

106 OPENING UP THE FAT SIDE

Purpose: To teach midfield targets how to create space on the empty side of the ground.

ORGANISATION

- ▶ 20 players (5 involved at any one time).
- ▶ F kicks the ball to the full-back.
- ▶ In the midfield an opponent mans up either of the 2 targets.
- ▶ Whichever midfielder is manned up takes the opponent to the "thin" (crowded) side of the ground, thus creating space for teammate to move into the "fat" (empty) side.
- ▶ The full-back passes to the free midfielder.
- ▶ The drill can be repeated with another Feeder starting the next trial from the opposite side of the ground with the next set of 5 players participating.
- ▶ As the drill ends at the midfield, it can be run simultaneously at the other end of the ground.

COACHING POINTS

- a. Have the midfield opponent move backwards and forwards between both of the targets until deciding which one to man up. This encourages the targets to continually re-assess their roles - are they manned up or not?
- b. Make the drill more challenging by having 3 targets and 2 opponents in the midfield.

