

121 RUN AND CARRY FROM THE BACK 50 METRES

Purpose: Experience run and carry from deep in the back 50 metres.

ORGANISATION

- ▶ 25 players.
- ▶ F kicks the ball to any of the 3 runners (K1).
- ▶ The runner uses run and carry to move the ball past the 2 opponents (Hb2).
- ▶ The player who ends up with the ball decides which target to kick to (K3).
- ▶ Rotate the roles after a reasonable number of repetitions.
- ▶ Add more targets and opponents to make the activity more challenging. Change the starting positions of the runners.

COACHING POINTS

- a. Both targets have to accept that part of their role is to move their opponent out of position to free up space for their teammates.
- b. As there is a high penalty for turnover in this area of the field it is vital that the kick should be successful. Every attempt should be made to have the kick result in an uncontested mark.

