



DATE OF SESSION:

Gillette

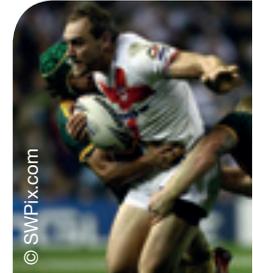


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HOP, STICK AND GRIP

DIRECTIONS

- Player stands on one leg holding a ball in one hand.
- Player performs a forward hop 50cm, landing next to the cone on the same leg.
- Player holds this position whilst gripping the ball.
- Perform three hop and sticks and repeat on opposite leg.



BALANCE					
Can balance on one leg with no or minimal shaking					No balance or lots of shaking on one leg, leaning forwards
✓	5	4	3	2	1



HOP AND STICK					
Player can hop to cone and stick with flat foot					Player cannot hop to cone and stick with flat foot
✓	5	4	3	2	1



BACK					
Chest is out, back is straight and at same angle as the shin					Back is rounded and not at the same angle as the shin
✓	5	4	3	2	1



ANKLE, HIP AND KNEE ALIGNMENT					
Knee remains in line with toes					Knee buckles in or out
✓	5	4	3	2	1



GRIP					
Grip is maintained at centre of ball with arched palm					Ball is dropped at any point throughout
✓	5	4	3	2	1

