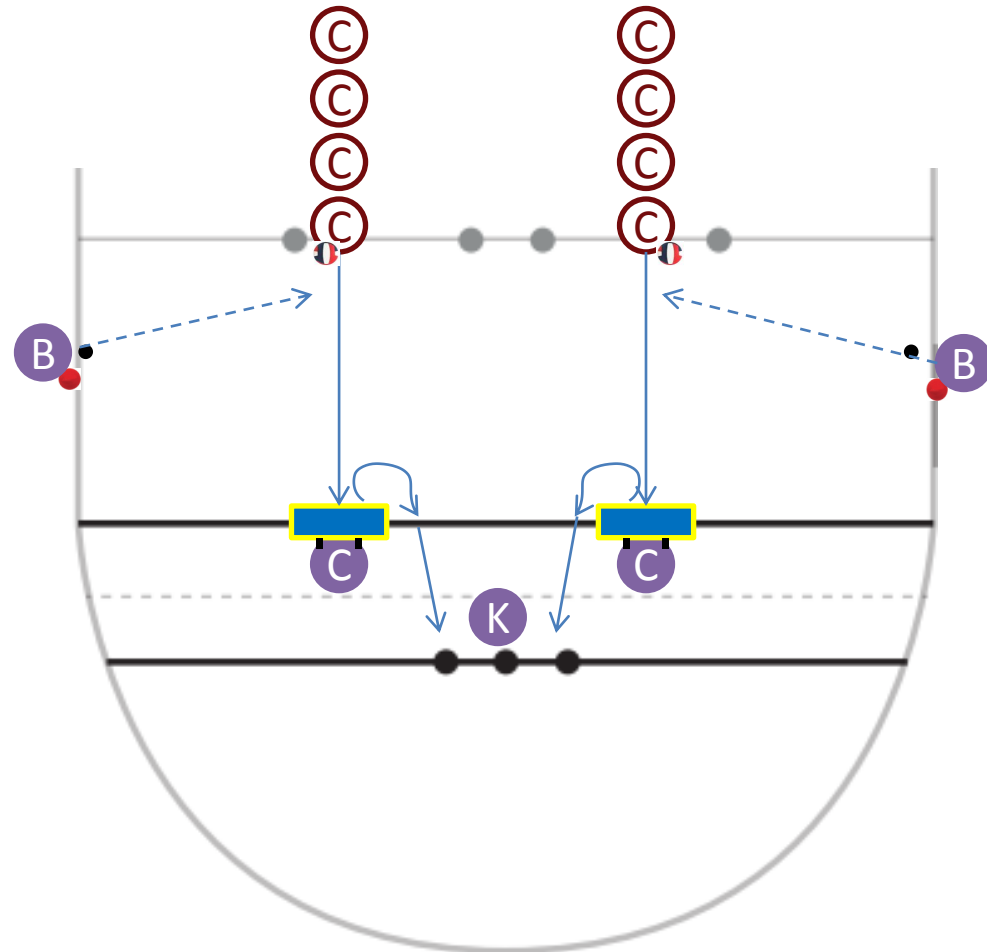
Aims: This drill teaches quaffle players to spin out of tackles and also incorporates basic bludger deflection and driving skills.

Description: Two lines of chasers line up in front of the hoops. In between the chasers and the hoops are a defensive beater and a player holding a tackle pad representing a defensive chaser and finally a keeper.

One at a time the chasers run the gauntlet to the hoops. First deflecting a bludger from a static beater on a cone. Second running full pace at the tackle pad and then immediately upon impact spinning off the pad to one side.

Expansion/Variations: The keeper is an optional final defender who they have to step or pump fake past to score.

Coaching Points: Deflecting the bludger is a scenario quaffle players may encounter where it is possible to get past a defensive beater by deflecting the bludger with the quaffle. It is important for both chasers and beaters to drill this situation. Spinning off that tackle pad simulates spinning out of a tackle whereby the quaffle carrier “unwinds” the tackling arm of the defender after putting them off balance.



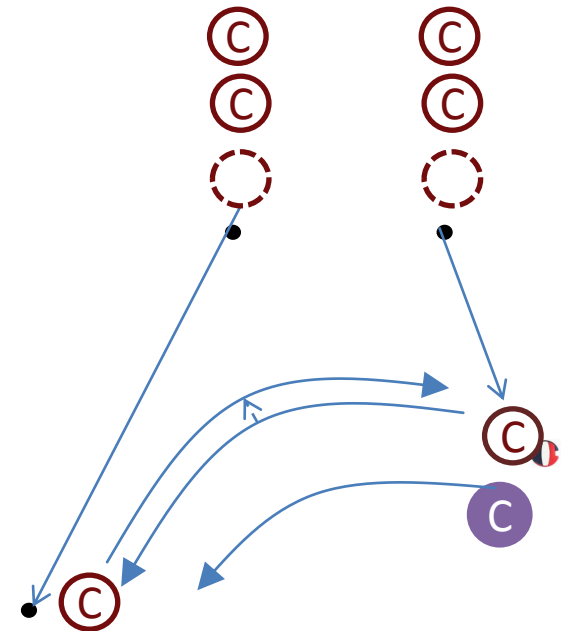
Switches

A switch pass quickly changes the direction of play and keeps the defence guessing as to where the ball is, the delay in the defences reaction creates gaps for quaffle carriers to run through. Although not technically contact switches are included in this section as the movement of the players involved is similar to that of screening and so are best introduced together. Both switches and screens are best drilled first by having cones marking out the path that players run on during the play and then second drilled in a half court game with a full defence to put the switch in game context.

Aims: This drill introduces the concept and helps players perfect the angle and timing of a switch.

Description: Two lines of players are stood behind their cones facing a single defensive player. One line is designated the quaffle carrier line and the other the support runner or receiver line. The receiver runs to the cone in front and to the side of them, this is their starting position for the switch. The quaffle carrier advances towards the defensive chaser - this is where the switch will start.

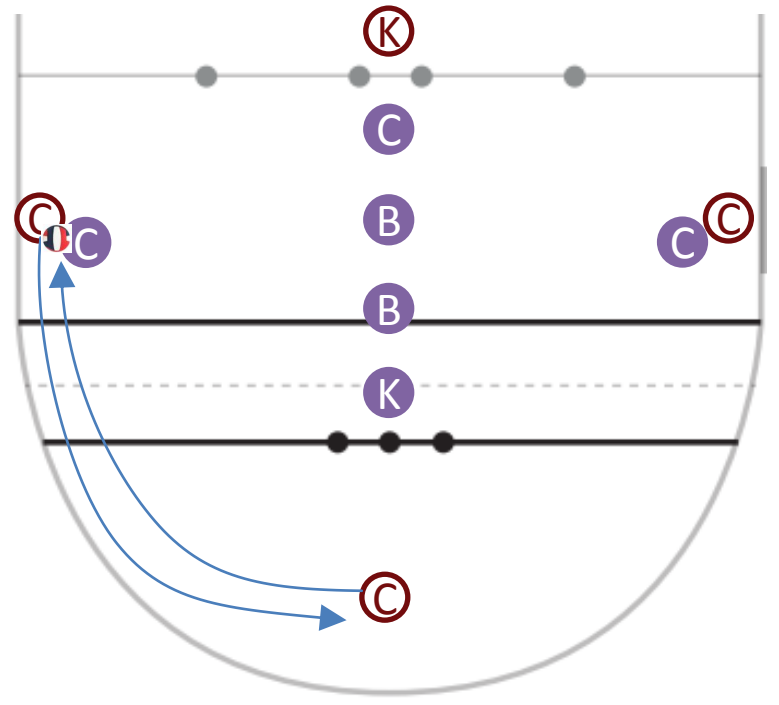
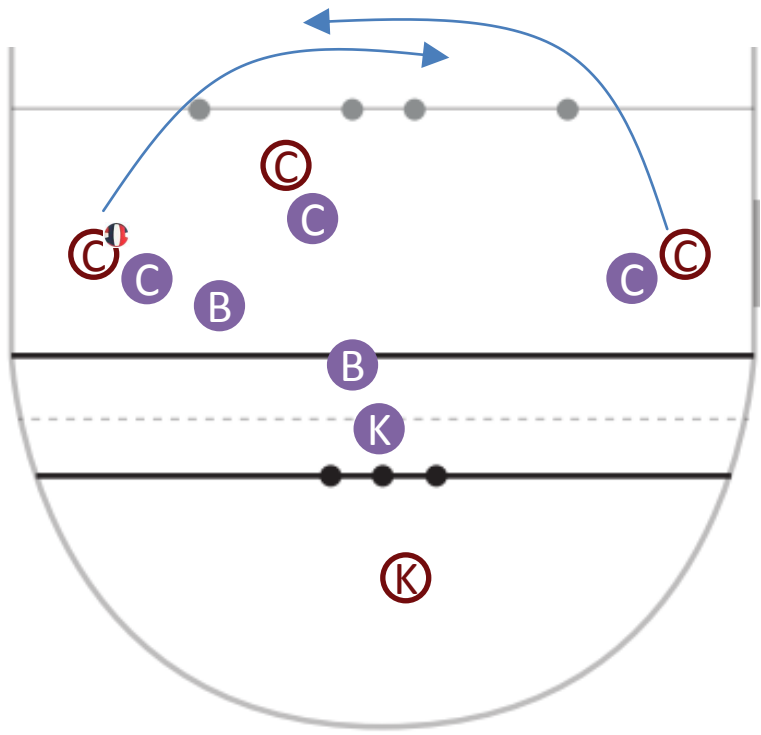
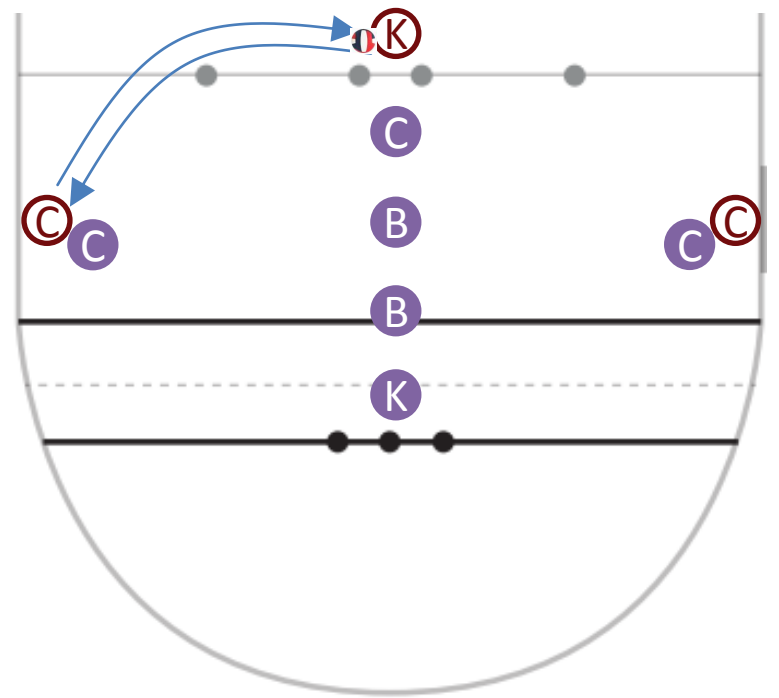
The receiver runs behind the carrier as the carrier passes the ball on the inside, this effectively screens the receiver from the defensive player. The defensive chaser follows the original quaffle carrier and is drawn away from the ball. The switch pass can also be faked as the players cross to further confuse the defence as to which player has the ball. After the switch has occurred both runners make a cut towards the hoops with the player without the quaffle opening up to the ball (facing the ball) to become a passing option.



Quaffle Player Drills - Contact

Expansion/Variations: Adding in another defender to mark the support runner to try and beat two defenders. Changing the angle of the run to get players used to switching from different positions. Moving on to using the switch in a half court drill with a full defence will put the switch in game context.

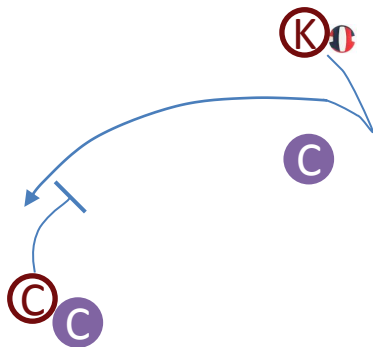
Coaching Points: Switches can be performed in a variety of different ways from many places of the pitch not just to fool point defenders.



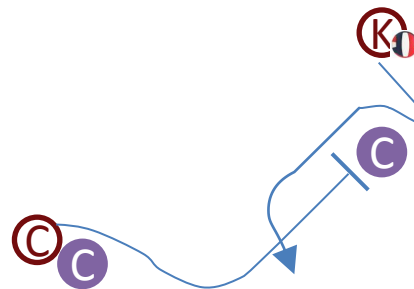
Screens

Description: A screen (or pick) is a blocking move by an offensive player on a marker or point chaser of the defence which involves the screening player standing in the path of the defensive chaser. You can use them to free a quaffle carrier from the point chaser by obstructing the defender so they can drive into space, or use them “off ball” to decide who the unmarked player is to receive a pass. Both switches and screens are best drilled first by having cones marking out the path that players run on during the play and then second drilled in a half court game with a full defence to put the switch in game context.

Execution: The simplest screen to run is a pick and roll by a chaser on the wing. The wing chaser may or may not have a marker of their own. The quaffle carrier moves toward the wing chaser who then sets the screen by standing in the way of the point chaser, separating them from the quaffle carrier. After the screen/pick the screening player rolls off the contact into space and faces the ball ready to receive a pass. The quaffle carrier curls around their screener towards the hoops, coming off the screen as tight as possible to their own player.



Screener gets into path of defender

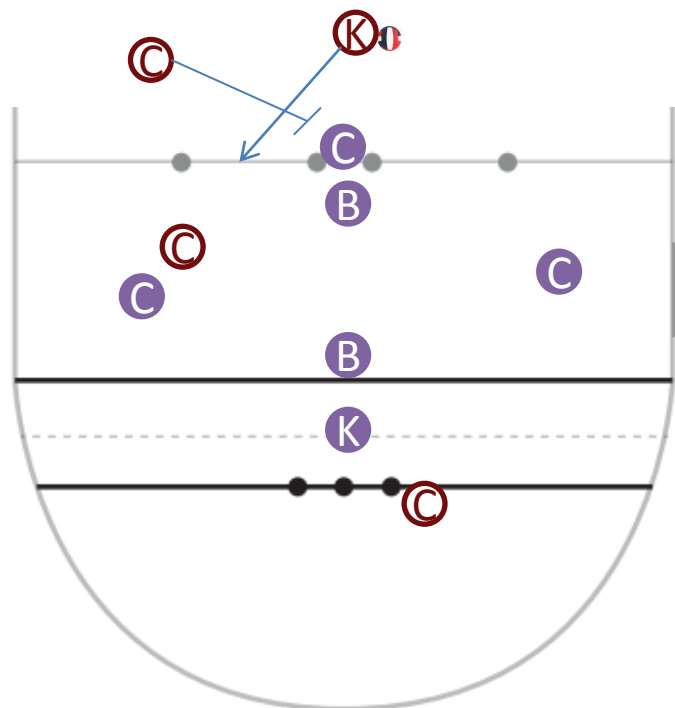
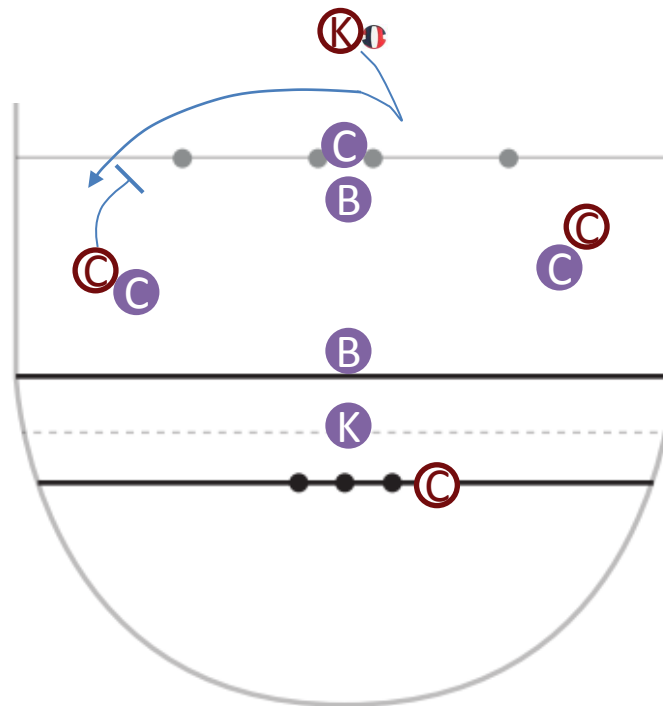


Alternatively screener gets directly behind defender

Quaffle Player Drills - Contact

(Right diagram) Pick and roll shown on a half court. While the screener has to be stationary during the pick they are free to move immediately after. It is important to run into space and open up to the ball after setting the screen as often the screener is the wide open. Shown in this video at 5:31mins.

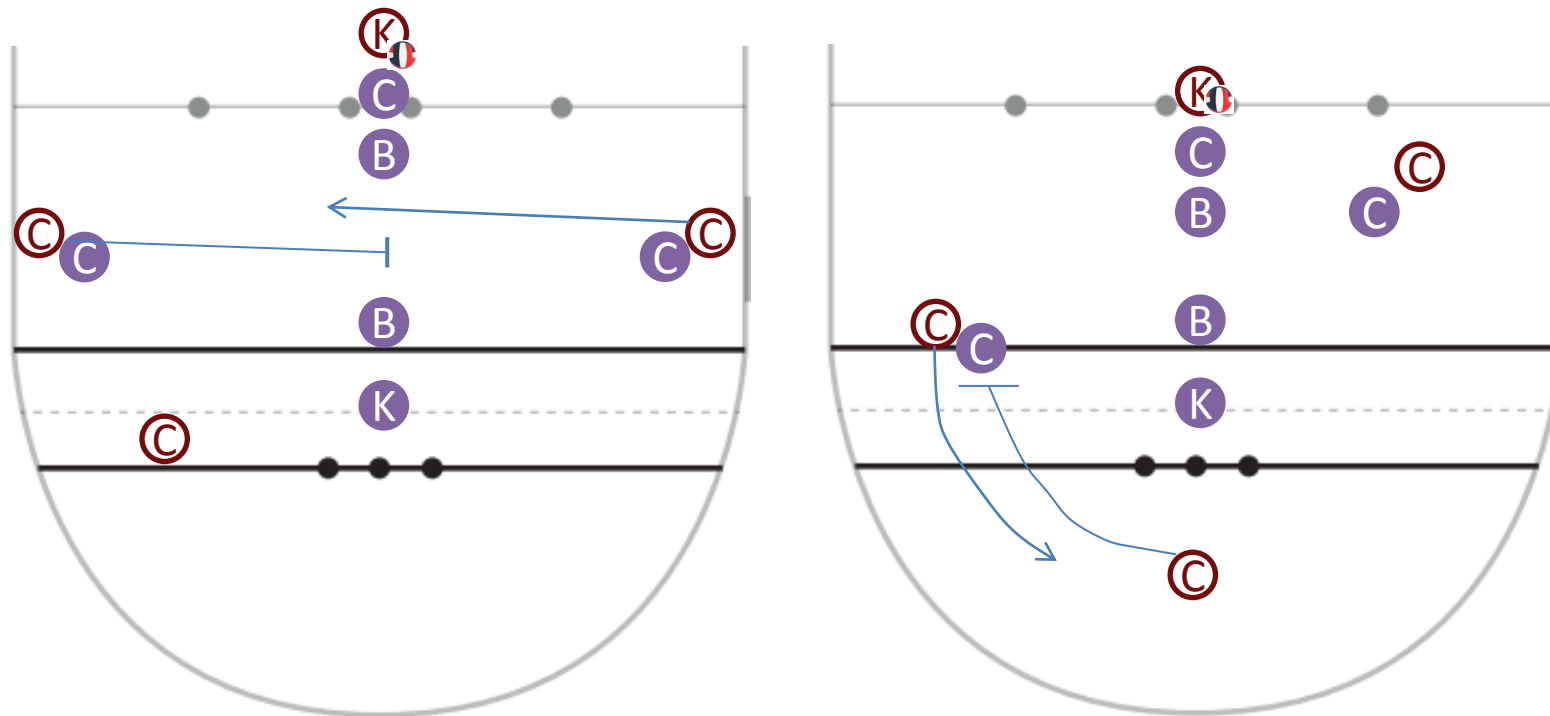
<https://www.youtube.com/watch?v=6oDId3NXAmY&t=5m30s>



(Left diagram) Cross screen: The quaffle carrier and support runner, run on straight lines that cross right before the point chaser. If the quaffle carrier decides to use the screen then they sprint into their run as close as possible to the back of the screening player. Shown in this video at 3:03mins.

https://www.youtube.com/watch?v=19rmBsSi_vo&t=3m2s

Off-Ball Screens



The simplest off ball screens are shown. The first a simple switch of positions between the two wing chasers each of which have a marker. One player runs into the path of the marker of their team mate while dragging their own marker along as well. The other player is now open as the screening player has two markers. For the pick to be legal the screener must be stationary when the contact occurs but can be moving immediately before and after the contact.

The second is a simple pick and roll by the player behind the hoops for the wing chaser with a marker. If done correctly both players should come off the screen into space and be a eligible passing option for the quaffle carrier.

Coaching Points:

Player setting the screen

Communicate the pick - make sure to let the offensive player know the pick is coming. You can do this by establishing a signal beforehand or simply calling out the player's name.

Back pointing to targeted area - you want to have your back pointing to the direction that you want the player using the pick to go.

Wide base - you want to spread your feet to create a wide base that is hard for the defender to get around.

Brace for impact - Solid stand with your hips down and your knees bent, so it is difficult for the defender to drive past you or knock you off balance. You can keep your hands in a position to protect yourself.

Stationary - you want to be stationary as the screen takes place. If you are moving as you set the pick then it is illegal and so ensure your feet are planted at the moment of the screen but make sure to be thinking about running afterwards.

Open up to the ball - after the offensive player comes off of your pick, turn to face the ball and run into space to become a passing option. Roll of the contact and be ready for a pass. Often the person who sets the pick is the player that ends up being in space.

Player using the screen

Fake opposite - before you come off of the pick, you should fake in the opposite direction to set up the defender. This will help you run the defender into the pick and put your screener in their blind spot.

Shoulder to shoulder - run close to the screening player (shoulder to shoulder) this will ensure the defender doesn't see the screening player until its too late and makes it harder for them to get around the screener even if they do.

Curl of the screen - this is an arching run towards the hoops. Whenever you come off of a pick you should curl in tight around the screener towards the hoops . This will make your defender easier to screen, puts you in the best position to drive into space and faces you body toward the hoops for an attack.

Sprint off the screen – explode into your run right of the screen to leave the defender behind and make the most of the opportunity.

Beater drills



For beaters there are essentially two different kinds of drills that you can run, the first being a skill drill, this basically encompasses very simple drills focused on improving the basic beater skills of catching, throwing power, throwing accuracy, etc. You should always start practice with these types of drills to get players warmed up.

The second being a situational drill which tries to emulate an in-game scenario that you might run into on the pitch. These kinds of drills may also involve a few chasers but in some cases beaters acting as chasers is ok.

Beater contact, although technically a skill like any other has been given its own section. Some of the drills shown here are also in the quaffle player section as they have teaching points for both positions.

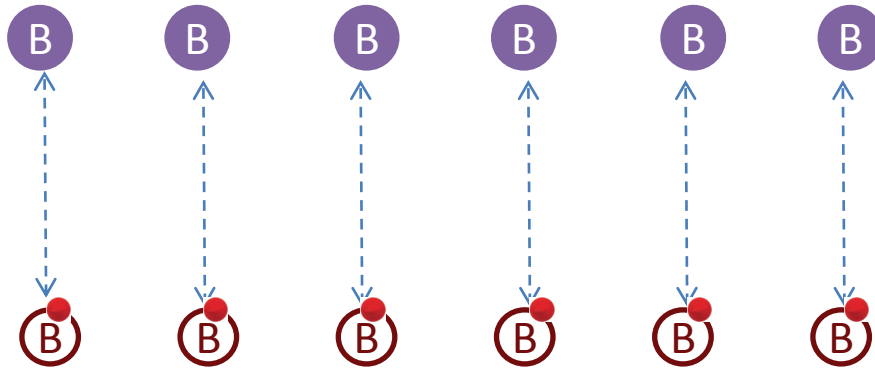
Pair Beating

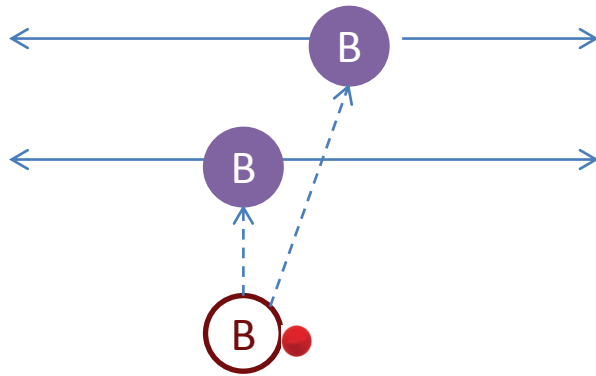
Aims: This simple drill is focused on improving the basic beater skills of catching, throwing power, throwing accuracy, etc.

Description: Partner players off and have them throw at varying distances from each other to warm up their arms, work on technique and build power.

Have the one partner without a ball face away from the other. The partner with the ball then says "Turn" and throws the ball at the partner facing away. The other person then has to make the 180 degree as quickly as possible and attempt to catch the ball. This helps to build catching instincts and react quicker on the pitch.

To start have the player with the ball throw at a moderate speed to where most throws are very catchable and as time goes on have them throw harder to make the drill more difficult and challenging.





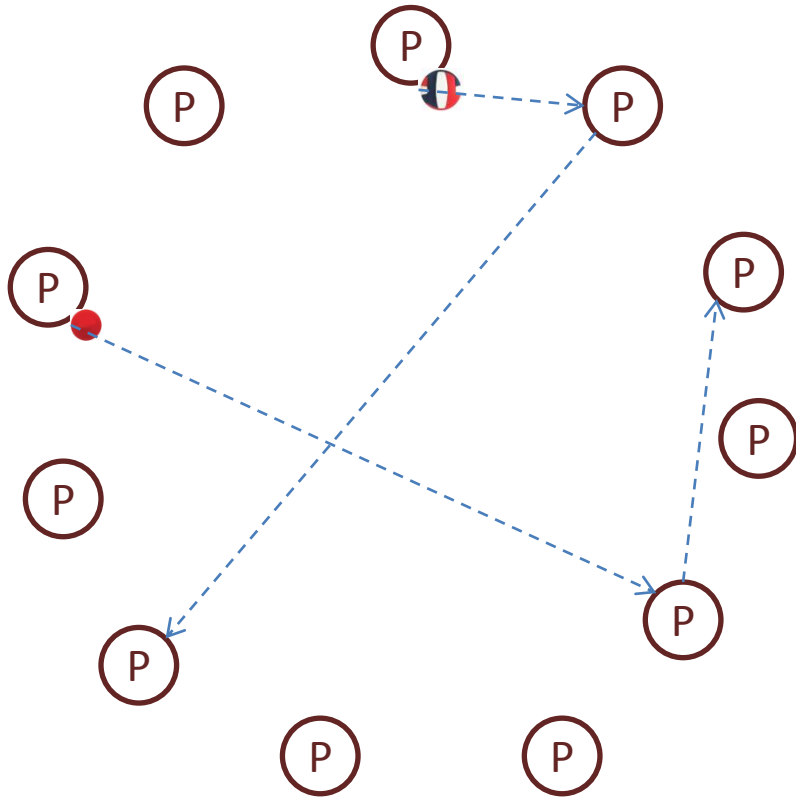
Expansion/Variation: Optional expansions of this drill; one partner serves as a moving target to where accuracy can be incorporated as well.

Two players move laterally on different lines whilst another player with a ball tries to beat them out. The bludgerless players are allowed to catch to prevent a beat.

The focus can be on beating out the both players as quickly as possible or on beating out the back beater who is being protected by the front.

Coaching Points: This drill can be performed at the start of trainings along side similar chaser warm ups.

The Name Game

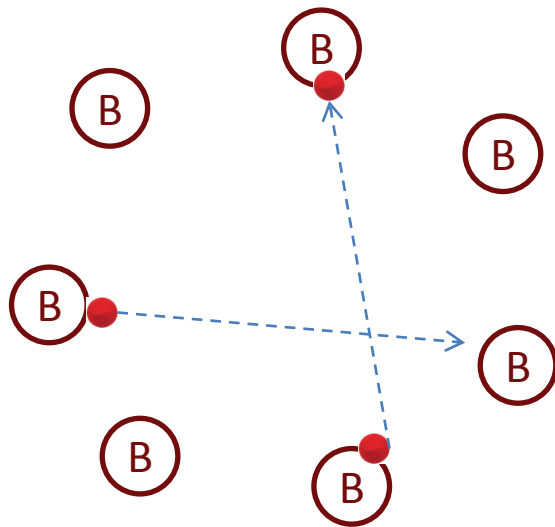


Aims: This is a easy warm up drill and a good opportunity to learn players names.

Description: Players of all positions stand in a circle and pass the ball to one another, before the pass they must call out the name of the person they are passing to. This is great at the beginning of the season players and coaches can learn everyone's names.

Expansion/Variation: Next players will have to follow their pass taking the spot of the player they just threw to. Players can also cut across the middle of the circle and call for the ball now players should be receiving the ball on the move.

Throwing circle



Aims: This drill warms up players' arms. Practices basic throwing and catching and throwing

Description: Players form a circle and throw at random players starting off slow to warm up their arms then gradually increasing the speed. Players are encouraged to be creative with their beats utilising all kinds of fakes and to think about the drill in the context of a game situation.

Expansion/Variation: This drill can be modified to include movement. Players move around the area at random try to beat each other out.

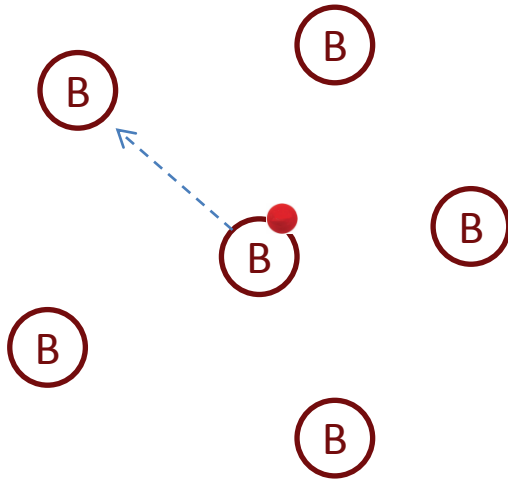
Clearout

Aims: This drill develops players ability to recover the bludger quickly after beating players out.

Description: A single player must clear out a group of bludgerless beaters as quickly as possible to win.

The bludgerless beaters are allowed to catch to prevent a beat. If they make a catch they become the player in the middle and the current player loses. If the current beater wins the last beater to be cleared out becomes the next beater.

Coaching Points: All players are confined to a box or area. Highlight the skills use in a match e.g. Mopping up the offense's players that are still in your half after a turnover.



Throwback drill

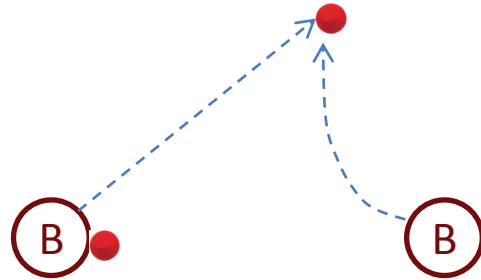
Aims: This drill drills catching ability as well as good beater instincts i.e. throwing the bludger back to catch on defence.

Description: Players are paired off and each player in the drill has a bludger. One of the pair begins facing away from the other. On the coach's signal the drill begins and the beater can turn to face their opponent they must throw their own bludger back or drop it in order to free up their hands to catch their opponents ball. The other beater tries to quickly throw beat out the other player immediately after the coach's signal.



Coaching Points: To start have the offensive player throw at a moderate speed to where most throws are very catchable and as time goes on have them throw harder to make the drill more difficult and challenging. The distance between the players can be varied to change the difficulty.

Target Practice



Aims: This drill teaches accuracy and also drills players to run after balls immediately after being thrown.

Description: One player throws a bludger straight up in the air whilst another has to try and hit it before it hits the ground.

After the ball is thrown the player who threw the ball must sprint to retrieve it.

Expansion/Variation: The sprinting aspect can be removed by having a group of players waiting on the opposite side to intercept thrown balls before they take part in the drill.

The ball could be directed at the player instead of up into the air. Different target objects could be used e.g. American football, Frisbee

One on One

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- **Aims:** This drill works on basic beater skills to improve beaters' performance in one on one beater battles.

Description: Set up four cones forming a box. The two beaters inside the box are restricted to only moving inside for the duration unless both bludgers are thrown outside. The objective is to try and peg the other beater while catching/dodging the ball thrown at them.

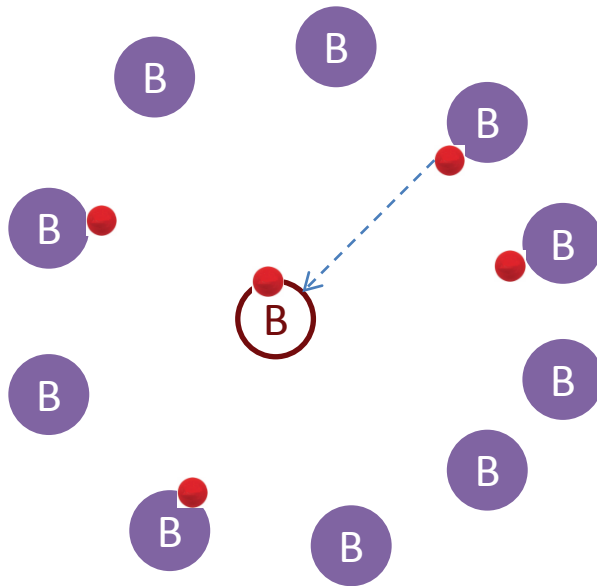
This can be run as a “winner stays on “ to add in more of a competition. Or a brand new pair can enter the box.



- **Expansion/Variation:** Another option would be to have a beater without a ball pursue a beater with a ball and attempt to gain possession while the other player must try to clear them out quickly.

Coaching Points: Often these kinds of battles can be won by not throwing your bludger but catching your opponents or dodging/deflecting theirs. New players will instinctively throw their bludger at players who have already thrown and missed their own, the correct action is to run over to the opponents bludger then when they approach throw your ball over their head or go for a hard beat. Think about game scenarios.

Beater Bully circle



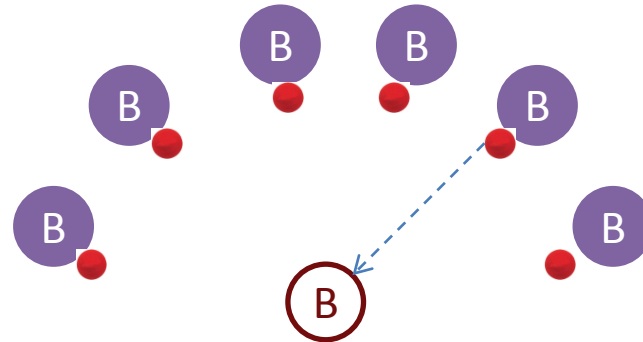
Aims: Awareness of where all the balls are is key as well as developing throwing and catching skills.

Description: Set up as shown, players in the circle try to beat out the player in the middle and also receive balls from throws made from the other side of the circle. If you score a beat then you become the next centre player.

The player in the middle is free to move around the circle and must deflect, dodge or catch incoming bludgers.

Expansion/Variation: The bludger of the centre player can be taken away. More bludgers can be given to or taken away from the outside players to make the drill harder or easier. More centre players can be added or a single front guarding partner

Beater Crescent



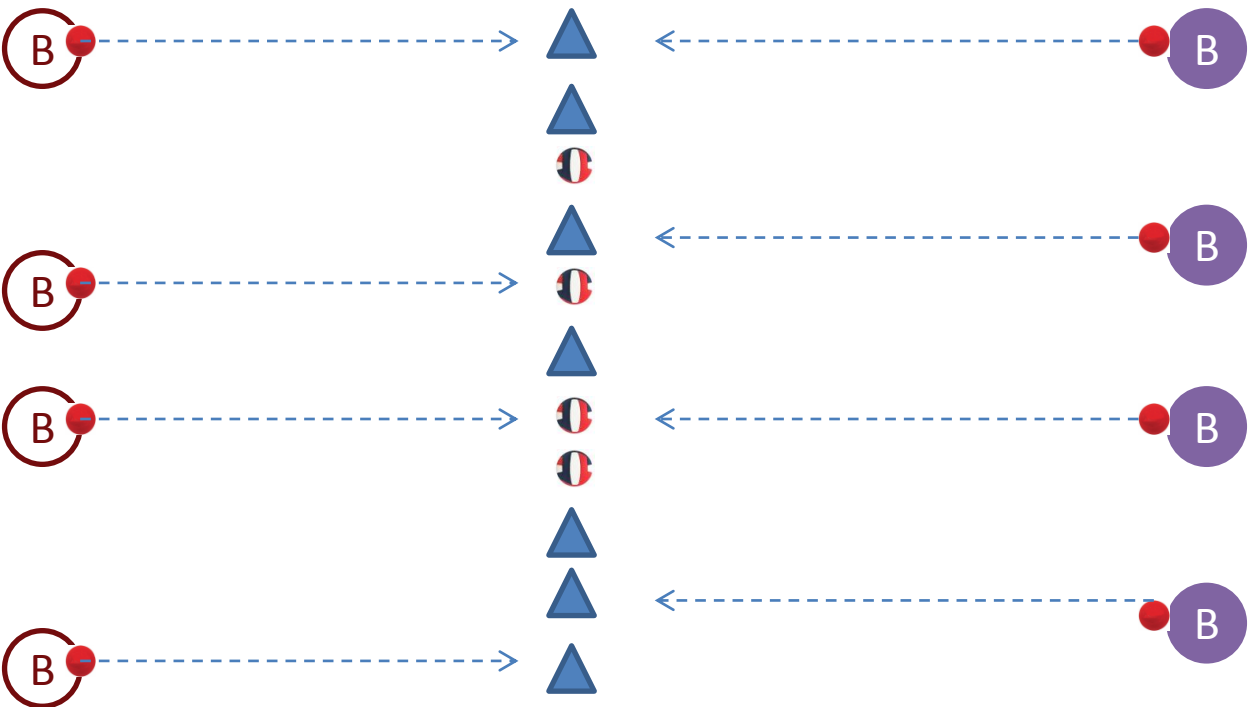
Aims: This drill builds up catching instincts so that players can react quicker on pitch. Start with balls being thrown at moderate speed to where most throws are very catchable and build up power as the drill progresses

Description: A single player begins facing away from a semi circle of players with bludgers. 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.

Expansion/Variation: Expansions could be having several balls thrown sequentially, more players in the centre, balls thrown in a known order.

Shooting stars



Aims: This drill works on power and an accuracy of beats.

Description: Two even teams of beaters with bludgers are chosen. In the middle of each team are a large amount of objects which could be cones, balls or anything that will move when beat.

Players throw the balls at the objects moving them closer to the opposing team. After a set amount of time the team with the most amount of objects closest to them loses.

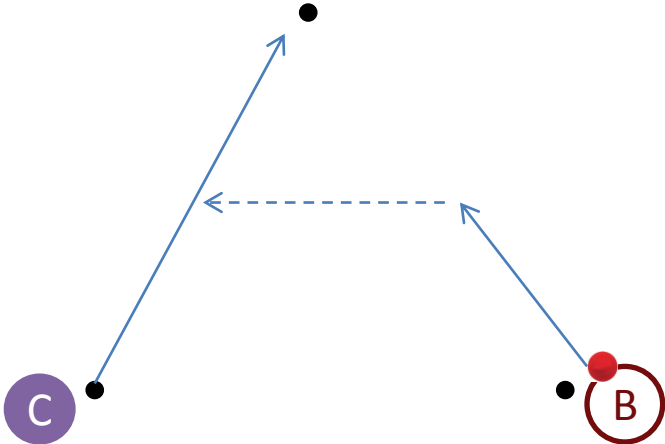
Expansion/Variation: Size of the area and amount of objects can be varied.

Lensing's Drill

Aims: This drill is very simple and teaches efficient ways to hit a chaser making a run.

Description: Three cones are set up as shown. A line of beaters start on one cone and a line of chasers on the other.

The chasers initiates the drill with their run to the third cone and now the beater is free to leave their cone to beat the chaser before they get to the cone.



Expansion/Variation: Expansions/adaptations include: resizing the triangle, restricting the beater to stay on their cone, giving the chaser a quaffle to deflect beats.

Beater Ball

Aims: This drill teaches players the importance of bludger control, gets players thinking strategically and trains fundamental beater skills.

Description: A court with two end-zones roughly the width of a pitch and the distance between the hoops (33 by 33 meters). Two teams of a minimum of 4 players each compete for possession of 8+ bludgers.

The drill begins with a brooms up and the bludgers on the midline. The aim for teams is to have all of the bludgers in their end-zone, players can steal balls from anywhere on the court including the opposition's end-zones. Teams become more powerful the more bludgers they possess but may have to risk losing control of bludgers in order to gain possession of more. If balls are accidentally thrown off pitch the coach puts them back in, if a player intentionally throws off pitch then that ball is given to the other team.

Expansion/Variation: The size of the pitch can be varied as well as the amount of players or bludgers. The end-zones can be out of bounds for the opposition so that games are much shorter as players can't steal bludgers from there.

Coaching Points: Players throwing their ball back as they are being beat is very useful when keeping control of balls similarly throwing back in order to catch beats. Bludgerless beaters can be powerful as this is a full contact drill. Smart teams will organise a defence and offense to defend the bludgers they have while competing for more.

Beater contact



Parachute Falling

Aims: This drill teaches players how to take a tackle correctly specifically how to fall. This drill can be run with chasers and beaters

Description: Gather players together and show them the correct way to fall when taking a tackle breaking it down into simple steps. 1) Grip the ball tightly so that it does not get knocked loose during the fall. 2) Relax your body and sink sideways. 3) first make contact with the ground with your knees, then hip, then shoulder. 4) Don't put hand out to break the fall, this is a natural instinct but is a common way new players injure themselves .

When players are spun and land on their back tucking their chin is important to avoid hitting the back of their head on the ground.

Next have players find space and practice this method from standing and help out individuals. Once players are used to this have the group slowly jog around in space. On the coaches whistle all players drop to the floor using the falling technique they just practiced.

Expansion/Variation: Later on players can practice passing out of tackles i.e. Passing the bludger to a your beater partner when being napalmed or beating tackling beaters out on their back as you are taking the contact.

Introducing a tackling player and learning the fall in a tackling context. When players are spun and land on their back tucking their chin is important to avoid hitting the back of their head on they ground.

Coaching Points: In quidditch players will be from a mix of different sporting backgrounds and abilities. Some will have never done contact before or some may have learn how to fall from a different sport under different circumstances e.g. judo. This is why it is important to teach players to fall at the beginning of the season so that everyone is on the same page.

Tackling progression

Aims: This drill is about introducing tackling to players in gradual steps until they are comfortable and confident enough for a full contact scenario. This drill can be run with chasers and beaters

Description: In pairs players go through several progressions each taking turns to be the tackler and the ball carrier.
[See tackling section in fundamentals.](#)

The first step is one player (the tackler) begins on their knees while the ball carrier moves towards them at walking pace. The tackler should move their head safely to one side and their tackling arm the other, make contact with the shoulder, wrap round the waist or thighs of the ball carrier and go to ground with the player, land on top to control their posture.

The second step is to have the tackler on one knee and repeat the same as before but now the player is able to use one leg to drive or spin them to the ground.

The next stage is to have the tackling player begin standing in tackling stance with the ball carrier still moving at walking pace. Now the full tackling stance can be taught and the tackler can use their whole body to drive or spin their opponent to the ground.

Next the ball carrier runs at full pace the tackler, or gradually builds up speed if they prefer. Now the full tackling technique can be drilled at a more realistic pace.

Finally the ball carrier backs away from the tackling beater who has to chase them down and drive into them before tackling them to the ground.

Coaching Points: It is important for participants to progress at their own pace. Make sure pairs are of equal confidence/ability and that they are allowed to move on to the next stage when they are ready. For a large group of players and few coaches though, gathering players in and teaching everyone the next stage together will save a lot of time and will also provide an opportunity for questions and coaches feedback.

Bulldog

Aims: To encourage tackling, build confidence of players, gradually progress into full tackling technique in a fun exercise.

Description: All players must stay on their knees though out this drill. A line of runners must attempt to get from one end-zone to another without being tackled. Two tackling players attempt to take the runners to the ground once they have left the end-zones.

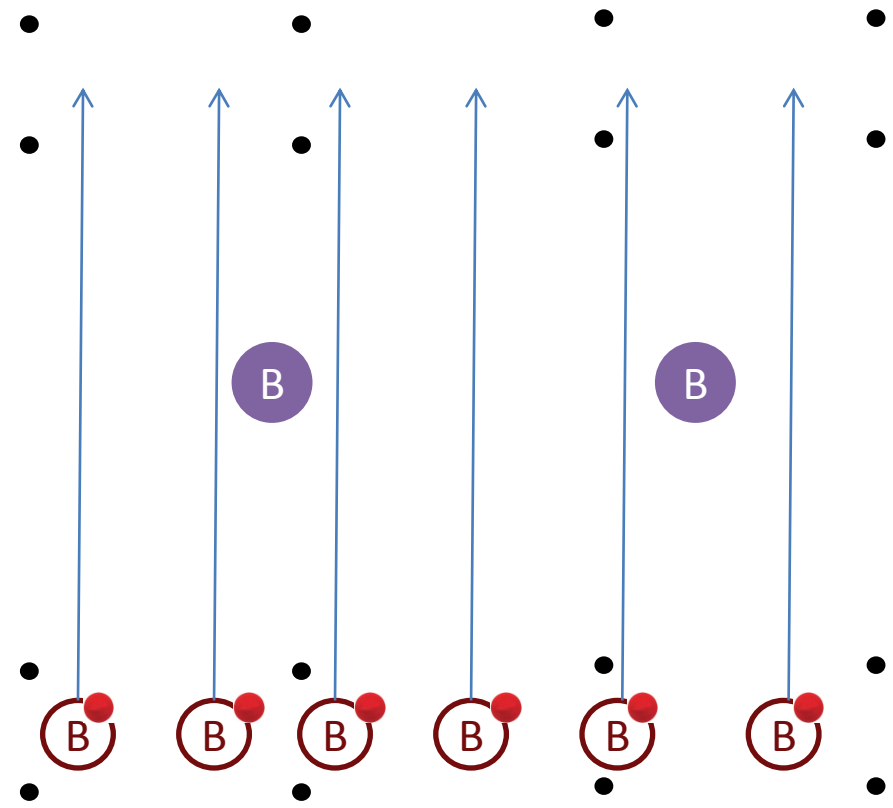
Tackled players must join the tackling players in taking out the remaining runners until a single player remains.

Once players are more confident they can perform this game standing up but at walking pace.

The final progression would allow players to run.

Expansion/Variation: Once players are standing they can perform the full tackling technique, the games can be stopped at any point to give pointers.

Coaching Points: Having all players walking on knees may not be suitable on a dry hard pitch and should always be progressed to the next stage quickly. As there are more and more tackling players the stages can be advanced more quickly.



Bludger Scramble

Aims: This drill works reaction times and basic physicality during scramble's

Description: In pairs both players begin on the floor with one hand on a single bludger.

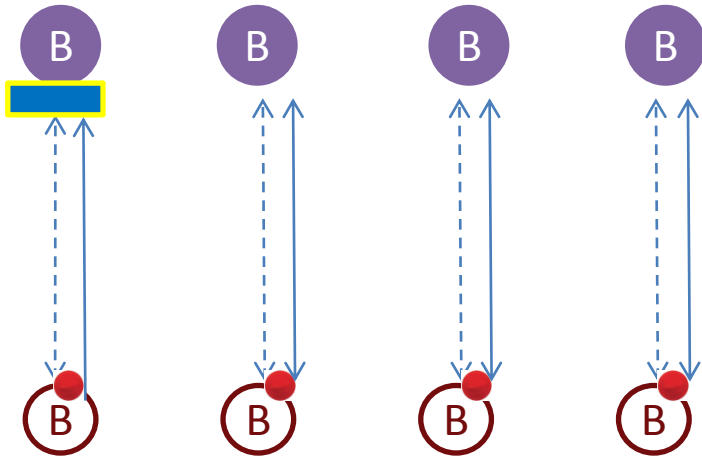
On the coaches command players compete for sole possession of the bludger.

Expansion/Variation: Beaters begin a distance away from the bludger, distances can be equal or different to give one beater an advantage.

Coaching Points: The same contact rules that apply on the feet apply on the ground so wrapping opponent with two hands is not allowed, contact from over shoulder or neck (see rulebook for full details)



Tackling instincts



Aims: This exercise drills the instinct to tackle beaters who catch their bludger and to train quicker reactions to situations when offensively beating.

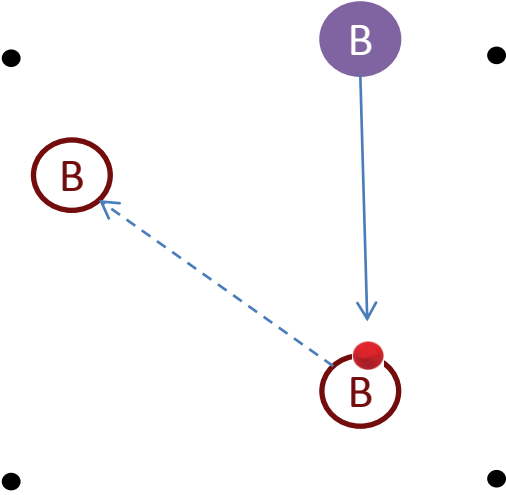
Description: Partner players off and have them throw are varying distances from each other to warm up their arms, work on technique and build power.

Players are moved to a close range and allowed free movement. If a catch occurs partners must try to tackle the beater immediately. This trains players to tackle on instinct if their ball is caught.

Expansion/Variation: A tackle pad could be used to facilitate harder hits.

Coaching Points: Always putting drills in the context of a game e.g. On brooms up if a beater gets to the ball first or if a beater catches your beat on offense.

Piggy in the middle



Aims: This drill teaches beaters in defence how to pass around a napalming (tackling) offensive beater. And drills tacklers and closing the distance and isolating beaters from their partner.

Description: a beater pair is confined to a box and must maintain possession of a single bludger by passing it between them while under pressure by a third tackling beater.

Expansion/Variation: This drill leads onto a “hoop defence” drill variation shown later on. Or a half court/full court game that focuses on countering napalm.

Coaching Points: It is important to put this drill in its proper context i.e. Defending against an offensive tackling beater by passing to you beater partner in order for them to make the beat on a quaffle carrier. For this to happen in a match they must not only focus on the tackling beater but the quaffle threat.

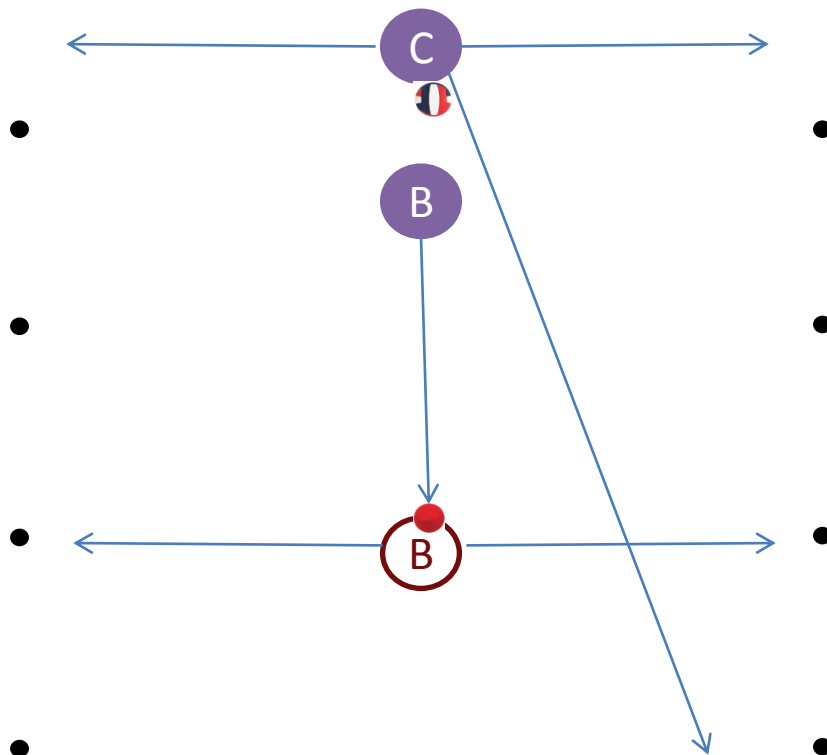
Hoop defence (tackling)

Aims: This drill replicates a game scenario in order to teach tackling specifically in a beater context.

Description: The defensive beater follows the movements of a player acting as a quaffle carrier moving side to side.

The offensive tackling beater must anticipate their opponents movements and drive at them to take them down

After a while you can encourage the defensive beater to use more dynamic movement to evade the tackle and the player acting as chaser to drive into space.



Two on Two

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- **Aims:** This drill trains beaters in regaining bludger control and promotes communication and teamwork between beaters .

Description: Two beater pairs with one bludger per pair are confined to a box or area.

The object of the game is to gain possession of both bludgers through catching, throwing, tackling and stripping balls.

If a player is beat then they must leave the area or touch a designated cone outside the playing area to be eligible to return.

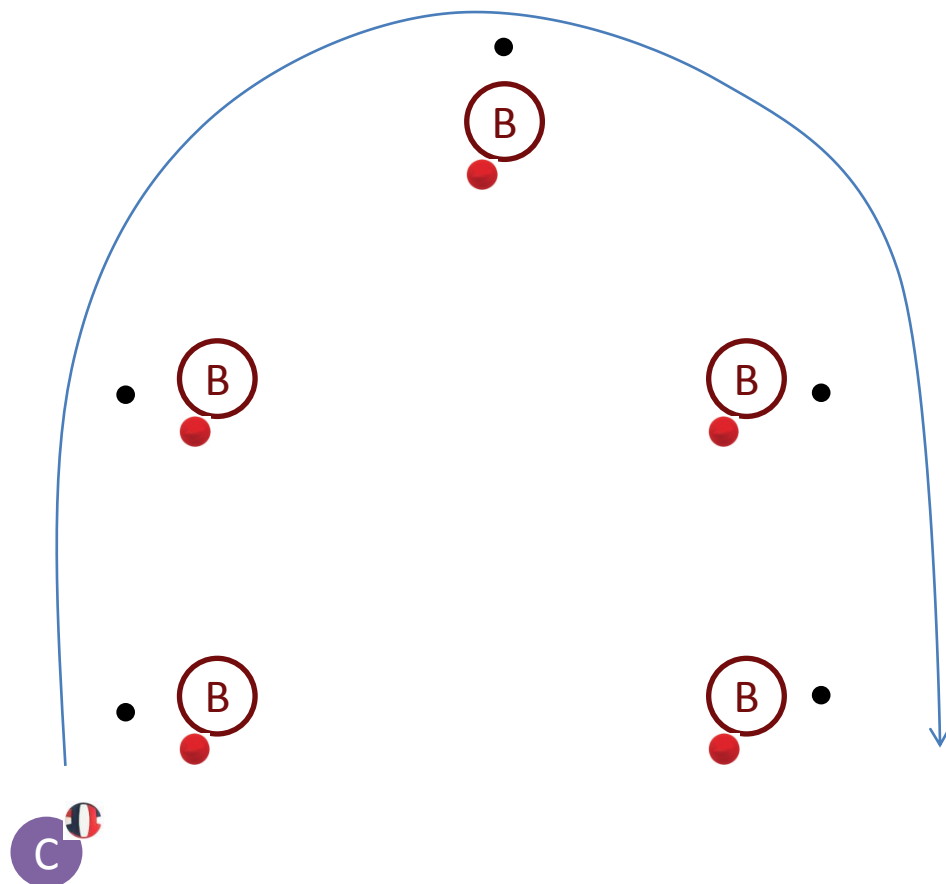
Note: Working together and communication is key.

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Expansion/Variation: Reducing or increasing the area, amount of players or amount of bludgers.

Coaching Points: Make sure beater pairs are mixed up and the roles and tactics within each pair is also varied.

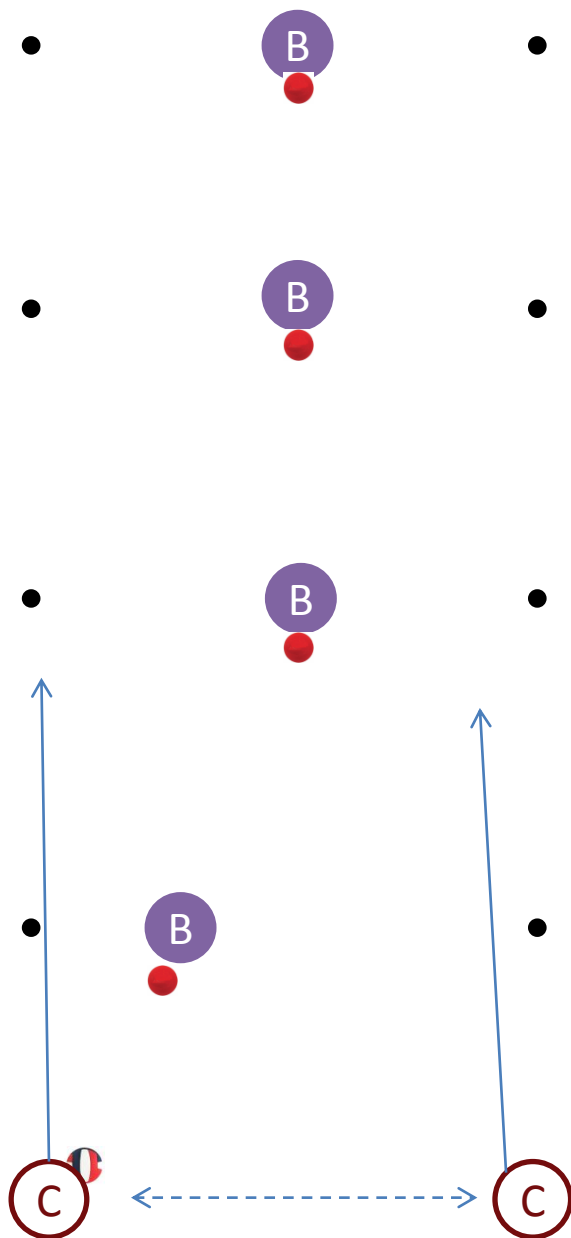
Quaffle Deflect



Aims: This helps beaters develop successful methods of beating out driving chasers using a ball to deflect beats.

Description: A chaser with a quaffle must run around a set of cones deflecting bludgers from beaters restricted to small areas.

Expansion/Variation: Note this drill can be varied by moving the position of the beaters or freeing the beaters to move within a larger space.



Beater gauntlet

Aims: This drill teaches how to properly utilise a 2v1 opportunity through committing a defender, passing out of beats and running a support line. This drill can be run with chasers and beaters

Description: A channel is marked out with cones with a beater in each line, their movement is restricted to within their own line.

Quaffle players move up the channel in pairs passing the quaffle attempting to pass the ball before they are beat. When players are beat they progress to the next line regardless.

Expansion/Variation: Beaters are confined to boxes instead of lines. More offensive or defensive players can be added. Width of the areas can be added to shorten or lengthen passes and drawing defenders becomes more important.

Coaching Points: 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.

Hoop defence

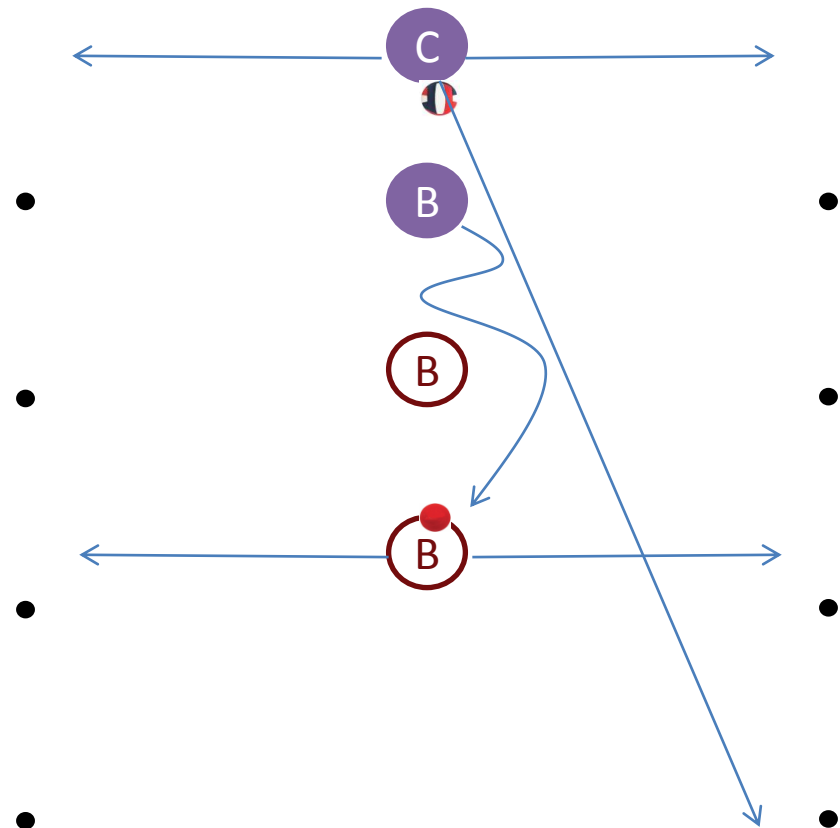
Expansion/Variation:

This drill can be modified to match almost any defensive scenario that your beaters will encounter and can be done without true quaffle carriers either in a channel marked out with cones as shown or in front of the hoops.

This drill can be a tackle drill or a catching exercise and but is designed to better mimic the movements of players in a real game situation.

One beater following a quaffle carrier moving side to side while another beater protects them from an incoming offensive beater. The chaser can drive down the channel if a driving lane is created.

Coaching Points: Emphasize the use in a game. The tackling beater would be clearing a driving lane for the chaser and sprinting back to defence in case of a fast break.



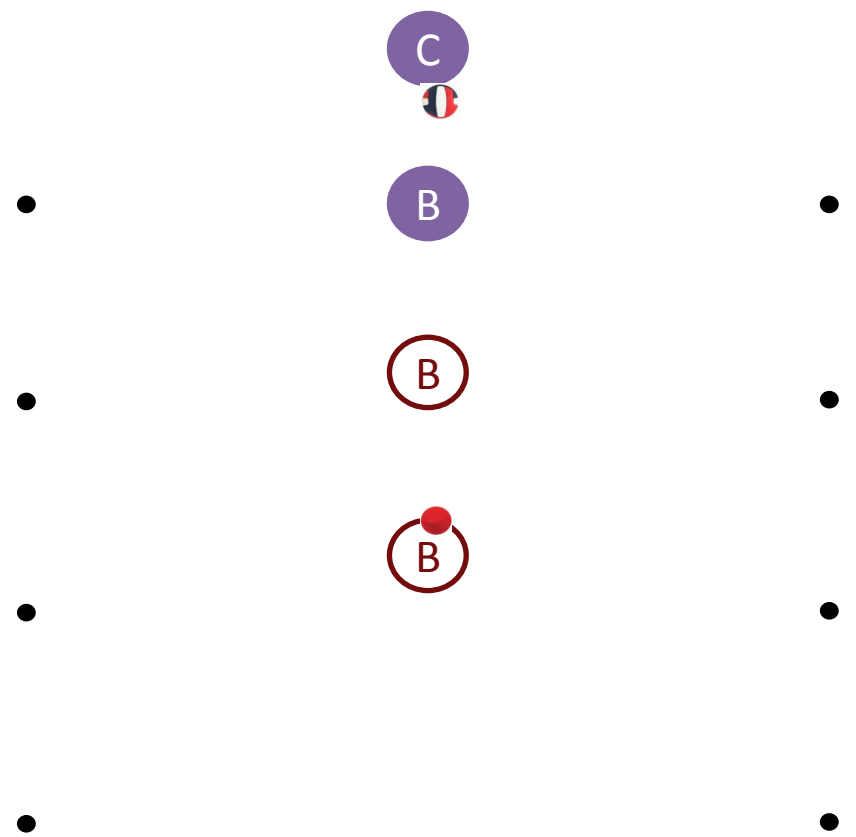
Hoop defence (Napalm)

In this variation the front unarmed beater is protecting the back beater from a “napalm” or “1.5” bludgers attack by shielding them .

The opposing beater is in front of the quaffle carrier trying to break past the shielding beater to make a tackle on the back beater creating a driving lane for their chaser.

The back beater is trying to mirror that chasers movement whilst evading the tackling beater.

If the offensive beater gets past the shield then the back beater can use evasive movement to avoid the tackle or offload the bludger to their partner at the correct moment to beat the chaser as they make a drive.



Seeker Drills



Seeking positional drills should be trained regularly in order to keep seekers sharp and give them confidence on pitch against snitches and seekers knowing that they have prepared and put the time in. However as seekers will have a secondary position it is important to take this aspect of their training into account. Making sure that they train the fundamentals of their other position before or after their seeker positional training. This could mean seekers coming to practice early, rotating players around several sets of drills, or running seeker drills alongside large integrated drills having players switch from one to another.

The seeker positional drills are separated into sparring, technical, and game scenario drills. All drills can be adapted to train specific skills.

Bear fight

Aims: This is a good warm up drill and teaches how to seek while staying low as well as reactive movement and seeking against different body types.

Description: Players are paired off and confined to separate areas or squares. Each player has a snitch sock and no broom.

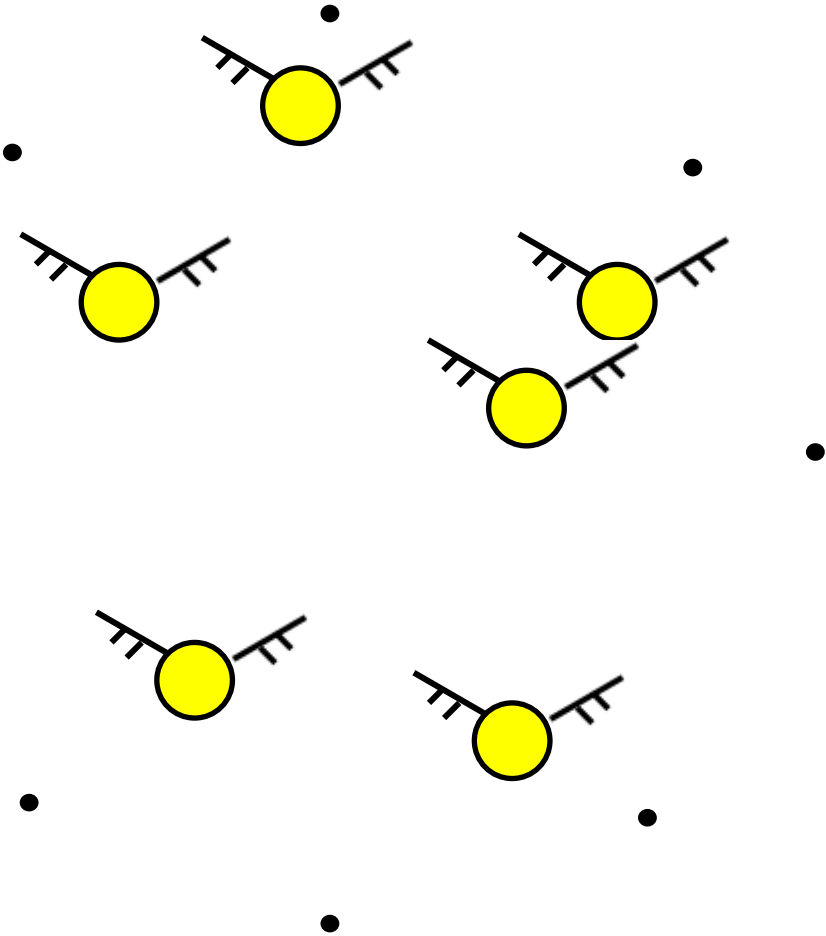
Players start in a bear crawl position and must maintain three points of contact with the ground at all times.

Players must try to catch their opponents snitch sock without allowing their own to be caught.

The winner of each pair then battles each other until there is one bear fight champion.

Expansion/Variation: Variations would be a “Bear Pit” where all players play against everyone at once until one remains or alternatively teams of players.

Snitch hunger games



Aims: This is an excellent warm up drill for players and switches their focus from their other positions to seeking.

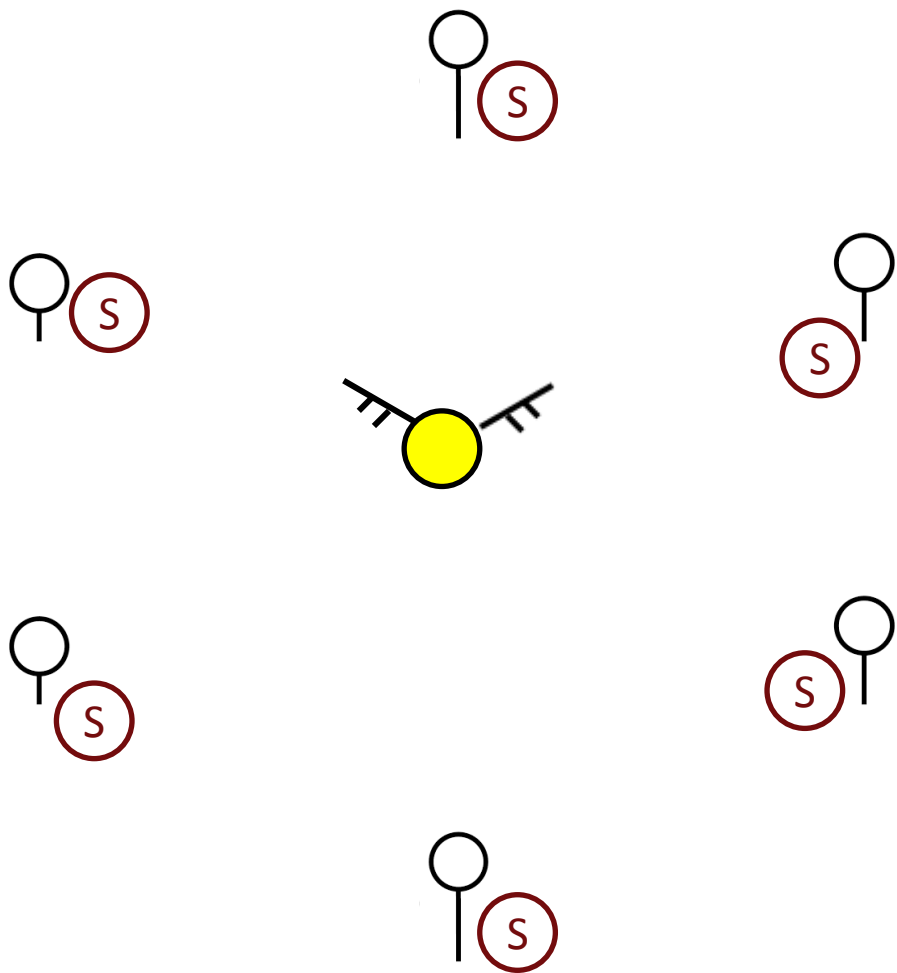
Description: Four or more seekers all with snitch tails are confined to a small area with the objective being to catch the other tails without losing their own.

Each tail you catch is an extra life. So as long as a player has at least one snitch tail they are still in play.

As players drop out the area is made smaller and smaller.

When there are only two seekers left they are only permitted one snitch tail each. The last seeker standing wins.

Heynes seeker fitness



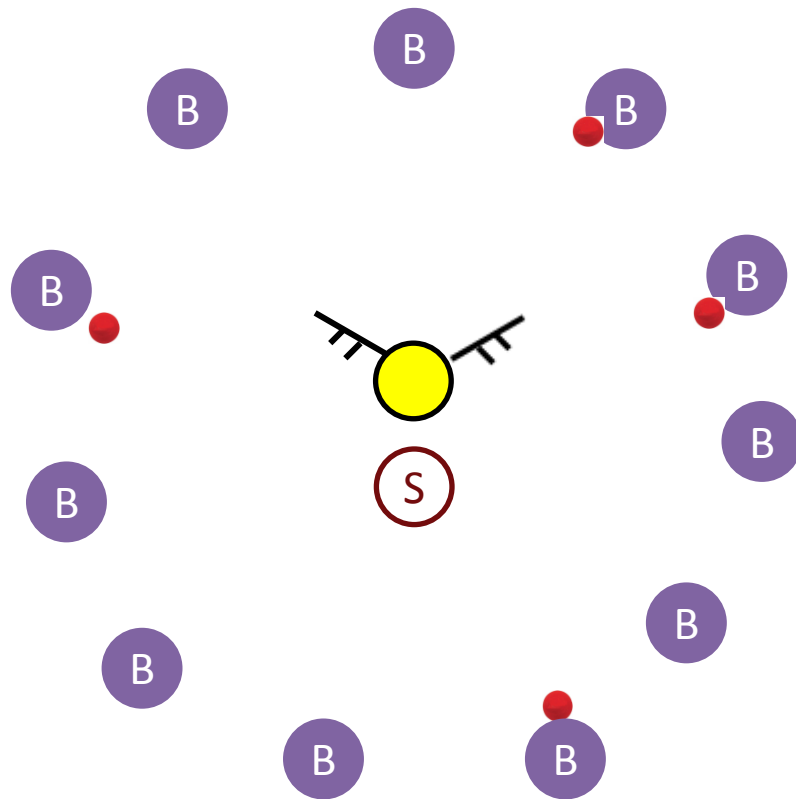
Aims: This drill improves speed, endurance and keeps stamina training interesting as players are competing.

Description: A set of hoops is arranged evenly in a circle over a large area with a player assigned to each hoop. A “snitch” is in the centre running around the circle in a random pattern. Each seeker must run to the snitch tag them then run back to their own hoop shouting out loud the number of tags on the snitch they have performed each time.

This continues for a set amount of time (e.g. 3 minutes). The player with the most amount snitch tags at the end is the winner.

Expansion/Variation: Alternatively the drill can be a race to the first to set amount of tags e.g. 10 tags. Cones can be used instead of hoops for more players.

Seeker Bully



Aims: This is a good warm up drill that trains dodging movements, and simulates the time pressure seekers are under during brief one on one opportunities with the snitch.

Description: A circle of players acting as beaters surround a seeker and a snitch. The seeker has 20 seconds to catch the snitch.

If they fail to catch within 20 seconds then the players in the circle try to beat out the seeker in the middle and also receive balls from throws made from the other side of the circle. If you score a beat then you become the next seeker.

If the seeker manages to successfully dodge for 20 seconds then they can return to seeking and the cycles continue until the snitch is caught, the seeker is beat, or the seeker cannot continue.

Expansion/Variation: More bludgers can be given to or taken away from the outside players to make the drill harder or easier. More centre players can be added or a single front guarding partner.

Seeker sparring

Aims: The aims of a seeker sparring drill depend on the type of drill you are running. It could be simply to warm up players to the seeker position, training a particular technique or practicing a particular tactic for a specific scenario.

Description: Seeker sparring is any drill where one or more seekers are trying to catch a snitch as apposed to statically going through the motions of a technique or a fitness/agility drill. The advantage of these types of drills are they can be run at 100% effort to better simulate real in game seeking, they are great environment to experiment and refine techniques., they involve few participants and are highly variable. The disadvantage though is that they do not fully simulate a game scenario as there are no chasers or beaters, this can only be done in integrated drills or scrimmages.

A general example would be a snitch is confined to a rough area or a box. Two seekers compete against each other to catch the snitch.

Note: to simulate beaters the coach can yell “beat” to one or both of the seekers throughout the drill.

Expansion/Variations:

- Removing one seeker (so one seeker vs one snitch) to encourage more one on one time with the snitch.
- Adding in subbing players to keep seekers fresh for there attempts at grabs.
- A time limit before the next sub, say 30 seconds encourages an aggressive pace.
- Adding in a box if snitches are running too far. Sometimes this can mean snitches get trapped in corners which doesn't happen in games but this can be a good way to restrict the snitches movement and so facilitates more interactions.
- Restrictions can be used to work specific skills e.g. Not allowing the seeker to use their favourite technique, only using low attempts, only using upper body attempts.
- Winner stays on, as in the winning seeker becomes the next snitch for the group. This ensures that seekers spar against a variety of snitching styles, abilities and body types.
- Scenario building e.g. One team is out of range, one team has superior beaters [\(see later\)](#).
- Training against different snitching styles e.g. A strength snitch or a cardio snitch. Which techniques works best against each style.

Sparring warm up

Aims: This drill is aimed at warming up players to the unique movements of the seeker position, train reactive movement and to give players a chance to drill the specifics of there individual techniques. This would be the seeker equivalent of the one on one throwing drills for the other positions.

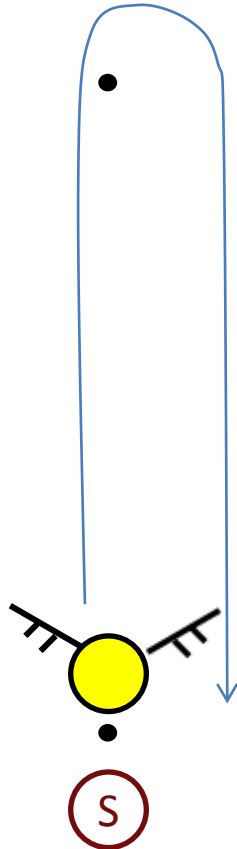
Description: Essentially a one on one seeker sparring drill, players are paired up with one player acting as a snitch and the other as seeker swapping over after a catch or a period of time. players should adjust their intensity to match that of their partners but should begin at a gradual pace.

Expansion/Variation: Brooms can be optional but are recommended. If there are not enough snitch socks players can simply aim to slap the snitches lower back (tramp stamp area) to simulate a catch.

Both players can have snitch socks and be seekers and try to catch their opponent without loosing their own snitch sock.

Coaching Points: Encourage constant movement and fluidity i.e. Not performing one catch attempt and then resetting but a continuous barrage of catch attempts or fakes.

Morton's seeking drill



Aims: This drill works on “hand fighting”, zoning, and high pressure seeking. it can be adapted to train a particular skill e.g. Seekers can only use dives .

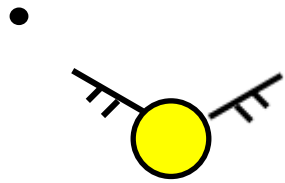
Description: A line is marked out with cones roughly 10 metres apart as shown. One seeker and one snitch participate at a time.

The snitch begins with their back facing the line and must try to keep their hands on the shoulders/chest of the seeker throughout the drill. The seeker must try to prevent the snitch from maintaining contact with their shoulders/chest through “hand fighting” i.e. knocking their hands out of the way, lifting at the wrist/elbow, shoulder rolling, swimming with your arms to sweep theirs off your body.

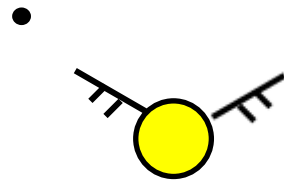
The seeker drives the snitch along the line with constant pressure. The seeker should also be watching for the next cone and has to reverse the direction (without telling the snitch) so that they are heading towards the starting point. After they've been to the cone and back a whistle is blown and the same pair reset.

During the next approach the seeker is allowed one attempt at a catch. If they miss they have to wait until they are on the approach to the next cone to retry. For each back and forth that the seeker is unsuccessful the snitch takes a handicap. The whole time though (unless no hands on snitch) constant having that battle stopping the snitch from touching the seeker.

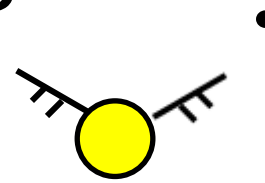
Three stages



Stage 1: Static snitch



Stage 2: Arms on chest/shoulders + free movement.



Stage 3: no restrictions

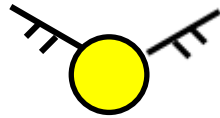
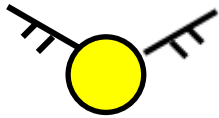
Aims: To force seekers to develop a specific technique.

Description: Seekers are restricted to only using one technique to catch the snitch throughout the drill. By isolating one technique and movement pattern players can practice them so that they become second nature. When on pitch the technique can be performed effortlessly without having to think about it. In the first box the snitch's movement is restricted and they must stay on the spot while defending against the seeker. In the second box the snitch is free to move around but must keep their hands on the seekers chest or shoulders throughout. In the final box the snitch has no restrictions.

Expansion/Variation: A second seeker can start the drill 1-2 stages after the first seeker and must try to catch up (if there are enough snitches).

The one technique restriction can be removed to become a simpler, free style sparring exercise.

Race of Medusa



Aims: This drill allows seekers to spar one on one vs a snitch in an engaging competition.

Description: Two snitches each with 2-4 snitch tails are pitted against a team of seekers as shown.

The teams seek against their snitch one player at a time and the second player in each team cannot begin until the first seeker has caught a snitch sock.

Teams continue until one team has caught all the tails

Expansion/Variation: This drill can be adapted to train a particular skill e.g. seekers can only use dives to catch the snitch .

Teaching a technique

Aims: This drill teaches players how to perform a particular catch attempt or fake and allows them to practice it in a playing situation.

Description: Players are gathered round and shown the motions of a specific technique on a volunteer acting as a snitch in a static and slow pace. For example lift and lunge, opening up one side of the snitch for a lunge/diving attempt by lifting their arm at the wrist then ducking under to attack. Shown in this video at 1:11 mins.

https://www.youtube.com/watch?v=nU_o8D9QOqE&t=1m10s.

Take time to answer questions about the technique and then pair off the seekers to practice it. Make sure that when players practice the technique at full pace they don't attempt the catch and then reset but rather keep moving and add in the taught technique to a continuous flow of attempts, this prevents seekers from becoming too static on pitch. After they are finished gather the players and snitches around to hear player thoughts on positions and then provide your own feedback.

Expansion/Variation: Variations would be in what technique you are teaching.

Coaching Points: Players may need to adapt the technique to suit their individual style, frame or the snitch they are against.

Favourite technique

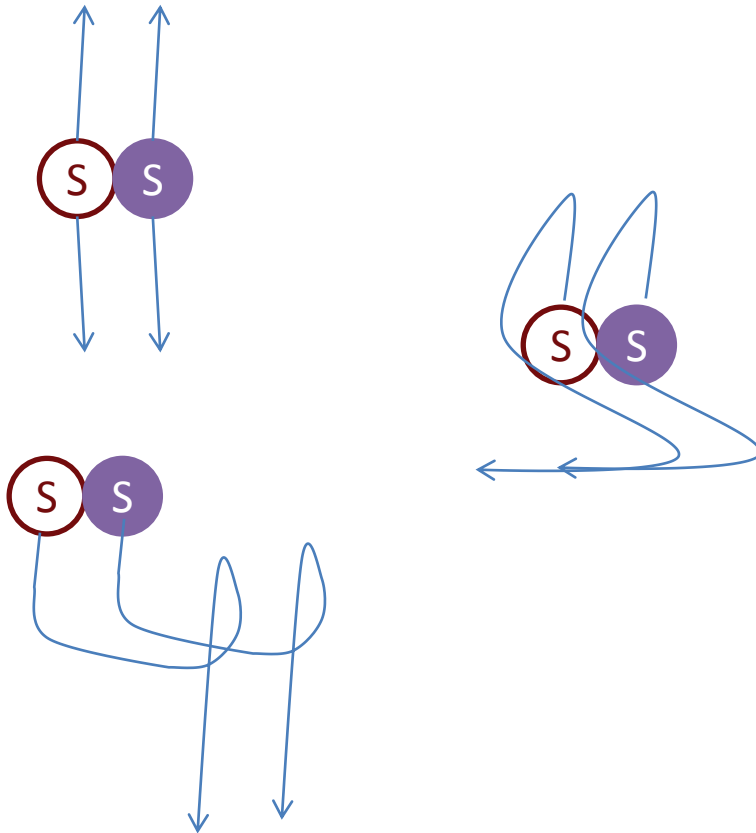
Aims: The idea behind this drill is that each seeker tends to specialise in certain areas and therefore they are the best person to demonstrate that particular technique in your club. This also gets everyone familiar with each other's styles and players practice in areas where they are weak.

Description: Starting with the coach demonstrating their own favourite technique players go around the group demonstrating and practising each other's styles.

After each demonstration, pair the seekers off for sparring so that they can try to integrate that particular move into their style. After each seeker has tried each other's techniques players are gathered in for player thoughts and coach's feedback.

Coaching Points: Each individual will have to slightly adapt the move to suit their own individual style and body type.

Footwork drill



Aims: This quick drill taken from handball (<https://www.youtube.com/watch?v=-7ZboHPta2c>) practices players matching each other's movements. In order to teach proper footwork when defensively seeking/marketing.

Description: In pairs players hold hands. One of the players tries to lose the other by using quick footwork and moving unpredictably the other must match their movements and keep their hands linked. The only rule being that you have to face their partner while doing so.

This practices the kind of movement and principles used for defensive seeking and man marking.

Common Positions



Aims: This drill trains the correct individual response to certain situations for seekers to build quick reactions to these positions on pitch.

Description: One at a time seekers spar against a snitch one on one. The seeker is started in a certain position and told to work from there. Example common positions are snitch sprawl (see pic), facing the snitch when they are holding the broom, facing away from snitch when they are holding the broom, seeker being held on the ground by snitch, snitch has two hands on the seekers shoulders, snitch is down to one arm.

Each seeker will work from that position using their own particular style

After they are finished gather the players and snitches around to hear player thoughts on positions and then provide your own feedback.

Expansion/Variation: Variations are any common situation you or the seekers want to train, this can include situations with two seekers.

Coaching Points: As always the correct escape or catch attempt for seekers will be individual, based on their own particular style and frame and the snitch. But certain techniques work for everyone e.g. "hand fighting" when the snitch holds at the shoulders.

Beater Rush

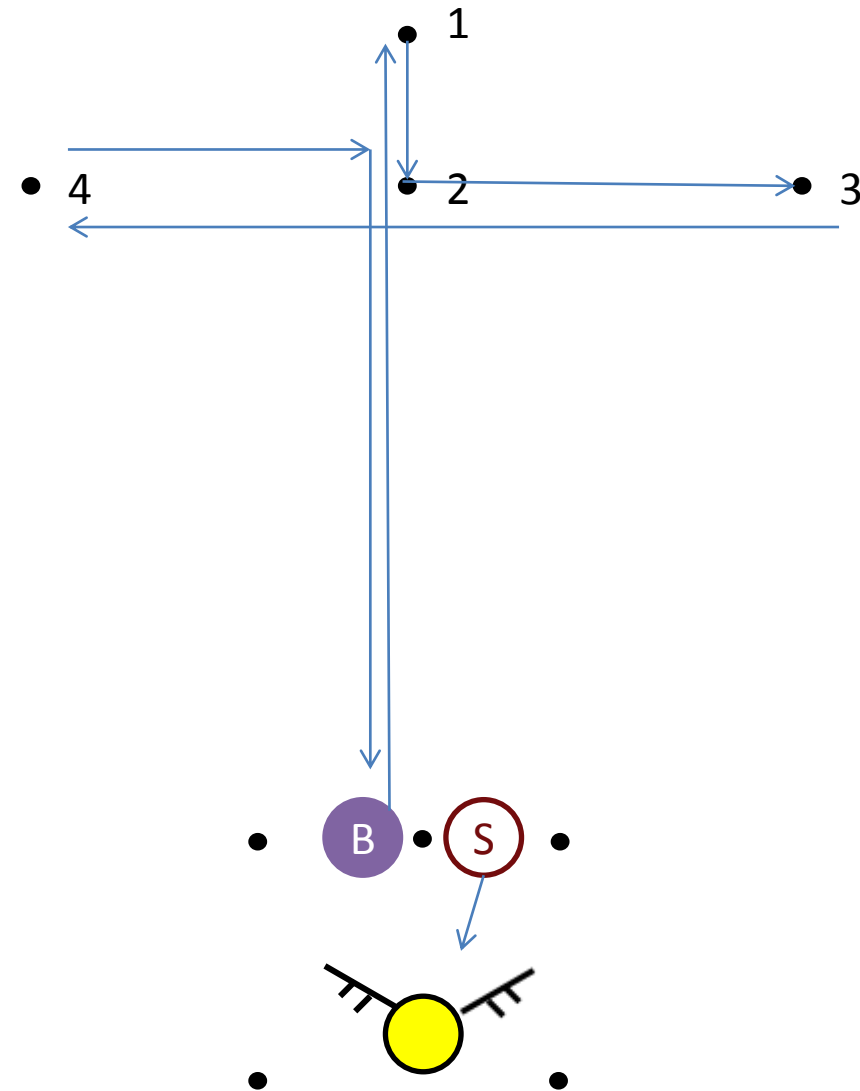
Aims: This seeker-beater drill simulates competitive beater play around the snitch. For the seeker it emphasizes the time pressure they are under to catch the snitch during one on one snitch opportunities. For the beater it highlights the importance of endurance and accurate beats in these situations.

Description: Three players take part in this drill at a time; a snitch, a seeker and a beater. On the whistle all players start simultaneously.

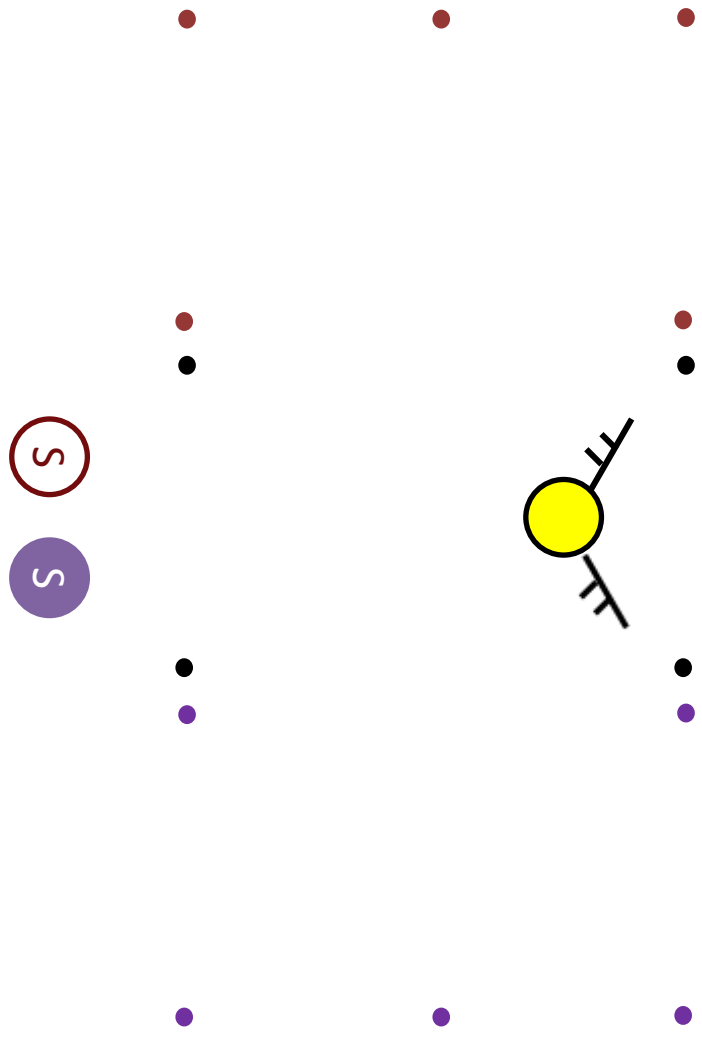
This drill will involve the beater performing a fitness routine at the beginning of each repetition of the drill: sprint a pitch length to cone 1, back pedal to cone 2, grapevine (Shuffling sideways while crisscrossing your feet) out to cone 3 then 4 and back to 2, back pedal to the start and then perform five burpees.

The seeker goes after the snitch one on one while the beater has to complete the routine before they can pick up the bludger to go and beat the seeker. If they miss the beat or the seeker dodges, the beater must reclaim the bludger and complete the routine again before they can retry the beat. For every missed/dodged beat the snitch receives a handicap.

The drill runs until either the snitch is caught or the seeker is beat. If the seeker wins (snatches) they get to rest. If the beater wins the seeker that lost has to be the beater in the next round.



Seeker Zoning



Aims: Heading the snitch into your half of the pitch is an important skill. The closer the snitch is to the hoops the less distance you have to run back after being beat and the longer your opponent does, which means you expend less energy and you get more one on one uncontested time with the snitch. It also moves the snitch battle closer to your beaters so they can more easily win their exchanges and beat out the opposing seeker. This drill works on these zoning fundamentals.

Description: A rectangle is marked out as shown. The rectangle is split into three zones indicated by the colour of the cones. The two seekers can only catch the snitch in their own zone. The objective for the seekers is to heard the snitch into their zone by obstructing the opposing seeker, cutting the snitch off but allowing them an easy exit into their own half, and trying to face your own zone when attacking the snitch with high pressure.

Expansion/Variation: The drill can be modified so that one seeker can only catch the snitch in their own zone whilst the other can catch it anywhere. This increases the difficulty for one seeker and more accurately represents the pressure they may be under if their beaters are losing their exchanges.

Defending the snitch



Aims: This drill trains, defensive seeking principles as well as how to beat them.

Description: Two seekers and a snitch are confined to an area. One seeker is the defensive seeker and tries to prevent the other seeker from catching the snitch. The other must try to use deceptive movement and physicality to get past the defending seeker to catch the snitch. After the catch or when the seekers are exhausted gather them round for player thoughts and feedback then swap roles and restart.

Expansion/Variation: Rerun this scenario with beaters or progress to 6 minute scrimmage snitch scenario.

Coaching Points: Important teaching points for defensive seeker are; keep their eye level at chest or hips not face or legs to follow their movement, stiff arm to feel which direction they will move, fast feet, switching arms when they attack your other side to block their path, pushing is ok and useful when zoning the other seeker to your half, while you can't body check the opposition you can defensive dive i.e. go for a fake catch on the snitch effectively body checking the opposition seeker, you could even catch the snitch as long as you immediately drop the snitch sock it SHOULD be called no good however this is risky.

For the offensive seeker is constant movement, leaning on seeker so that they take your weight then spin around their body/arm, changes of direction, drive seeker/snitch to your beaters.

Blocking the seeker

Aims: This drill helps to increase knowledge of when and why to use specific strategies during a swim game. In essence when the skill of players are equal the seeker game is a gamble but there are ways to turn the odds in your favour. The more time a particular seeker spends with the snitch the higher the chances of that seeker catching them are.

Description:

In a swim situation both seekers will be going for a catch but if your team's beaters are getting the better of their exchanges then you will be spending more time with the snitch. You can drill this situation by setting up a 2 seeker 1 snitch sparring drill with the coach calling seekers' beat at random intervals. "Beat" seekers will have to run back to their designated cone to tag back in before they can retry.

Before seekers begin the drill explain the scenario to them and designate one seeker the one with the superior beaters. One seeker will be beat out more than the other (say 3-1 ratio). After explaining the situation see how the seekers play. After the catch bring the seekers in for feedback and advice on the correct strategy for both players then swap the roles and restart.

Coaching Points: The seeker with the superior beaters can further their advantage by defending the snitch when both seekers are in play then go for the catch during one on one situations with the snitch. This means the time spent with the snitch of the opposing seeker tends to zero along with their chances of catching .

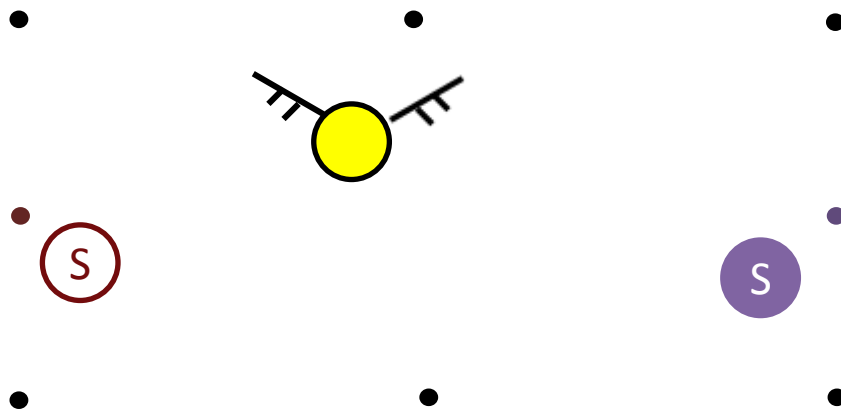
The seeker without the beater advantage can't afford to adopt this strategy. They must jump on every opportunity to catch the snitch, their pace and style should be extremely aggressive in order to create as many catching opportunities as possible, still zoning as they always should be but also chasing snitches down and generally taking more risks. They will still have a lower chance of catching but in adopting this strategy they give themselves the best shot.

Seeker Drills-Game Scenarios

In a game with actual beaters seekers can turn as they are beat to deflect bludgers into their own half and their teams beaters pace and style should match that of their seekers i.e. aggressive and chaotic.

In an actual game while on offence the team with the beater advantage can use their beaters to pressure the other teams defence so that they can't attack the quaffle. The chasers keep possession of the quaffle and the opposition's seekers are beat out as they run past to go for the snitch. The seeker zones the snitch into their half but even if they fail the snitch should remain on halfway and still be far enough away from the opposition beaters.

Expansion/Variation: The same drill can be run but the scenario changed: the beaters are roughly equal, in this scenario would mean that the bludger fluidity would be high giving no seeker the advantage. In this situation seekers can still block in the fleeting moments when they have the advantage but are better doing so while still facing the snitch blocking the seeker with their back rather than face on so that they can continue to zone and block at the same time. Turning while beat also becomes much more important.



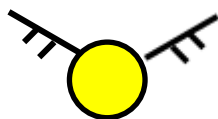
Beware the beaters



Aims: This drill teaches seekers and beaters the importance of; zoning snitches towards their half of the pitch, communicating with beaters to clear a driving lanes.

Description: A small pitch is marked out with cones roughly the same width as a pitch.

Two teams each consisting of one beater and one seeker (plus subs) will try and catch a snitch and maintain possession of a single bludger.



When players are beat they have to run to touch a cone in their half before continuing play.

Expansion/Variation: The drill can be extended to having two bludgers, but no immunity can be called.

Coaching Points: Focus should be on zoning snitches towards their half of the pitch, communicating with beaters to clear a driving lanes turning when beat so that bludgers bounce into their half, working together to either use the seeker as a distraction in order to gain bludger control or the beater as a distraction in order to get one on one time with the snitch depending on what strategy would be more advantageous for your team.



Integrated Drills



Integrated drills should make up the bulk of the training session. Positional drills are used as part of a warm up or to train individual skills. Integrated drills are when players learn tactics together and how to utilise the skills learnt in positional drills as a team.

This section is separated into half court, full court, and modified scrimmages. The half court section includes overviews of defensive and offensive sets and strategies which can be practiced in all of the drill types in this section.

Half Court Games

Aims: Half court drills are an excellent way to test out set defences, set offenses, repeating game scenarios over and over to drill the correct response and to test out skills learned from positional drills.

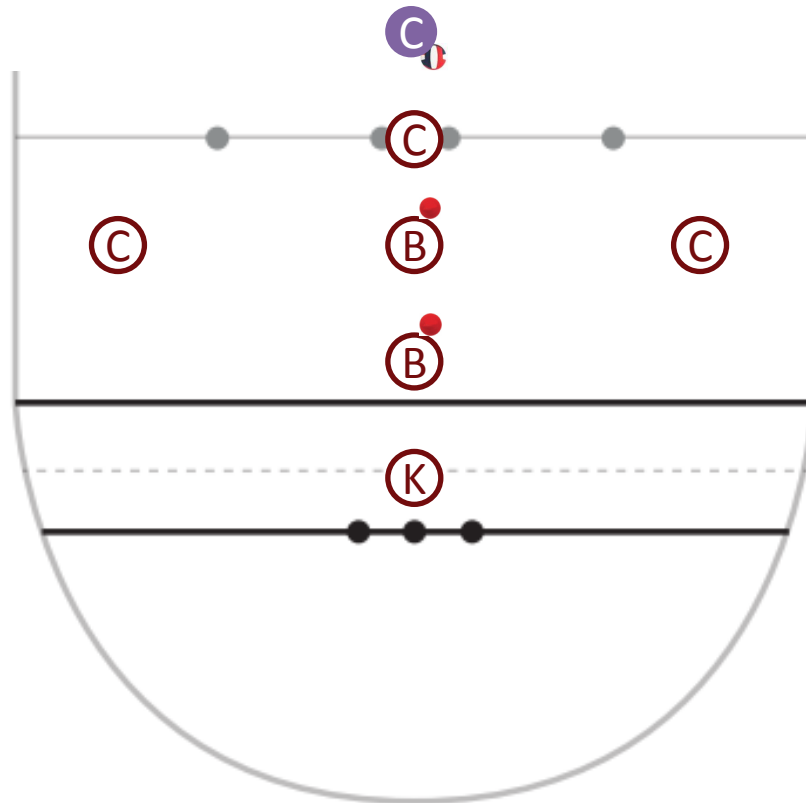
Description: One set of hoops is set up as well as the keeper zone and boarders marked out and a defensive team is chosen. Five lines are set up in front of the halfway line, 4 quaffle player lines and one beater line. One at a time offensive teams try to score past the defence, usually with one purpose in mind i.e. testing out a new set defence, or switch passes. Isolating and repeatedly practicing a single group action in this way will help players execute it better in matches, identify weaknesses in the team's game, aid the beater and quaffle players' teamwork and improve player understanding.

Expansion/Variations: The number of defensive or offensive players can be altered to increase difficulty for that action. A set skill can be practiced by introducing restrictions e.g. offence can only score off of a screen. Set plays can be practiced by breaking down the play into simple steps, walking the group through the actions/roles/running pattern of each player, having teams practice the play at a gradually increasing pace. Set defences can be tested in the same way breaking down the defences into stages or steps, walking the group through the actions/roles/running pattern of each player, having teams practice the defence's adjustments gradually increasing the pace. Scenario building e.g. One team is has extremely aggressive beaters how can the offensive team/defensive team adapt or exploit this? Players can learn why and when to use specific strategies and what should happen during gameplay when they use them.

Coaching Points: The nature of half court drills make it difficult to simulate fast break counter attacks by the defence. One variation that somewhat trains this is to have a line for all players to sprint back to after a quaffle turnover but even this is not sufficient. To accurately train fast break responses full court drills are needed. Because of this the fast break is something players will need to be constantly reminded of during any half court drill and burpees or press ups given to teams who aren't prepared for the counter attack

A few defensive and offensive options are summarised on the next few pages.

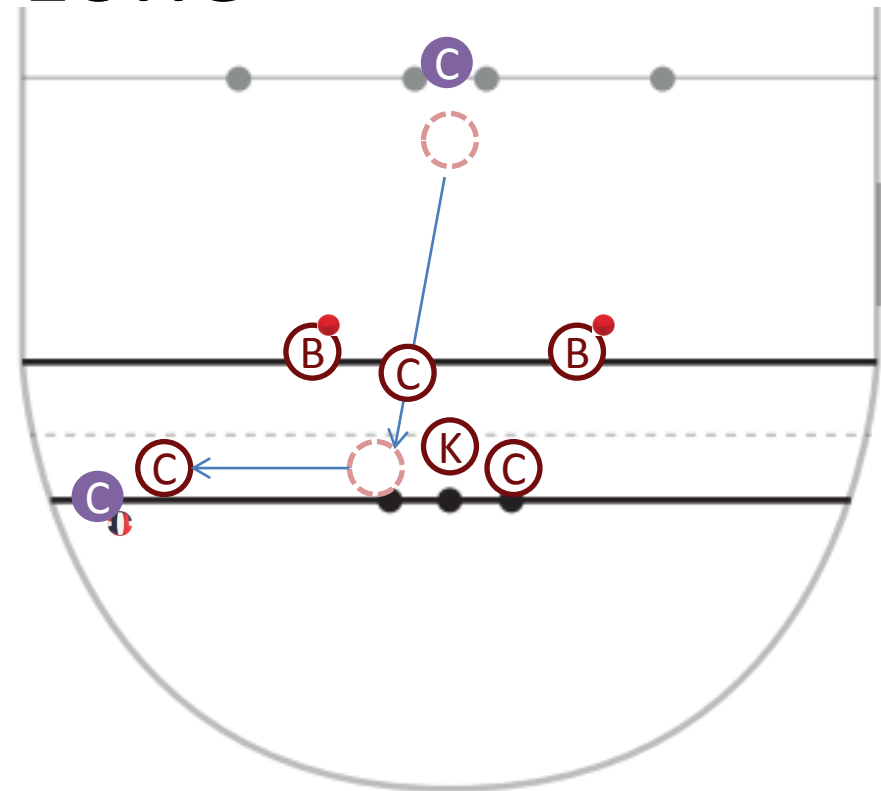
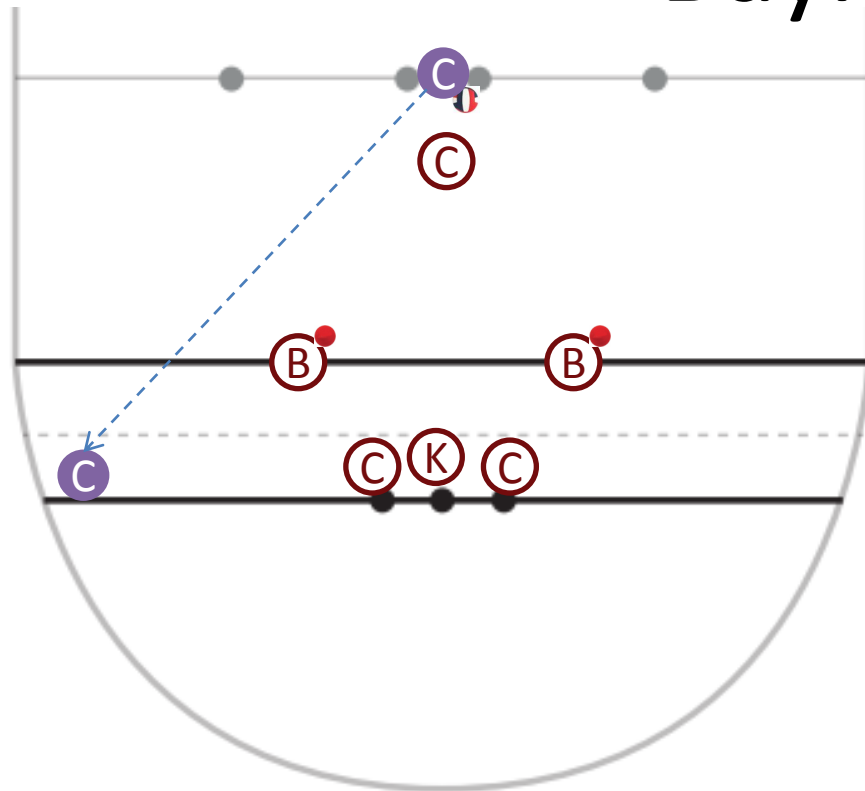
Classic Defence



- **Point chaser** pressures the quaffle carrier. They rarely advance past half way. By doing so they make it difficult for the opposition to exploit gaps. If the point chaser is beat the closest quaffle player takes over as point.
- **Wing chasers** man-mark any opposing quaffle player who enters their area. Prioritising the oppositions simplest passing option.
- **Front beater** follows the quaffle and protects the point chaser from the oppositions offensive beater or back beater from a napalm.
- **Back beater** rotates to face the quaffle. Is ready to turn 180° if quaffle is shifted behind them but always remains close to the hoops.
- **Keeper** organises the defence. Intercepts shots or steps out to tackle drivers.

This is the standard defensive shape in quidditch. Man marking, half court defence with a vertical beater set.

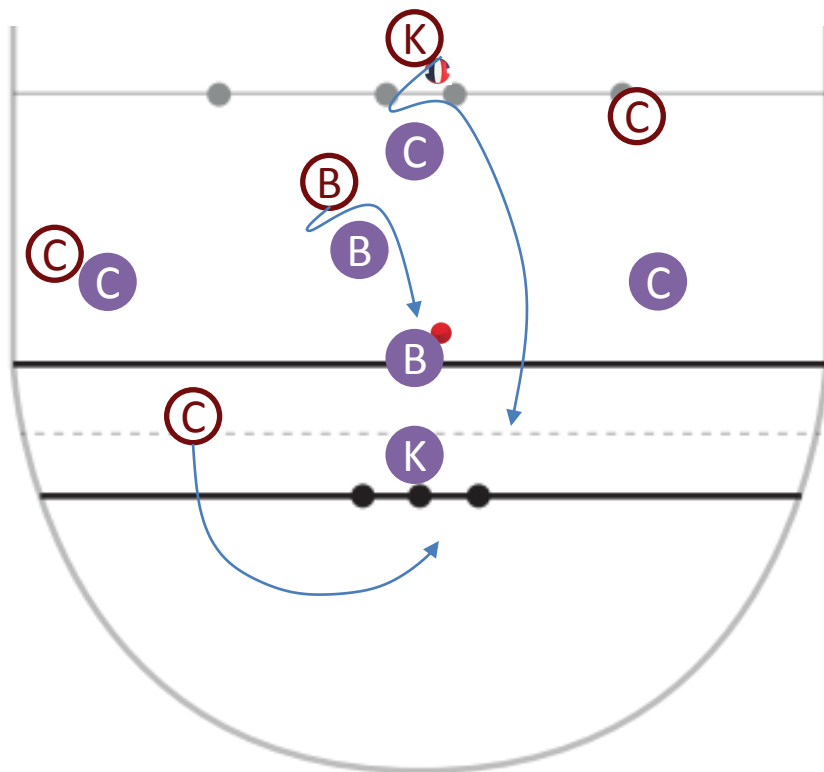
Baylor zone



- **Point chaser** pressures the quaffle carrier. Takes up hoop defender position if beat.
- **Hoop chasers** block shots on their hoop. Swap with point if that player is beat. Take up point chaser position if ball is shifted to the corner of the pitch.
- **Beaters** positions are fluid and do not have to worry about protecting the point chaser only beating quaffle carriers and offensive beaters.
- **Keeper**: blocks shots to middle hoop (can even stand behind hoop to do this and intercept troll passes). Steps out to pressure drivers.

An example of a zone defence where chasers mark a zone and try to tackle or intercept balls only within their own designated area.

Napalming



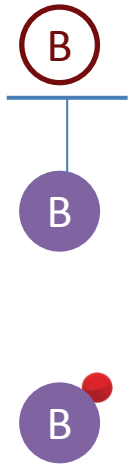
▪ **Quaffle players** time their attack just behind the drive of their offensive beater such that when the chasers invade the oppositions defence there is effectively a no bludger situation.

▪ **Beaters.** The tackling beater begins their run when chasers have possession of the quaffle and their team have bludger control. They will attempt to tackle/neutralise the opponent's sole bludger possessing beater then return to the defence before the counter attack.

The non-tackling beater remains in defence ready to pass a bludger to their partner on return or defend against a quick counter attack/opportunistic beater.

When a team has bludger control: One of their beaters leaves their bludger behind and goes up with the offense to tackle/neutralise the single defensive beater in possession of a bludger effectively giving the quaffle players a "no-bludger opportunity."

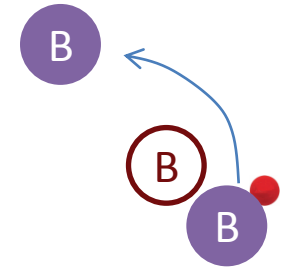
Integrated Drills- Half Court Games (Offence)



Shielding



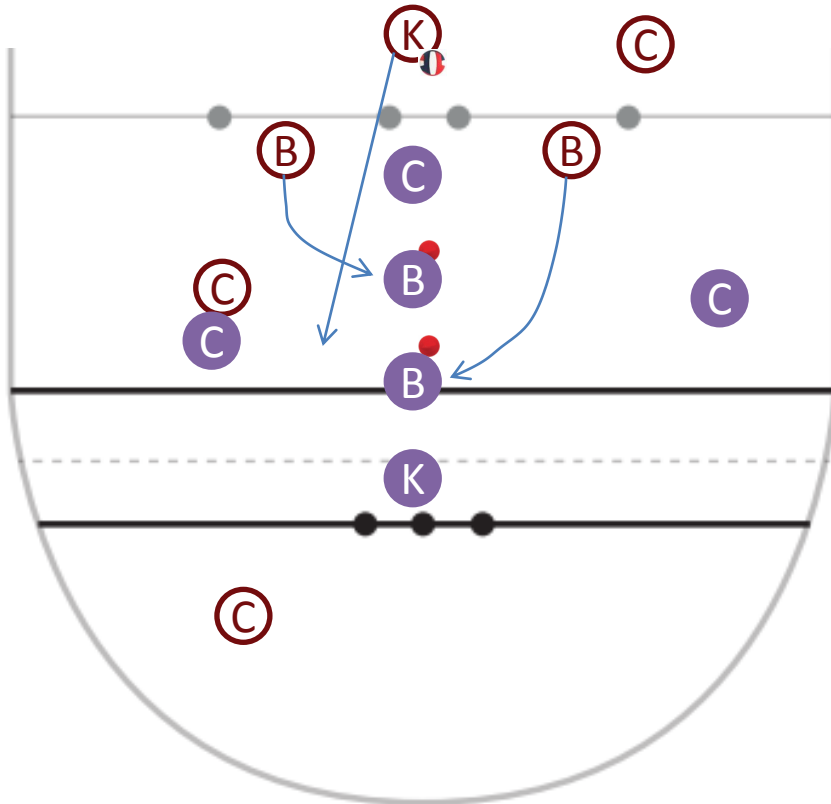
Side step



Quick beat or passing

- **DEFENDING:**
- To defend against napalming, the unarmed beater should stiff arm the opposition beater to prevent them from making a tackle
- If the opposition beater gets passed the unarmed beater, the unarmed beater should position themselves to be a passing option
- The armed beater should either make a very quick beat when being tackled or should pass to the unarmed beater

Double Napalm



▪ **Quaffle players** prepare their attack immediately behind the beaters, timing their drive to coincide with the beaters tackle. As intercepted passes by the oppositions defence would most likely result in conceding a hoop “double napalm” is primarily a driving play.

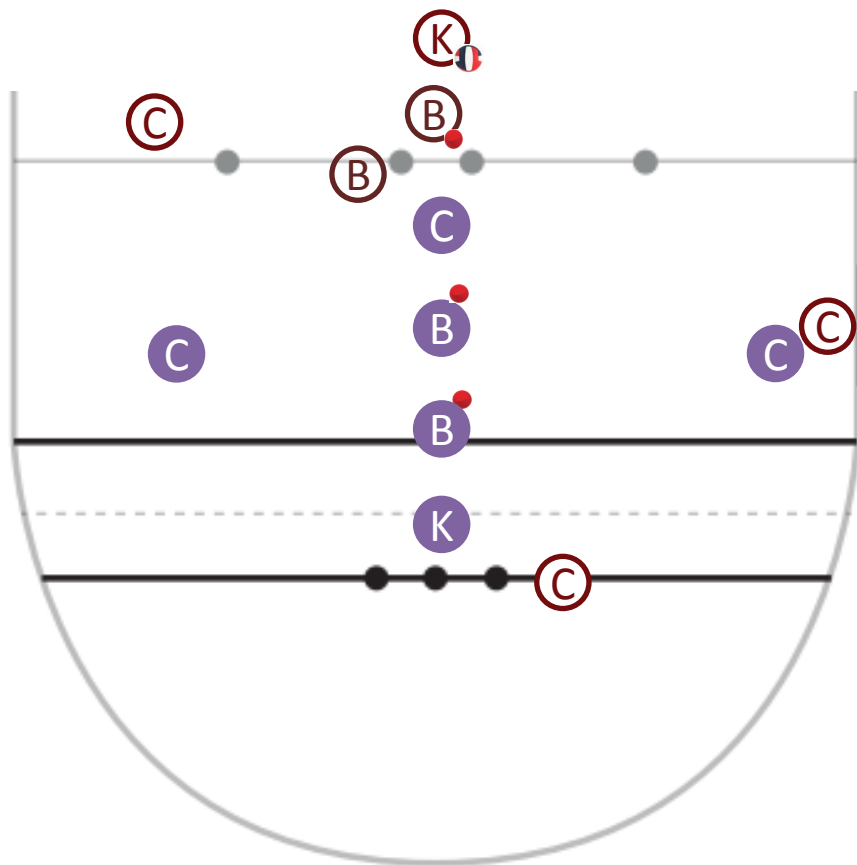
▪ **Beaters.** The single armed beater leaves their bludger at the hoops and goes up with their beater partner to tackle/ tie up both the oppositions beaters simultaneously. Returning to defence before the quaffle turnover.

Tackling beaters run at pace so if they are beat the bludger bounces a long distance.

▪ **Defending** against Double napalm can be achieved by quick beats or evasive movement similar to when defending regular napalm.

Double napalm is a strategy that teams can use when they don't have bludger control to neutralise both the opponents armed beaters. Similar to regular napalm but involves committing every player to offence and so can be highly susceptible to a counter attack if done incorrectly. 123

Aggressive Beating



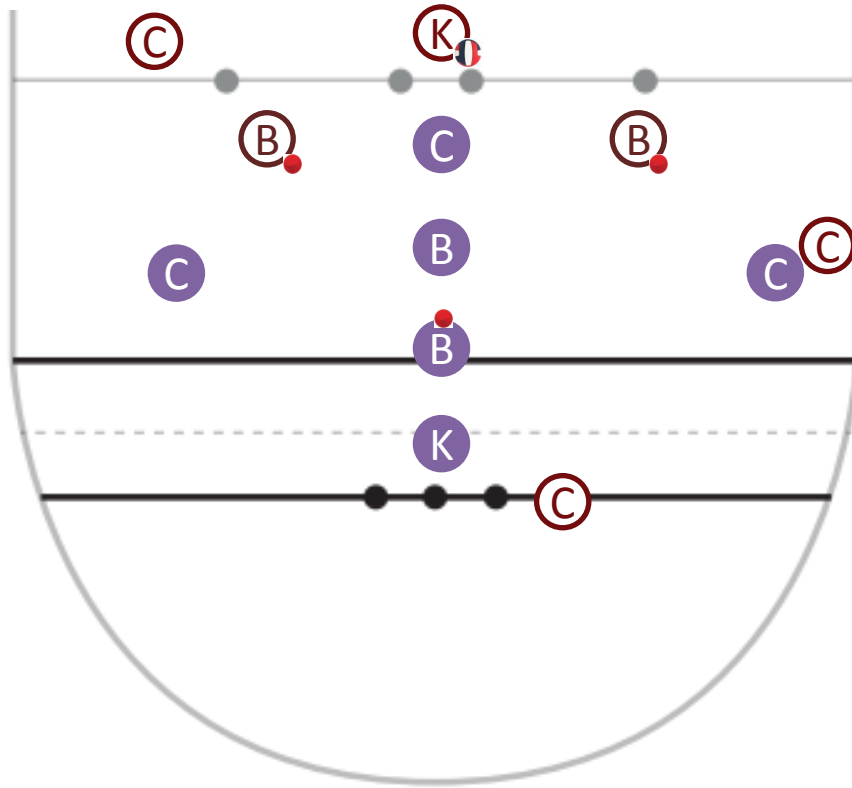
▪ **Quaffle players**, as in napalming follow in the offensive beaters wake, committing to an attack only when gaps appear in the oppositions defence.

▪ **Beaters**. Essentially the offensive beater is there to create chaos in the opponents defence that the quaffle players can take advantage of, but for maximum impact they should prioritise the opposition's point chaser, front beater, back beater then any remaining defence. Beaters **NEED** to be returning to defence before the quaffle turnover.

With control the beater partner can remain in defence or push up to halfway to pose as an additional threat to the point defender or support their beater partner against the front beater. After applying this initial pressure they should retreat back into a defensive position. Without control they should go up with their partner most of the time. Their role and positioning on the field is highly variable ranging from protecting their partner by threatening with catches or tackles to waiting in strategic locations to retrieve bludgers after they are thrown. The focus of this attack is to create scoring opportunities rather than regaining bludger control but often both can be achieved.

Aggressive beating is when a beater with a bludger goes up on offense to beat out the oppositions defence. The focus being to create driving lanes for the quaffle players.

Hyper Aggressive



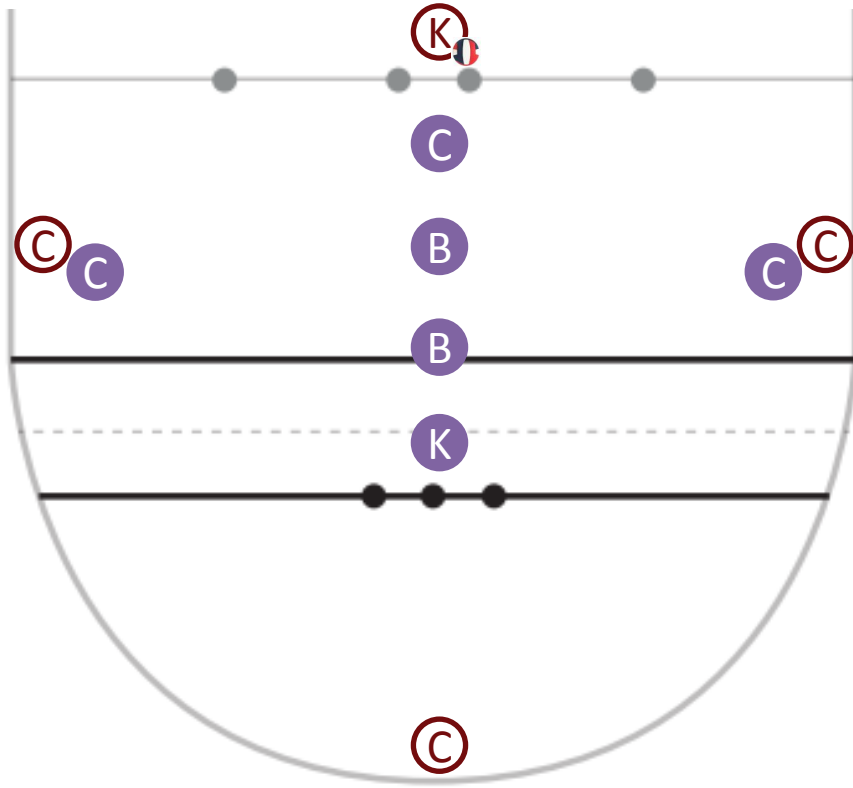
▪ **Quaffle players**, as in napalming follow in the offensive beaters wake, committing to an attack only when gaps appear in the oppositions defence.

▪ **Beaters**. With bludger control both beaters move up to pressure the opponent's sole bludger possessing beater in a pincer movement after clearing out the point chaser. This forces the only armed beater to pick a side and leave themselves open to a beat on the other. Beaters NEED to be returning to defence before the quaffle turnover.

Beaters can choose to beat out the bludgerless beater first or simply get the sole armed beater to commit to throwing a bludger leaving a no bludger situation.

Hyper Aggressive commits all players and balls to an attack in order to put the defence under the maximum amount of pressure. With bludger control both beaters go on offence to beat out the oppositions defence. The focus being to create driving lanes for the quaffle players.

The Diamond



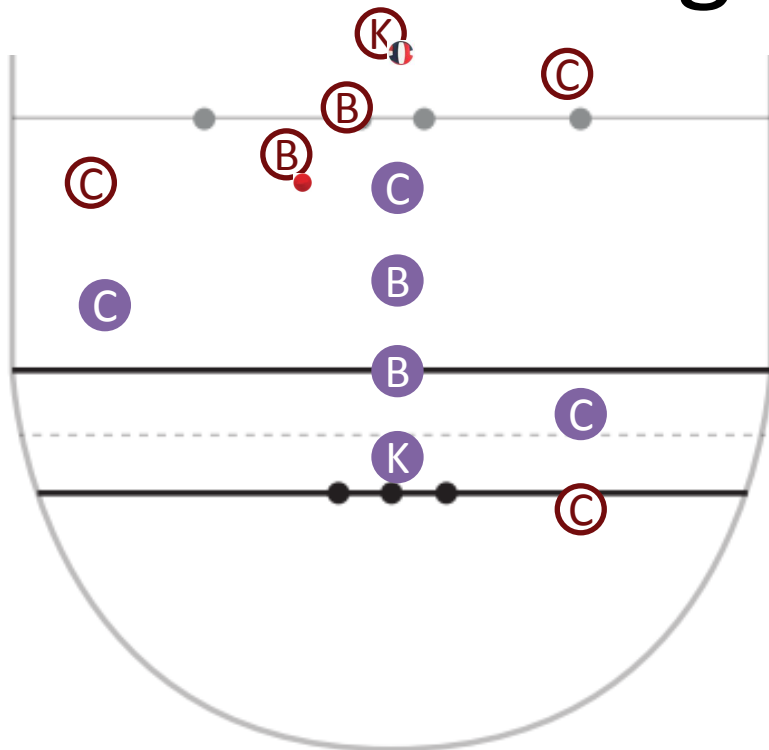
Attacking players arrange themselves as shown. Spreading the offensive players this much will also spread apart a man-man defence creating gaps.

Shifting the ball around the diamond forces the defence to react, as the ball moves the opposition adjusts its position accordingly. If they are too slow to react gaps appear in the defence that can be attacked. This part works on zone defences as well as man-man.

Any player in the diamond can take up the position of any other, meaning that players can be constantly moving but the offensive shape doesn't change. This movement confuses defences and also creates some interesting switches and screening options. The shape also means that any shot attempt from the point of the diamond (player behind the hoops) that goes too long simply results in a reset to their counterpart player.

The diamond is an offensive shape for the quaffle carriers that has a right and left passing option as well as a deep troll. The size of the diamond can vary in this example options are spread along the whole width and depth of the field.

Slowballing



Quaffle players, the keeper moves the ball slowly up pitch with one or two support runners nearby as safe passing options and one or two players ready to make a cut to the hoops. The opposition is forced to choose between allowing you to run down the clock or break their defensive shape in order to pressure the quaffle carrier to force a turnover. Quaffle players should continue to slow the pace of the game as much as the referee will allow and play aggressive during the appropriate time in an offence i.e. when the defence break shape by sending beaters up pitch away from their hoops. This cuts down on the total number of possessions the opposition can have over the course of the match, reduces your teams missed goal attempts by making smart aggressive shot selections and creates opportunities to open up the pitch.

Beaters without bludger control can either protect the quaffle carrier and draw opposition beaters out or try to regain bludger control with little risk of a quaffle turn over and fast break while they are doing so (quaffle players can attack if an holes appear in the defence as a result) With bludger control their best bet is to protect the quaffle carrier, having the quaffle carrier sit behind two bludgers will make them very hard to pressure so if any action is taken it will be against the beaters in which case they can draw the opposition beaters out and throw bludgers back when needed if they lose the exchange. Only attacking the defence's beaters in their half if they are sure they can be effective.

Slowballing is an equalizing game strategy that helps balance different ability levels or styles of play. whereby the team maintains possession of the quaffle with low risk passing options and measured pace throughout the 18 minutes of regular gameplay. Reducing the number of offences the opposition can run and only committing to an attack when the oppositions defence is at its weakest, maximising the chance of any attempt to score being converted, with the aim being to keep the game in snitch range.

Full Court

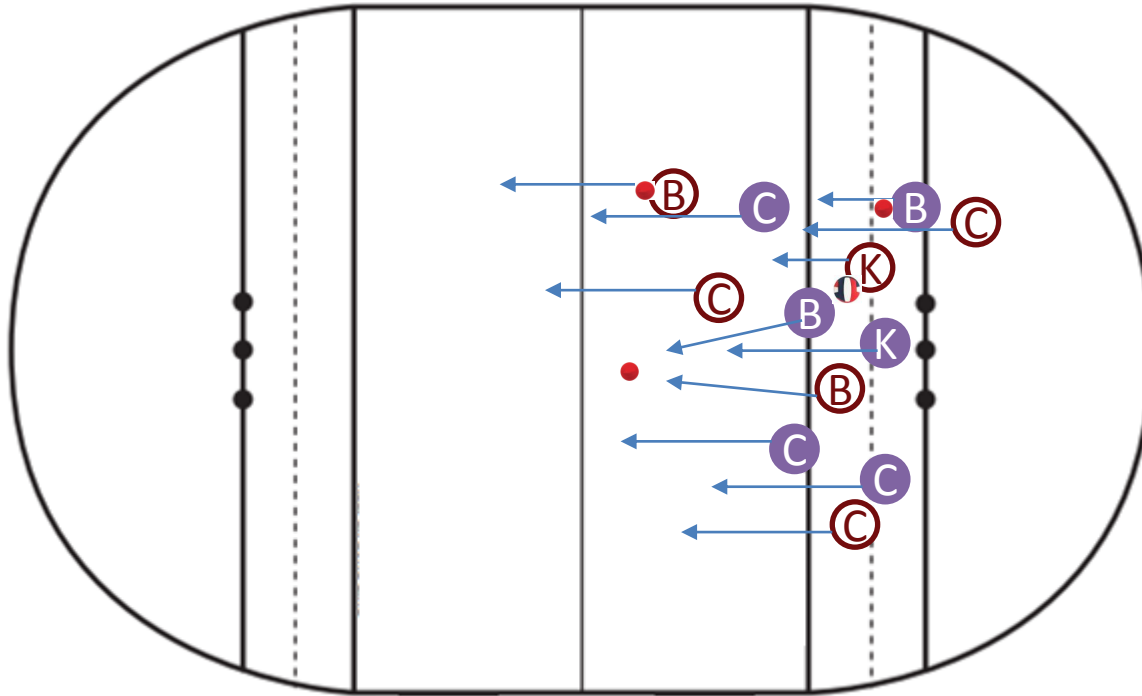
Aims: This drill helps players practice new concepts, learn how to attack or defend against certain styles or tactics, or drill responses to certain scenarios.

Description: Full court drills are the next inevitable phase from half court drills. The concept is the same, having one focus point and drilling the desired response through repetition and experimentation. Only this time their turnovers and counter attacks. Quidditch is a turnover game of attack and defence. As soon as the team in attack loses the ball they become the team in defence, while the team winning the ball become the attack.

Expansion/Variations: Basically any situation that teams can encounter on pitch can be drilled. A few examples would be; Fast break counters each possession begins with a fast break as soon as the quaffle is turned over, set plays can be practiced by explaining the play to teams before hand then having each team only use that offensive shape or strategy to attack. Set defences can be practiced the same way. Focuses such as how to regain bludger control require the team in defence to have bludger control this can be achieved by simply giving them the two bludgers after a turnover if they do not already possess them. In this case the new attacking team cannot fast break on them unless they already have control.

Coaching Points: It should be clear that this is a drill not a scrimmage. Brooms down can be called throughout to give advice and players gathered in for feedback and then the drill reset to see how players implement the points discussed.

Fast break drill 2



Aims: This drill highlights the importance of getting back in defence to prevent quick counter attacks after a turnover.

Description: Players are arranged in positions by the coach as if a turnover has just occurred at the hoops. The coach also selects certain players to be “beat” so that they will have to return to their hoops to touch back in before they can help with the defence.

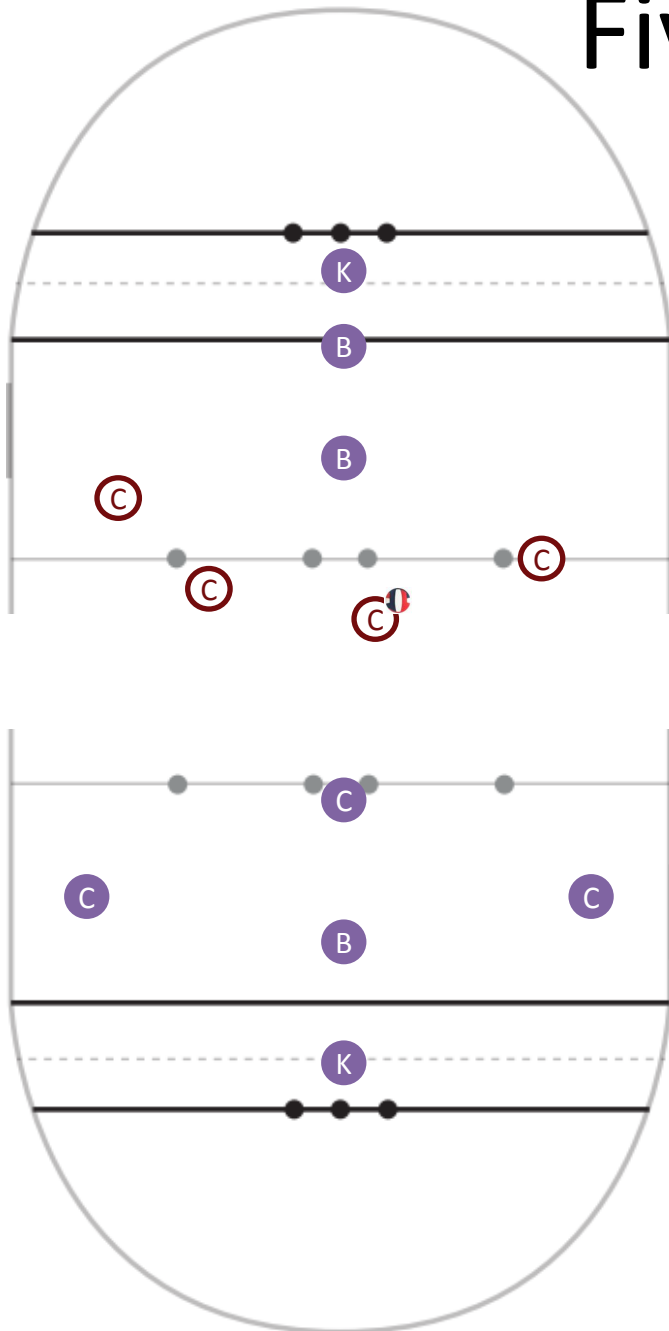
Allow the full court game to continue for a few turnovers of the ball then reset drill changing the starting positions and “beat” players.

Expansion/Variation: An offensive team (team A) attempts to score against a defensive team (team B) as soon as the quaffle is turned over team B becomes the offensive team and breaks for the hoops. Team A have to get 3 players from their team to touch their hoops on the counter. Team B have to get 3 players over the half way line before the other team can get 3 players to their hoops to win.

Coaching Points: Teams need to be aware of the dangerous of overcommitting on offense and to always be ready for a quick counter attack. Having a “reset option” quaffle players to reset their attack if under pressure but also ensure at least one quaffle player is back ready to defend.

If quaffle players are relying on aggressive beaters to punch holes in the oppositions defence or regain bludger control they need to cancel their attack if their beaters are unsuccessful. Attacking aggressively only when they can be sure the beaters haven't overcommitted unless its a guaranteed hoop.

Five+ Passes



Aims: This drill encourages passing around defences, moving into space. Practicing passing in a more game like environment

Description: In groups of four, players attempt to score against a defensive team but must complete at least five passes before they are allowed to score.

Different types of defensive teams can be used. In this example the attacking team must play against a two beater one keeper defence then turn around and attack a full defensive with one Beater.

Expansion/Variation: Varying the defence. Changing the number of offensive players.

Coaching Points: Getting players to shout the pass number they are on as they complete each pass will simplify the drill.

6 minute scrimmage

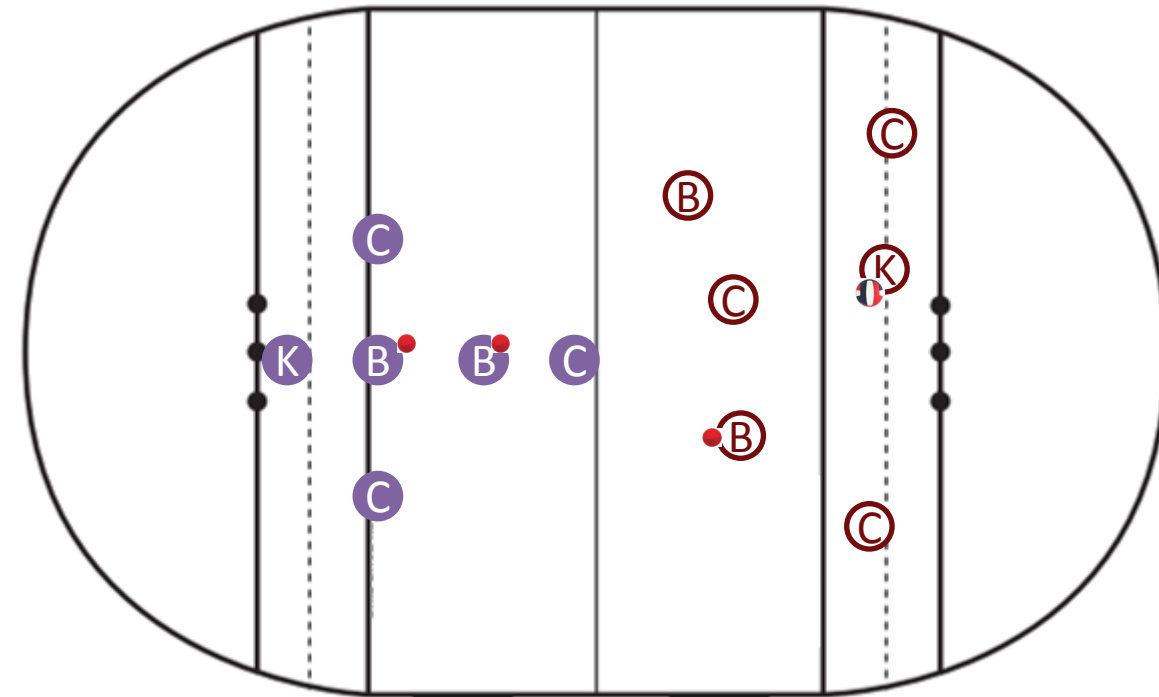
Aims: To test a technique/skill/tactic in an in-game scenario and allow feedback and development of that technique/skill/tactic

Description: A 6 minute scrimmage is a short scrimmage with the focus being on one tactic, game scenario, or specific skill.

The scrimmage is restricted to a time limit (6 minutes) and players must try to employ this single teaching point. At 6 minutes the coach stops the game and gathers players for feedback.. Get some quick feedback from the players about how they felt it went. What was easy, what was hard, what improvements can they make (2 minutes). Then give your own feedback (2 minutes).

Expansion/Variation: Repeat the drill until the team is happy with the "thing", or you establish it doesn't work. Add in another "thing" to work on, (e.g. napalming).

6 minute scrimmage (fast break focus)



Aims: A 6 minute scrimmage is a short scrimmage with the focus being on one tactic, game scenario, or specific skill.

Description: This particular example focuses on “fast breaks”. With teams sprinting to counter attack as soon as the quaffle is turned over no matter the situation. Each team needs to sub even in such a short game to allow a high tempo.

Coaching Points: Players should recognise that if they transition quick enough they can get an easy goal so should always be looking for a fast break. Equally sprinting back to defend is vital to be ready for the attack. Learn to be wary of over committing on offence as they themselves become vulnerable to a counter attack.

6 minute scrimmage (Limited Communication)

Aims: Highlight importance of communication, encourage greater communication across positions and from quieter/less confident team members.

Description: Run scrimmages with only certain players/positions allowed to talk. Communication of all players is fundamental to the operation of a successful defence and offensive. Typically keepers will run these as they have the best view of the pitch and are usually the first quaffle player to gain possession. This drill gives different players/positions a chance to fulfil this role and also highlights how important it is that all players communicate.

Expansion/Variation: Variations of who is able to talk. e.g. only beaters or only a specific individual.

Coaching Points: Ensure all players understand the importance of communicating. Chasers: who has point? Who is beat out? Beaters: who has control? What is the beater threat? etc.

6 minute scrimmage (Overcoming a point deficit)

Aims: This drill helps train players mentally and strategically to come back from a quaffle point deficit so that the game is in game for the team. It also teaches how to best take advantage if your team is miles ahead.

Description: Run a regular 6 minute scrimmage where the teams don't start from a blank scoreboard but are informed of the score before brooms up. One team will be massively behind and out of range (say 50-0) the aim for this team is to keep their composure, create as many scoring opportunities as possible while maintaining a strong defence to bring even the score or get it in range. The aim for the team ahead is to further drive in the nail by running up the score board and making the other team feel as though there is no hope of coming back.

Expansion/Variation: Snitch can be added from the start or after 5 minutes, extending the 6 minute time limit to test how teams cope with the snitch play (see previous drill).

Coaching Points: For both teams this drill is about controlling the pace of the game. The team behind will have to take chances in order to create scoring opportunities this could be accomplished by being hyper aggressive with their beaters on defence and generally trying to speed up the pace of the game. The team ahead is in control, they can afford to be more patient and selective about what opportunities they take and be diligent in defence as all they really need to do to win is deny the other team any goals so generally they will be trying to slow the game down.

6 minute scrimmage (Pitch Awareness)

Aims: Promote pitch awareness e.g. where are all the players/balls?

Description: Run a scrimmage, but regularly and randomly stop the game, when the game is stopped all players must close their eyes. Ask players to point to certain balls/other players and keep pointing. Ask them to open their eyes and see where they are pointing to see if they are right or wrong. Examples would be where is the nearest opposition chaser? Where is the quaffle? where is the nearest bludger?

Expansion/Variation: Add a punishment for people who are wrong e.g. 10 burpees.

6 minute scrimmage (Regain control)

Aims: Train beaters in regaining bludger control. Promote communication between beaters and chasers. Encourages patient play, but also fast reactions to take advantage of opportunity.

Description: Start with offensive team with the quaffle and 1 bludger. Defensive team have 2 bludgers. Offensive team must attempt to both regain control and score a hoop within 2 minutes. Requires beaters and chasers to work together and communicate.

Expansion/Variation: Alter win conditions (e.g. just need to score). Alter number of players/bludgers. Alter starting location of bludgers.

Coaching Points: Make sure chasers and beaters are working together i.e. Attacking the same space, if beaters are unsuccessful chasers hold possession.

Snitch on pitch priorities

Aims: This drill helps players identify what to prioritize during five different snitch on pitch scenarios.

Description: Before the game explain to the team what the scenario will be (Your team is ahead in quaffle points out of snitch range, team is behind out of range, SWIM situation team ahead, SWIM even in points ± 10 , SWIM down in points) so if the scenario is “ahead out of range” one team will be 40-0 up before the match begins and the other team will be focusing on the “behind out of range” priorities. Next explain what you want each of the positions focus to be on during a given scenario, this will be individual to your own team strengths and tactical line of thinking. Start the game as if it is overtime i.e. Seekers released after 30 seconds. After the 6 minutes gather the players and snitch around to hear player thoughts on positions and then provide your own feedback.

Expansion/Variation: Variations are in what scenario you are drilling.

Coaching Points: Snitch priorities listed on the next page. Bear in mind that comprising a one fits all set of rules for all teams and all situations is not possible, this is only meant as a guide and assumes that the beaters on each side are of comparable ability.

Integrated Drills- Modified scrimmages

Ahead ————— Beaters: Quaffle gets priority, (help out seekers opportunistically). Quaffle players: play defensively at the beginning by maintaining possession of the quaffle and only taking high percentage shots.
Seekers: get no help from the beaters until the quaffle point advantage is utterly unrecoverable by the other team. But timing their drives with the quaffle players could potentially split the other teams beaters.

Behind ————— Beaters: Quaffle gets priority. No snitch work, trust in seekers to defend. Quaffle players: speed up pace of the game, play aggressively to try and even the score. Seekers: defend snitch.

SWIM ————

- Up in Q points
Beaters: Snitch gets priority (help out quaffle players opportunistically). Quaffle players: slow game down only take higher percentage shots.
- Even (± 10)
“ “
- Down in Q points
Beaters: Snitch priority. Quaffle players: slow down game on attack. Seeker goes for every opportunity to catch.

Changing player roles

Aims: This drill builds the confidence of under-utilised players and prevents players from being one dimensional in their role on the pitch e.g. always being a troll or always being the distributor. Sometimes team members naturally develop particular roles on pitch due to certain players always taking possession and unintentionally hindering the development of other players.

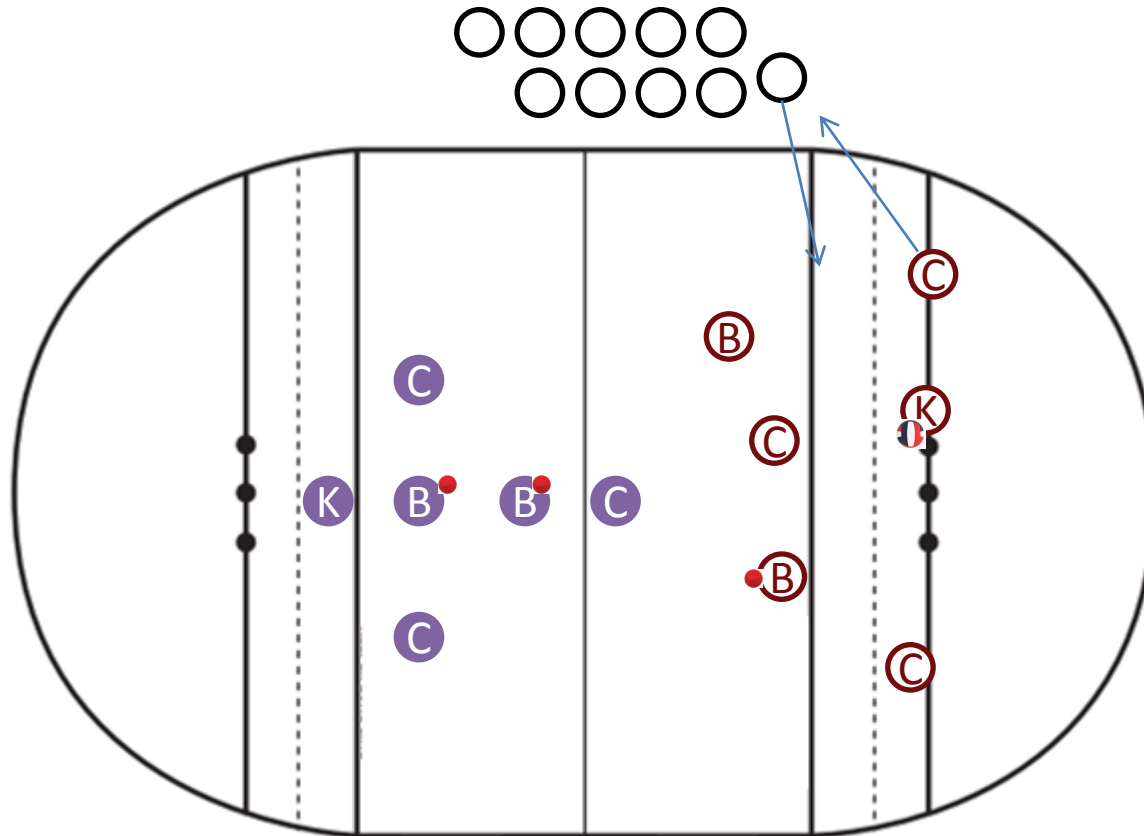
Description: A simple game where all the more confident quaffle players are forced to stay back (either in the keeper zone or behind the middle line, though they may be allowed to troll) and have to entrust the quaffle to players that are usually under-utilised. These then become the main quaffle drivers and scorers in the game.

Expansion/Variation: Beaters and seekers are now the focus of the drill.

Coaching Points: The coach needs to be encouraging to all players and run this drill in a way that challenges all the players on the pitch to play outside of their play style/role/skill set in order to develop more well rounded players and a more well rounded team.



Sub box



Aims: Essentially this is just a regular scrumage only with one central sub box for both teams. The drill allows individuals to play for as long or as short as they want, ideally many multiple short stints. This drill is ideal for fresher taster sessions at the beginning of the season as it accommodates large numbers and players are able try multiple positions.

Description: A large amount of people can play in a single game and teams are continually mixed so individuals get to play with and against each other in a single continuous game.

Regular game time can be extended well past 18 minutes and/or the snitch aspect removed altogether.

Brooms up speed

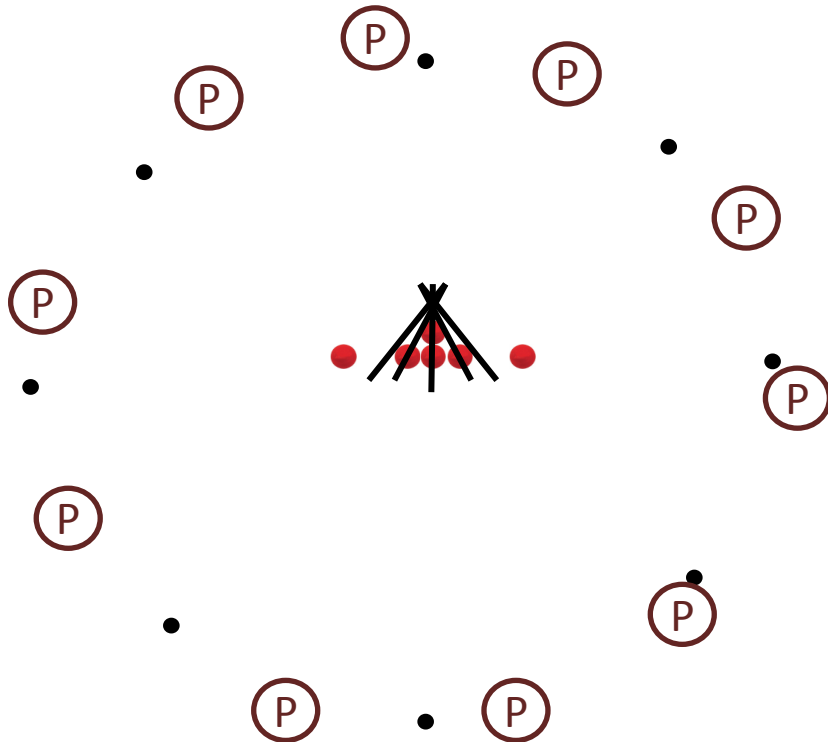
Aims: This drill develops speed specifically for brooms up.

Description: Begin by explaining to players the correct technique for the opening rush on brooms up then evaluate their performance by running the first minute of a regular scrimmage or simply have a single sprinting line with a ball for each player.

Coaching Points: Players should be focused listening solely for the ref. The optimum starting position is with your weight forward leaning on your finger tips which are contacting the ground with broom in hand. The hips should be loaded ready to power off the line. Launch off on the “B” of brooms up not the “P”. Aim to keep low instead of posturing up. Keep your weight in front of you so that you are almost falling and sprinting forward at the same time. Begin with short sharp steps then move into longer more powerful strides once you have gathered up enough speed. If the other player does get to the ball before you don’t slow down, sometimes it is best to aim for a big hit on brooms up if you know your opponent outmatches you in speed.

Hunger Games

Aims: This drill is purely a fun exercise. It serves well as a good reward for the end of the season or to be used in more light hearted sessions.



Description: A “cornucopia” is set up inside a circle of cones. The cornucopia is comprised of a stack of brooms and a pile of bludgers.

Players begin on the outside of the circle. It is crucial that there are more players than there are sets of brooms and balls in the centre. After a countdown of 10, players are released and are free to run to the centre to collect items.

The aim for players is to be that last one standing. Players are eliminated when they are beat . In order to be eligible to beat a player you must be mounted on a broom and can only mount one broom at a time. Players cannot leave the circle or retrieve balls that have left the circle.

Eliminated players gradually move the cones in making the circle smaller as the number of participants decreases. Eliminated players can also add in or remove sticks and balls.

Expansion/Variation: Players can be given “lives” so they aren’t eliminated straight away (e.g. 3 lives).
The cones are removed to make the player area boundless.

Coaching Points: Smart players will make alliances and/or protect and hoard sticks and balls.