

Drill 1

Straight Line test

Designed to familiarise players with riding the machine in a straight line and getting use to the speed limiter feature of the Segway (handlebar leans back towards you) and learning to keep it as close to top speed as possible without pushing it so far that it slows down.

The tip is not to let the handlebar touch your body but to lean a little forward over the top, but to not lean the machine as this just causes it to slow down.

with the Ball

The Segway and the Ball must pass between the cones, a 2 Second Penalty for each set of cones missed. Cloak Stops when the Ball and the Segway have passed the finish line.

Slalom Turning Test

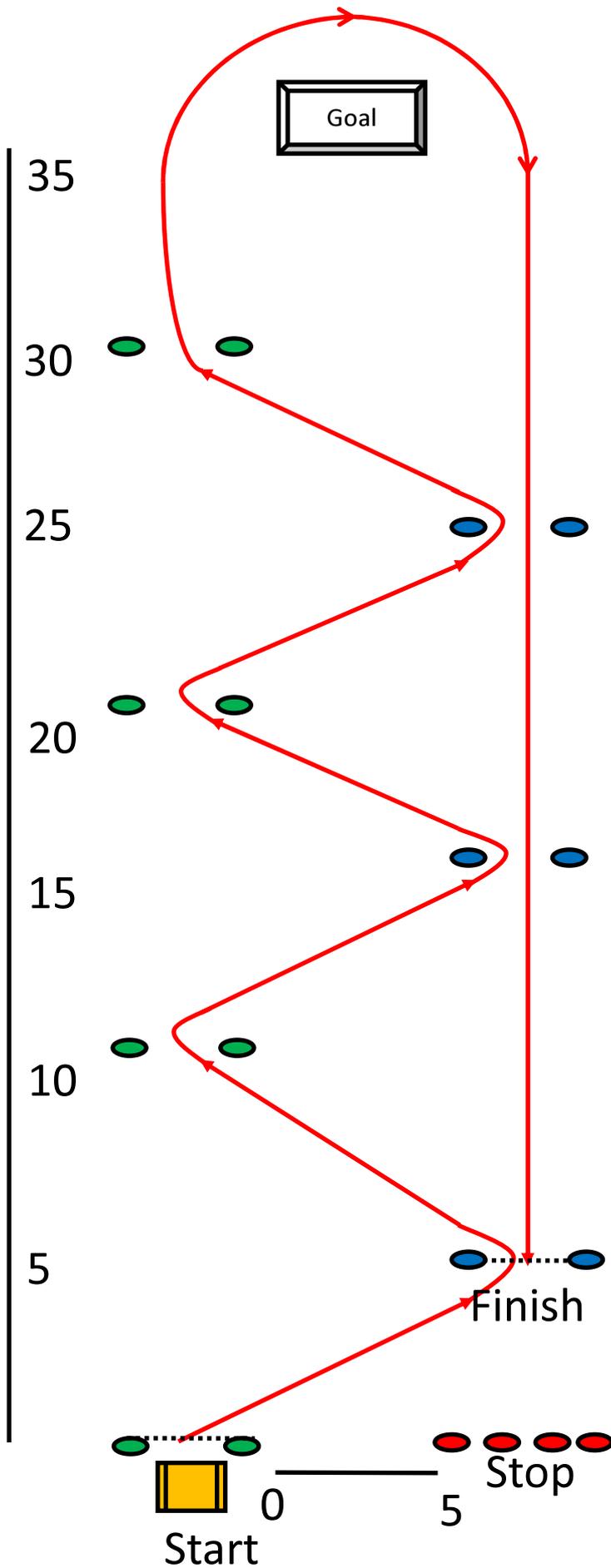
Designed to familiarise players with riding the machine around corners and getting used to how far they need to lean in the direction of turn.

Also understanding how smoothness has a direct bearing on speed and that aggressive leaning forward and turning actually causes the machine to slow and sometimes go into safety mode.

The tip is to look where you are trying to get to, turn your shoulders in the direction you want to go as you make the turn and to position your head over the cone you are turning around.

with the Ball

The Segway and the Ball must pass between the cones, a 2 Second Penalty for each set of cones missed. Clock Stops when the Ball and the Segway have passed the finish line.



Drill 2

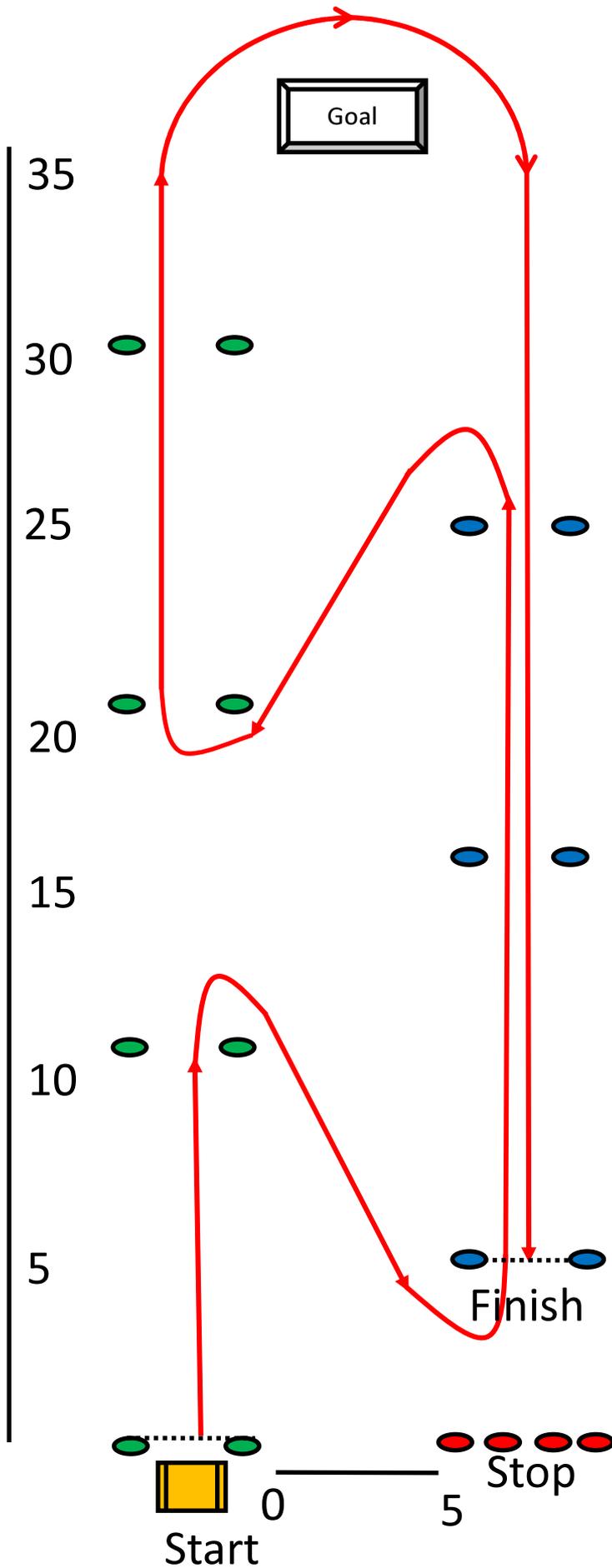
180 Deg Turning Test

Designed to familiarise players with changing direction and staying balanced on the machine.

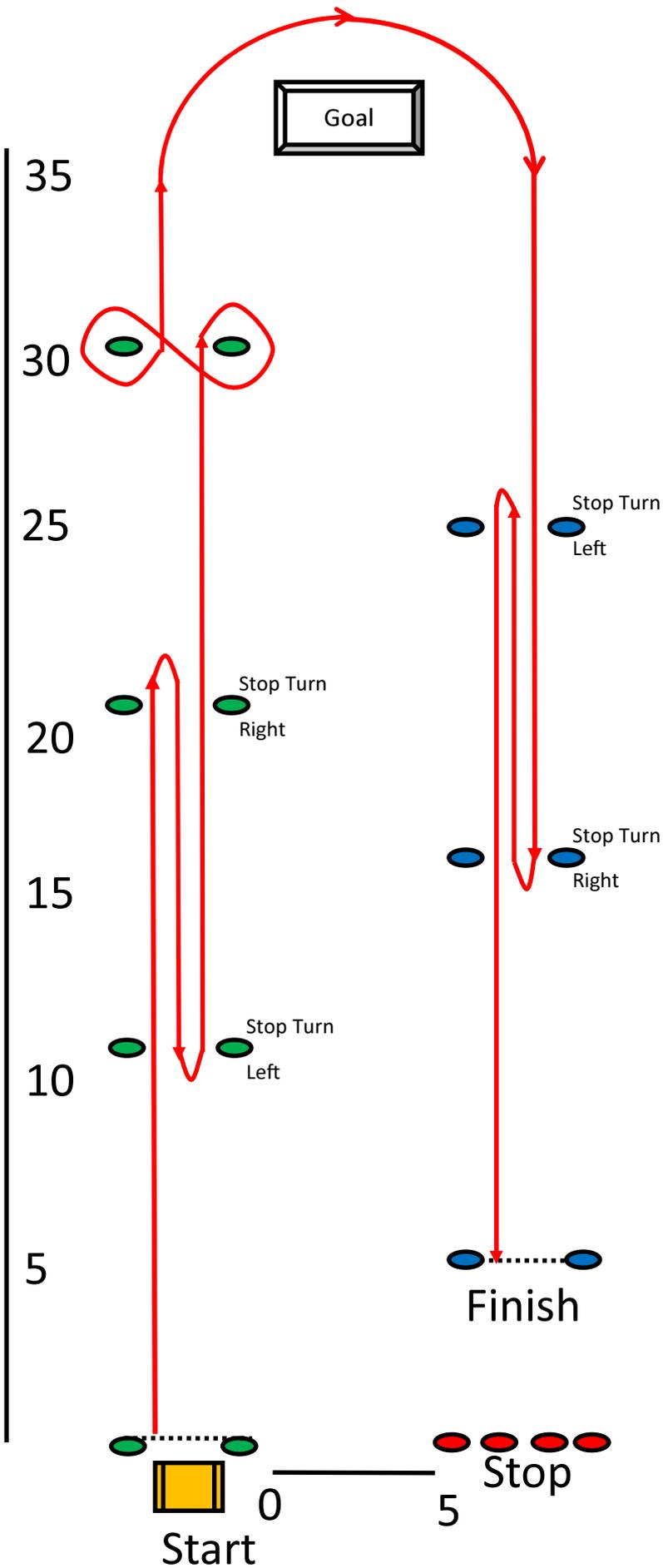
The tip is to try almost stopping the machine to make the turn and gradually increasing the speed until you find the optimum speed for your technique. Again look where you are trying to get to, turn your shoulders in the direction you want to go as you make the turn and to position your head over the cone you are turning around.

with the Ball

The Segway and the Ball must pass between the cones, a 2 Second Penalty for each set of cones missed. Clock Stops when the Ball and the Segway have passed the finish line.



Drill 3



Drill 4

Stop Turn Manoeuvre Test

Designed to familiarise players with stopping abruptly, very important for safety in Segway Polo and turning either way on the spot, often required to stay safe in a tight spot of the game. Also to practice tight spaced manoeuvring in the figure of 8 section.

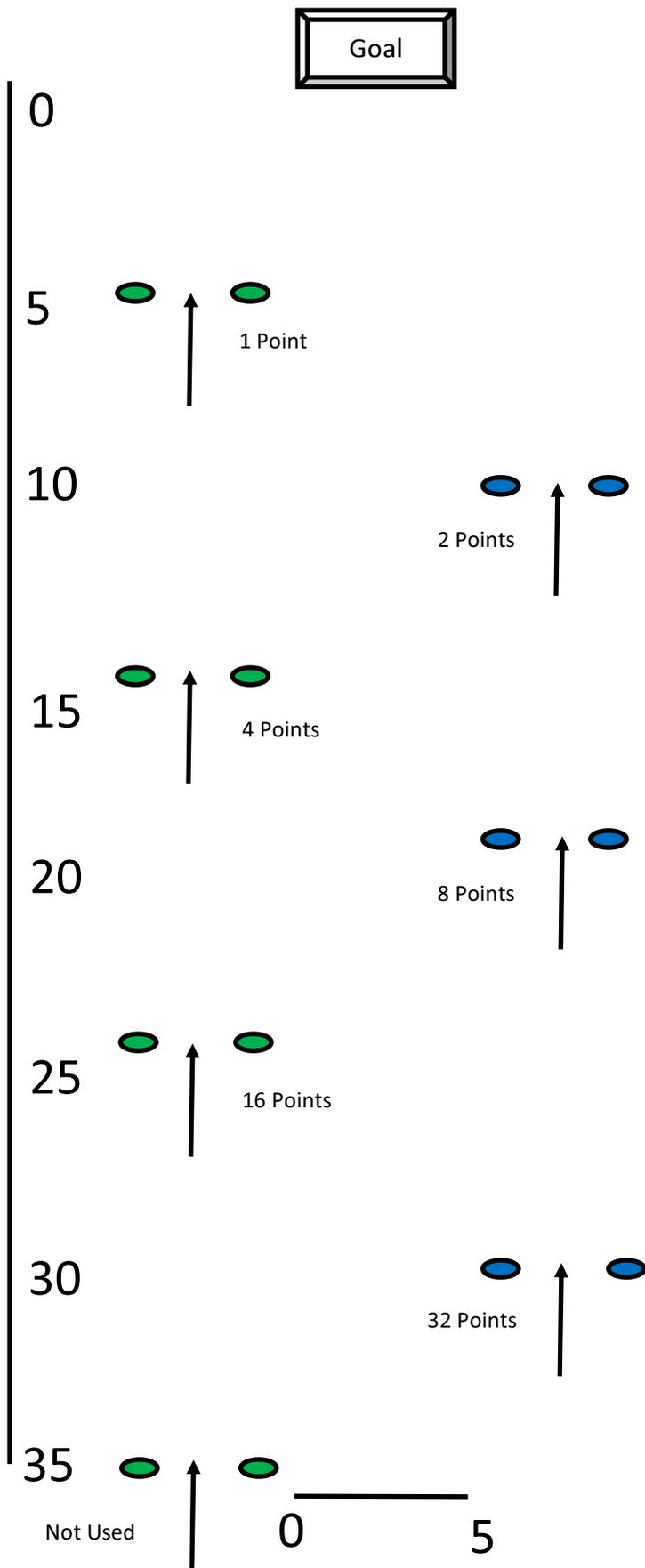
The tip is to come to a complete halt before making the turn and then to look directly over your left/right shoulder before leading the turn with your shoulders. Bending your knees more and maintaining a low stance will help also.

with the Ball

The Segway and the Ball must pass between the cones, a 2 Second Penalty for each set of cones missed. Clock Stops when the Ball and the Segway have passed the finish line.

Drill 5 Forward Shooting

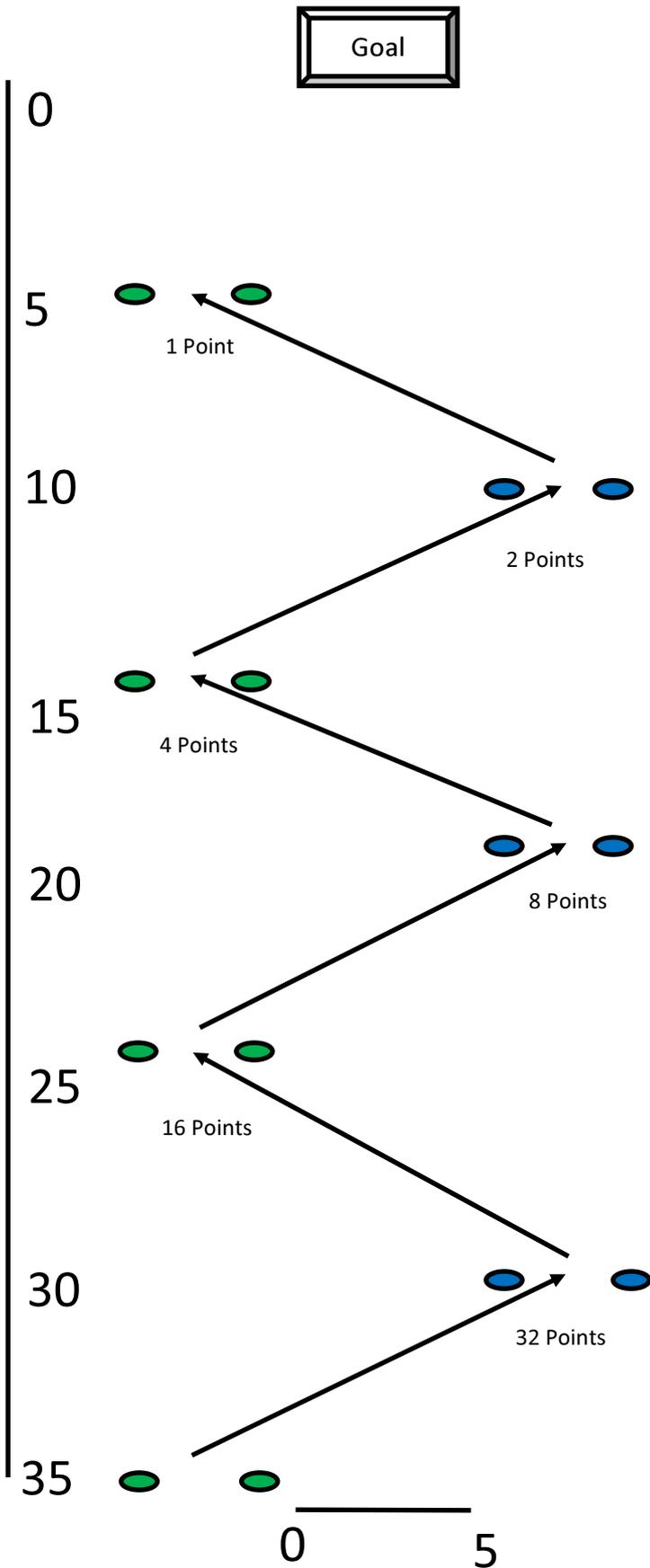
Shooting practice direction of travel towards the goal. Each Player has 10 Shots at Goal, starting at the 5 metre the player places the ball between the cones and approaches in the direction of the goal and shoots at the empty goal. The shot must be firm to count as a goal. If a goal is scored the player moves to the next 5 meter position and takes the next shot. If successful the player moves back another 5 meters, if not he move forward 5 meters until he has played all 10 shots. Each distance has a points value when scored, these points are added up to get the Drill Total.



Drill 5

Drill 6 Angled Shooting

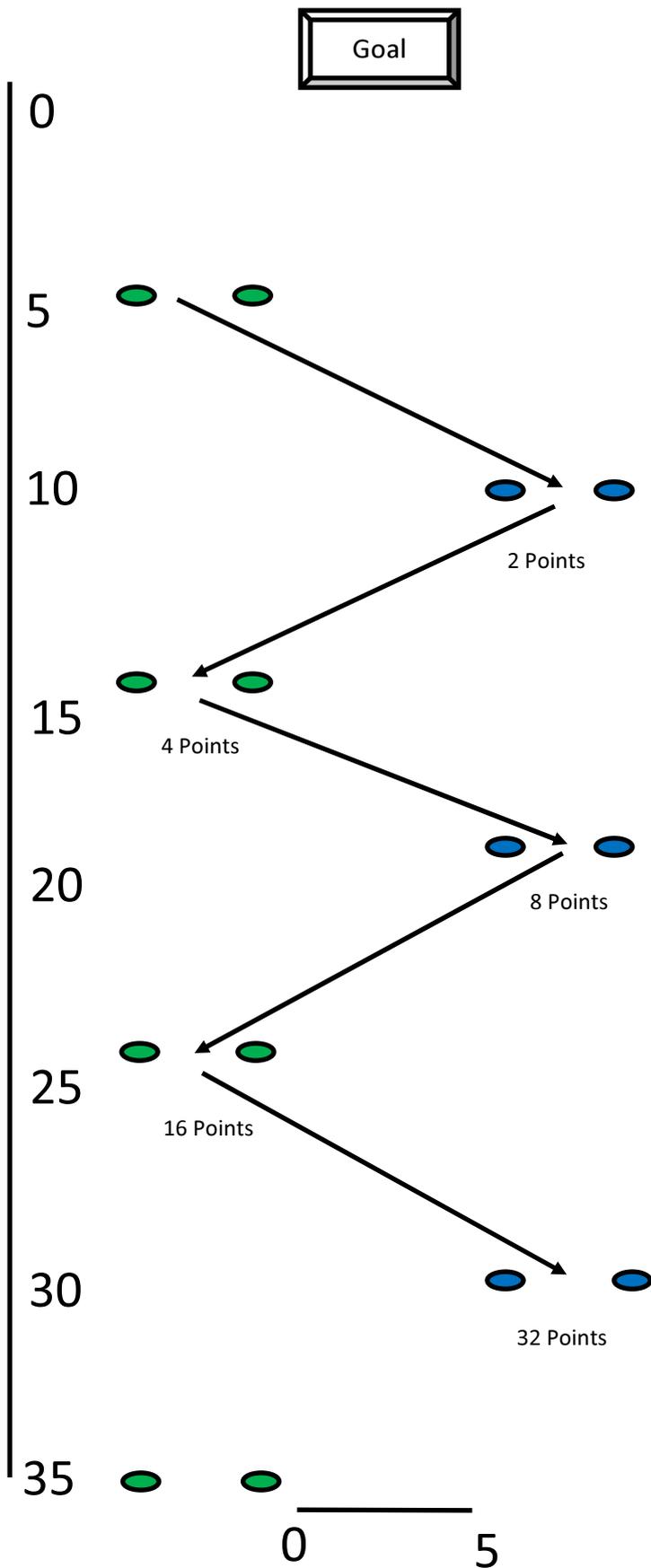
Each Player has 10 Shots at Goal, starting at the 10 metre cones the player dribbles the ball between the cones towards the 5 metre cones and shoots through the cones at the empty goal. The shot must be firm to count as a goal. If a goal is scored the player moves to the next 5 meter position to start the next dribble and shoot. If successful the player moves back another 5 meters, if not he move forward 5 meters until he has played all 10 shots. Each distance has a points value when scored, these points are added up to get the Drill Total.



Drill 6

Drill 7 Back Hand Shooting

Each Player has 10 Shots at Goal, starting at the 5 metre cones the player dribbles the ball away from the goal until it is between the 10m and shoots backhand at the empty goal. The shot must be firm to count as a goal. If a goal is scored the player moves to the next 5 meter position to start the next dribble and shoot. If successful the player moves back another 5 meters, if not he move forward 5 meters until he has played all 10 shots. Each distance has a points value when scored, these points are added up to get the Drill Total.



Drill 7