

176 CONSTANT FEEDS

Purpose: Practise basic ruck and clearance technique.

ORGANISATION

- ▶ 7 players per group.
- ▶ A high handball or throw is fed to the stationary ruckman with a token opponent (F1).
- ▶ The ruckman hits to the clearance player who returns the ball to the feeder (Ho2).
- ▶ The next feed comes in immediately and the process continues.
- ▶ After 8 hit-outs introduce a new clearance player.

COACHING POINTS

- The ruckman should switch hands to use the arm away from the opponent.
- Vary the length of the feed, e.g., ball-ups and boundary throw-ins.
- The clearance player can constantly move to be in the correct position or the ruckman can be challenged to find and hit to wherever the target is situated.

