

89 DEFENSIVE TRANSITION IN LANE WORK

Purpose: Learn to recognise cues which lead to defensive transition.

ORGANISATION

- ▶ 24 players.
- ▶ Simple lane work formation, 50 metres apart.
- ▶ If the kicker, or the target, makes a mistake then the kicker immediately retreats to the starting position, attempting to intercept the next pass to the "opponent" waiting in line.
- ▶ If there is no turnover the drill continues as normal lane work.

COACHING POINTS

- a. Teach the players to think "what if?" during a disposal.
- b. After a while, with good teaching, the players will pick the early cues, for example, a poor kick off the boot.
- c. If the kick is effective the kicker should run on further, expecting the target to take the mark.

