

## 88 DEFENSIVE TRANSITION AGAINST RUN AND CARRY

**Purpose:** To give experience in defending against run and carry.

### ORGANISATION

- ▶ 20 players.
- ▶ The ball starts with 5 players, including 2 who will become defenders, running a weaving support pattern using handball to the other end.
- ▶ At the 50-metre line the 2 defenders stop.
- ▶ The 3 attackers give and receive a handball/kick from F and attempt to rebound to the start using kicking handballing/run and carry (Hb 2+3).
- ▶ The defenders take on a defensive transition role aiming to cause a turnover (4).
- ▶ When the ball returns to the starting line or a turnover occurs the next 5 players waiting repeat the drill.

### COACHING POINTS

- a. Make the 2 defenders run right up to the 50 metre line before they move into defensive transition.
- b. When the players understand the activity, add another defender, i.e. 6 players. This shows the defenders that extra numbers goal-side makes defensive transition easier.

