

170 SPREADING FROM THE CENTRE BOUNCE

Purpose: To give experience in exploiting any spaces at the centre bounces.

ORGANISATION

- ▶ 28 players.
- ▶ 4 attacking players from the hats move into the 10-metre square to compete against 3 opponents.
- ▶ A centre bounce or ball-up is fed to the 2 permanent opposing ruckmen (F1).
- ▶ If the attackers win they attempt to utilise the extra space provided by the outnumbering to move the ball quickly into their forward line (H/o2, Hb3-4, K5).
- ▶ If the opponents win the clearance the drill restarts with another centre bounce.
- ▶ Rotations:
 - a. The attackers rotate continuously.
 - b. The ruckmen and opponents stay at the centre bounce for a reasonable number of consecutive repetitions.
 - c. Bring in new ruckmen and opponents from the sidelines when suitable.

COACHING POINTS

- a. The extra space which can unexpectedly open up at a centre bounce can be exploited by quick handballs or individual players sprinting and carrying the ball.
- b. Emphasise that it is a real advantage to finish off this type of clearance with a good kick.

