

122 RUN AND CARRY FROM THE MIDFIELD TO INSIDE 50 METRES

Purpose: Teach the value of fast ball movement through the midfield.

ORGANISATION

- ▶ 22 players (9 involved at any one time).
- ▶ F kicks to either runner.
- ▶ Run and carry is used to move past the opponent (Hb3).
- ▶ The kicker chooses any of the 3 targets in the forward line (K3).
- ▶ Rotate the players after a reasonable number of repetitions, but keep the backmen and midfielders as the runners and the forwards in the forward line if desired.

COACHING POINTS

- a. Change the starting positions of the runners to alter the depth and angle of entries into the forward line.
- b. To make the activity more challenging add more runners, opponents and targets.
- c. Fast ball movement disrupts back lines by forcing defenders to make quick decisions.

