

90 DEFENSIVE TRANSITION – ONE ON ONE ACCOUNTABILITY

Purpose: Give experience in defending one-on-one the length of a ground.

ORGANISATION

- ▶ 30 players (10 involved at any one time).
- ▶ Opponents run down the ground and kick to F who is behind the goals (K2).
- ▶ Opponents then immediately switch from attack to defence (“defensive transition”) as F kicks to one of the attackers as they spread to receive the pass (K3).
- ▶ The attackers attempt to keep possession as they rebound to the other end of the ground, kick to F and move into defensive transition themselves against the next group of opponents.

COACHING POINTS

- This can be a physically demanding drill.
- Defenders should aim to play one on one and goal-side of their opponent.

