

## 105 GOING TO THE FAT (EMPTY) SIDE

**Purpose:** To switch the play to the fat side in order to move the ball easily through the midfield and forward line.

### ORGANISATION

- ▶ 27 players (9 involved at any one time).
- ▶ The ball is fed into A (F1).
- ▶ The man on the mark applies token pressure.
- ▶ The 3 players at B move to create space for the extra player.
- ▶ The 2 opponents at C play zone defence.
- ▶ Whichever of the B players is in free space is the kick receiver (K2).
- ▶ Finally a pass is made to the half-forward on a fat side lead (K3).
- ▶ Change the feed to different positions on the ground.
- ▶ Rotate players in and out of the drill.

### COACHING POINTS

- a. Restrict the movement of the zoning players at C to the corridor in order to allow the fat side to open up.
- b. Creating space is often a lot harder than finding space. The players at B have to force the zoning players at C to follow 2 of them to free up the third target.
- c. The key to attracting defenders to follow a player is that the attacker could potentially be used if the opponent does not go with the player. If a player runs to a tactically unrealistic position the opponent will often see it as a waste of time and not go.
- d. The half-forward often needs to hold the lead in order not to "take his/her own space". The forward needs to be able to run into space.

