

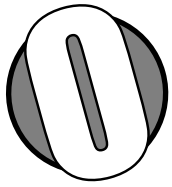
The TRAC Gateball Team

Skills Drills



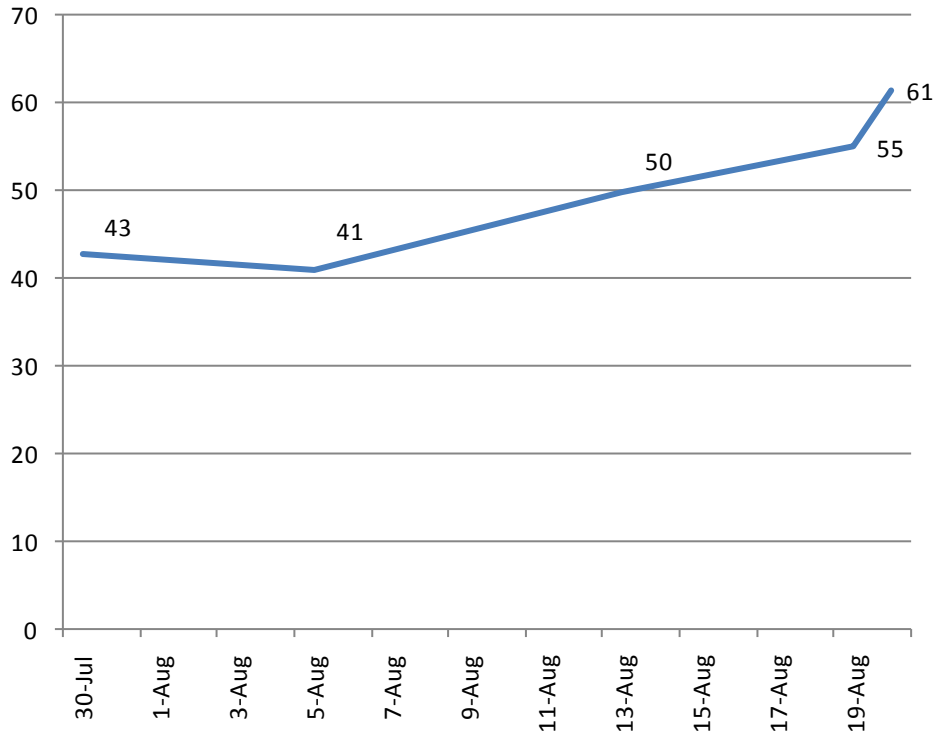
**PROGRESS
UPDATE**

27 August 2011



Overall performance

Average score



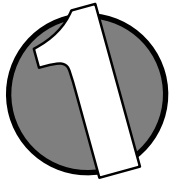
Comment

Fantastic result! Steady progress from the first full week of training (5 August). Looks like your hard work is paying off. Congratulations to the whole team.

With another three weeks until the championship practice hard to see if you can lift the team average close to 70.

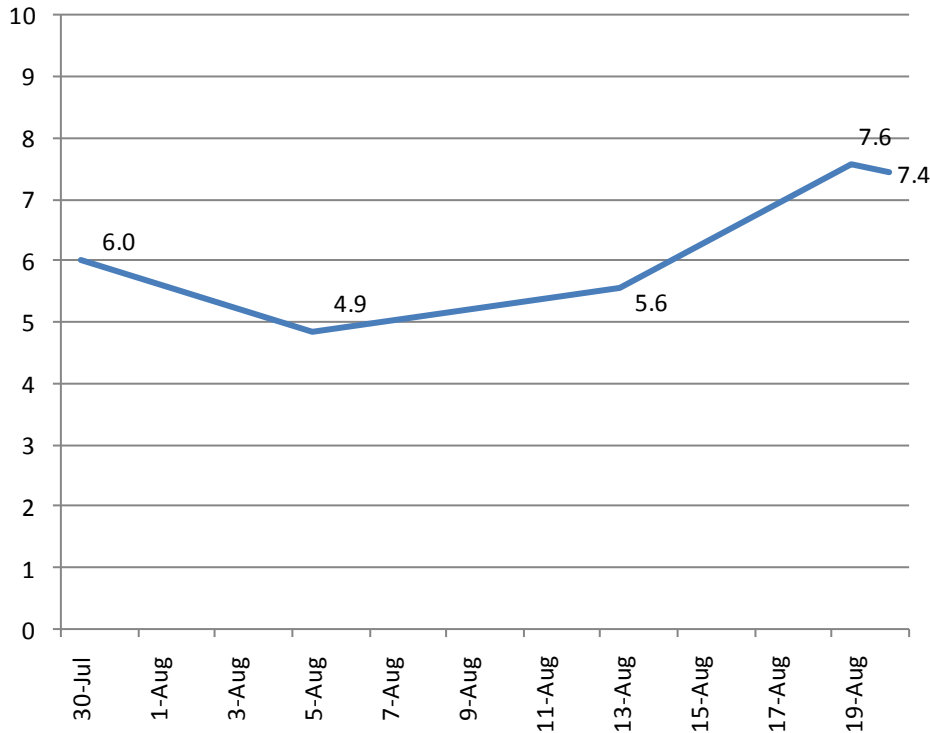
Special mentions

Jacob – highest score (75); Alex and Tjanna – most improved



Passing gate one

Average score



Comment

Another great result. Consistent improvement from the first week of full training. Great work.

Don't forget to stalk the ball and practice clearing your mind before this drill – the challenge will be making this shot under pressure at the championship.

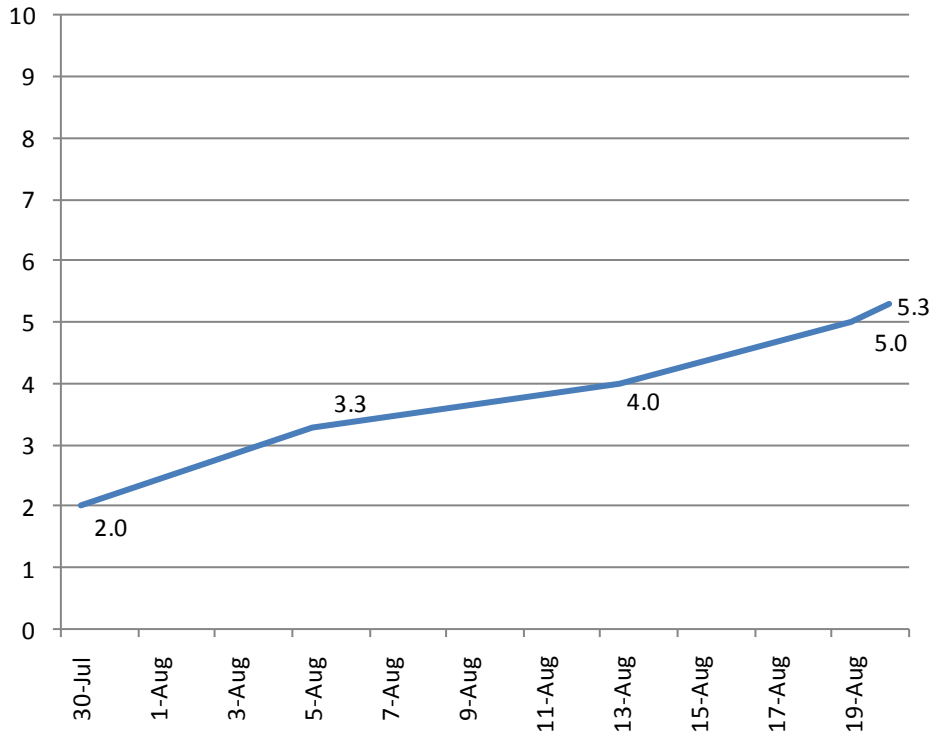
Special mentions

Naomi – highest score (10) and most consistent; Will – most improved (great progress)



Crossing over

Average score



Comment

Still room for improvement. This is a critical skill and you are making great progress, but you can definitely improve the team score on this one before the competition.

Judging the distance of long sparks and hits is a vital skill and you'll need it to win games at the championship. See if you can get the average above 7 before the competition.

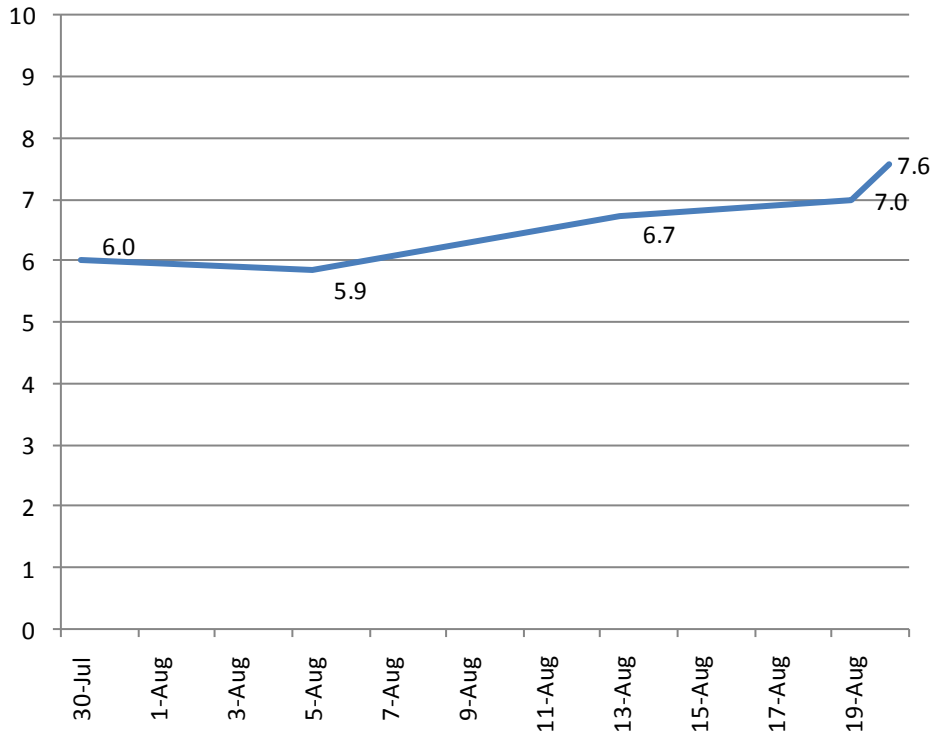
Special mentions

Jacob and Will – highest scores (7); Josh and Tjanna - most improved



Touch tight to the line

Average score



Comment

A good result for a very hard drill. You all started at a high level, which shows you've got natural skills.

It is important to work out the distance from which you feel comfortable making this shot. You'll have to make some difficult decisions about whether or not to make these shots during the competition.

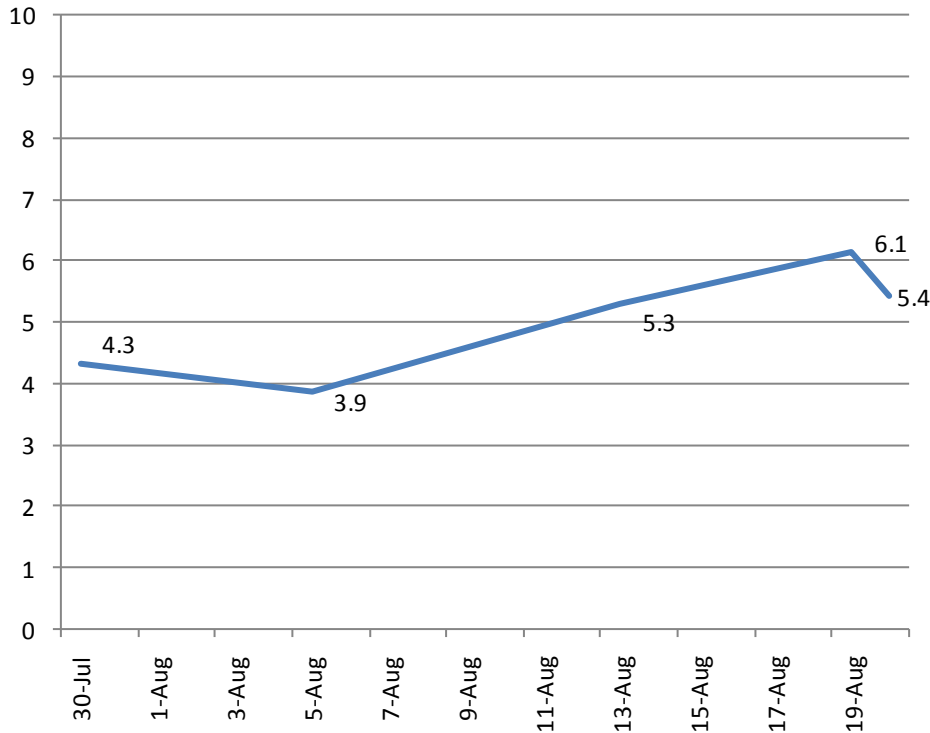
Special mentions

Larry and Jacob – highest score (10)



Spark tight to the line

Average score



Comment

A good result, but room for even more improvement. It is a very hard skill, but crucial for improving your game.

Don't forget this drill will also help you setting up gate touches.

Try hitting the ball towards the line on an angle if you are finding this drill hard.

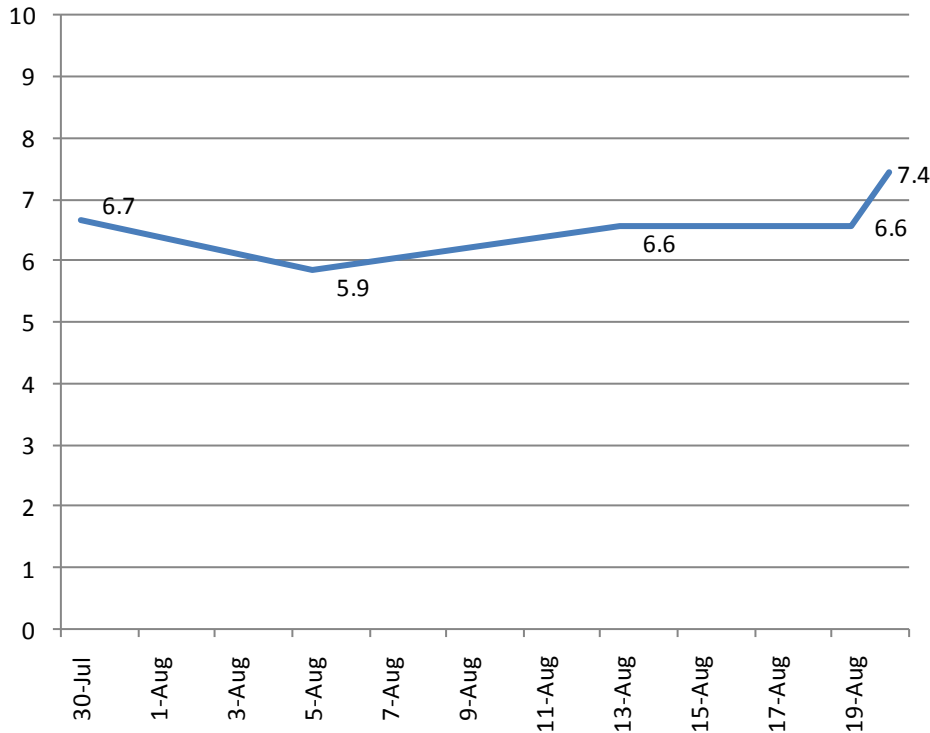
Special mentions

Larry – highest score (9); Naomi – most improved



Bombarding

Average score



Comment

Steady improvement from a high base, but with your skills I reckon you can increase your scores even higher. This is one to work on as a team.

With another three weeks until the championships practice hard to see if you can lift the team average above 8.

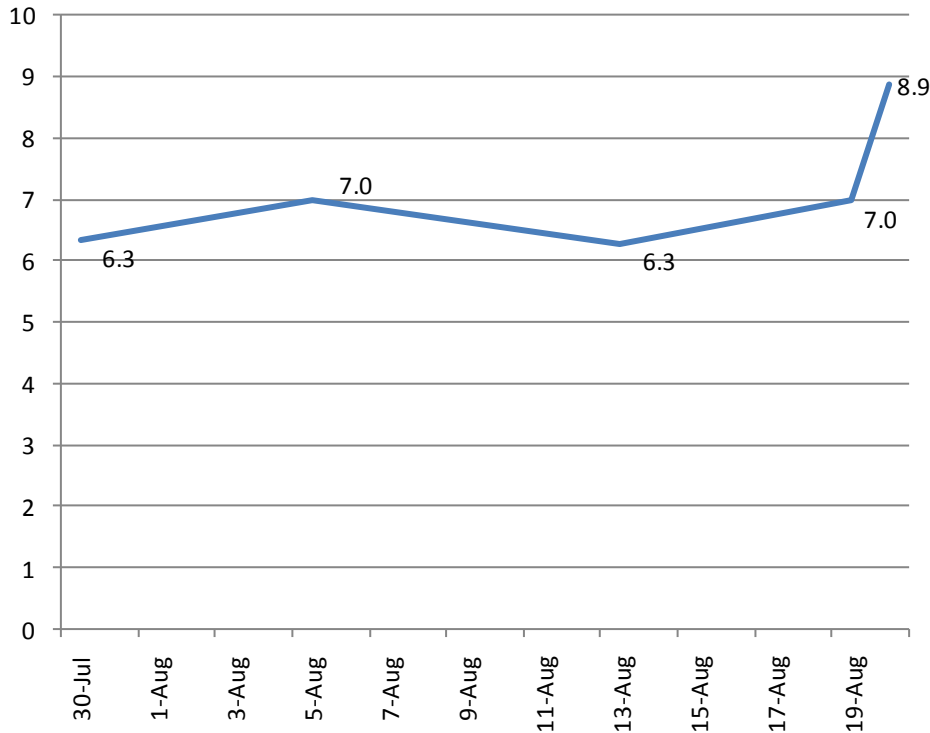
Special mentions

Jacob – highest score (10); Alex – most improved (great progress)



Tapping on

Average score



Comment

Good result in the last session!
Great to see the improvement.
This may not seem like an important skill, but it can mean the difference between winning and losing a match. Keep practicing to see if you can beat that last session.

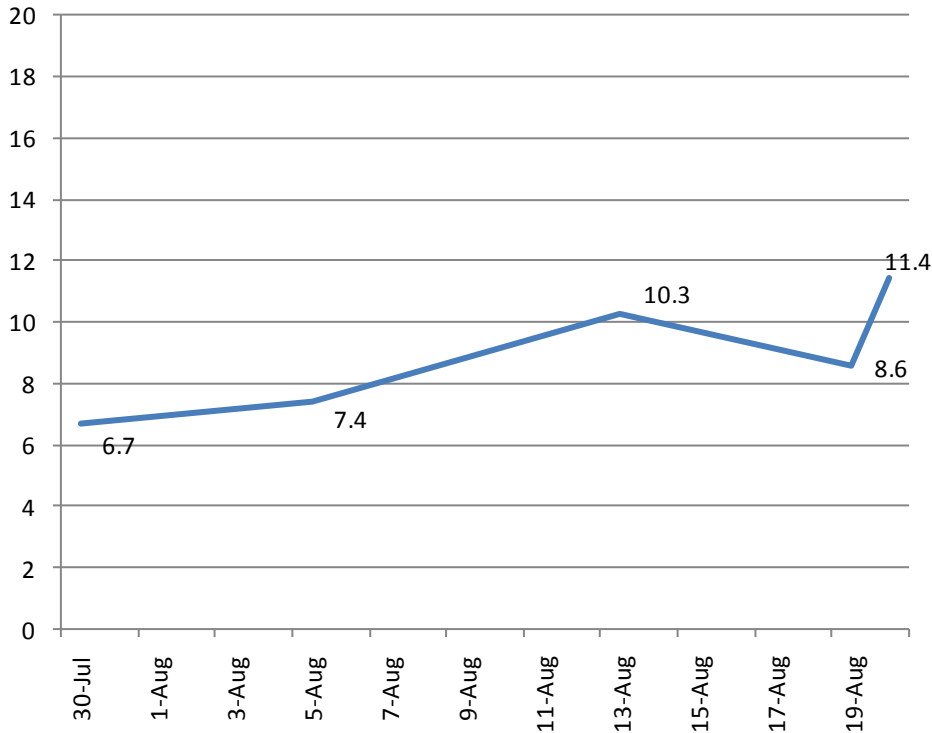
Special mentions

Jacob, Larry and Naomi – highest score (10); Naomi – most improved;
Josh - consistently high scores



Gate touches

Average score



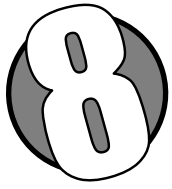
Comment

Another great result. This is a very hard drill, but you are getting better. There is lots of room for improvement so practice hard. See if you can get the team average around 14 by the competition.

Ask Glen and Kristina for some tips on making gate touches easier. I can't wait to see the results improve even further.

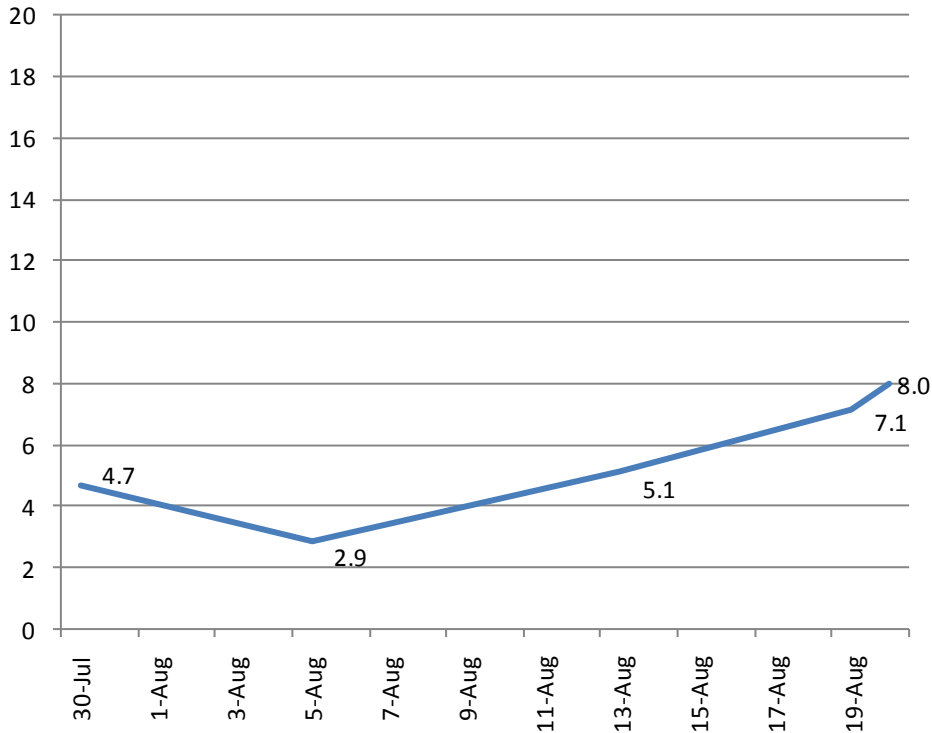
Special mentions

Great scores by Jacob, Tjanna and Will in recent weeks. Keep it up!



Sliding to the peg

Average score



Comment

Still room for improvement. This is a very hard drill, but the consistent improvement proves that your training is working.

You will use this skill a lot during matches (even if you aren't just sliding to the peg).

This is a very important skill so keep practicing hard. See if you can get the team average above 10 by the competition.

Special mentions

Naomi – highest score (10) and most consistent; Will – most improved (great progress)