

## 171 ATTACKING AND DEFENSIVE BALL-UPS GAME

**Purpose:** Teach players to constantly change their roles in attacking or defensive situations.

### ORGANISATION

- ▶ 14 players (2 teams of 7).
- ▶ The ball is fed to the 2 ruckmen.
- ▶ Each ruckman has 3 clearance players starting inside the rectangle.
- ▶ As soon as the ball is fed the remaining players can enter the rectangle to compete.
- ▶ If the attackers win possession they attempt a shot at goal.
- ▶ If the opponents win they clear the ball to any agreed point (over the halfway line or to a target downfield).
- ▶ Rotate attacker and opponent roles and the starting positions of the players after each repetition.
- ▶ Scoring:
  - a. Normal points for a goal or behind to the attacking team.
  - b. 2 points for a defensive clearance from the opposition.
  - c. 1 point if the opposition cause a neutral ball.
- ▶ The winner is the team with more points after a set number of trials.

### COACHING POINTS

- a. Vary the angle and type of feeds, e.g. boundary throw-ins.
- b. The players need to constantly change from attacking to defensive roles, something that often happens in a match.

