

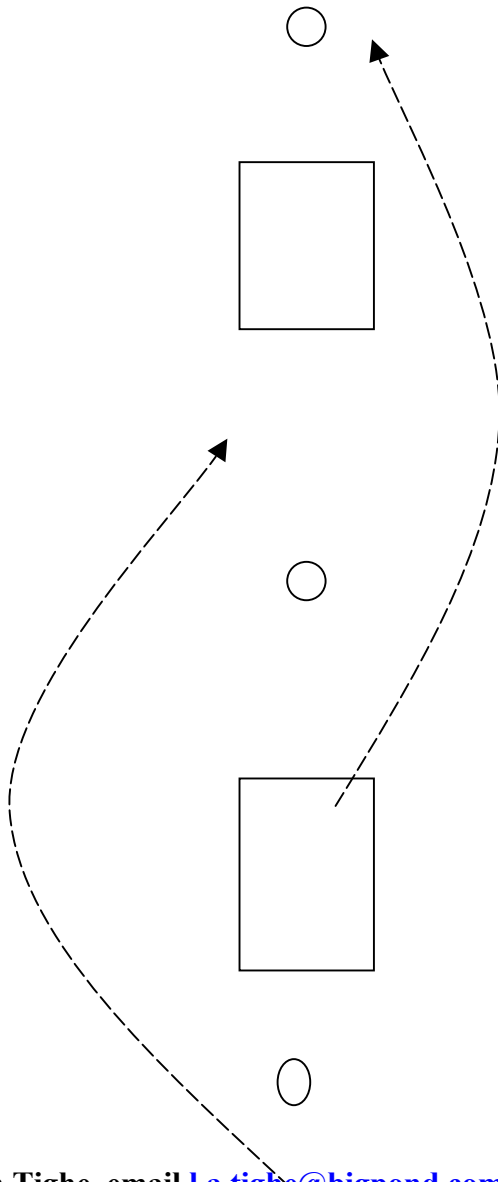
Random Length Training

As an alternative to repetitive skill training

A training program devised by Danny Simmons and used again Workshop, April 2019.

Set yourself up on a rink area as per the diagram: one mat and one jack at 2m.mark either end; a mat and a jack about medium length either end.

What you have to do is play deliveries alternating hand and length to these jacks every time, e.g. FH short, BH maximum, FH maximum, BH short or any variation, as long as **you do not do successive deliveries on the same hand.**



**Website menu- Training session
Random practice, random length training**

Lachlan Tighe, 2019