

76 IN ONE WAY OUT THE OTHER No. 1

Purpose: To give players experience in using the fat side of the ground.

ORGANISATION

- ▶ 8 players involved at any one time.
- ▶ Play starts at A, who has a token opponent. A kicks to B who has led to the half-back flank (K1).
- ▶ Immediately B takes the mark he plays on searching for the next target downfield.
- ▶ C has led just slightly later than B and is out in space to receive B's kick (K2).
- ▶ The drill continues on, around the ground (K4-6).
- ▶ Variations:
 - a. Put in an extra player to receive a handball from each goalsquare.
 - b. Move the ball in the opposite direction around the ground.

COACHING POINTS

- a. The pack naturally follows the ball in a match so the opposite side of the ground is often free of players and can be used on rebounds.
- b. Timing of the leads is vital:
 - i. It is better for a player taking the mark to be in position before the kicker takes possession.
 - ii. By moving into space early the receiver can surprise the opposition.
 - iii. The kicker should be able to turn and see the receiver waiting. If the kicker has to wait for the lead to come it often attracts the attention of the opposition as well.
 - iv. While the ball is in the air and about to be marked, the next player downfield should be giving information regarding his/her position. Being a "teammate's eyes" can assist a player to know what he/she is going to do very early and the ball can be kept moving quickly.
- c. It is important that the kick hits the target and the mark is taken. Delays from mistakes can often allow time for the opposition to man up the free targets.

