

129 FRONT-AND-SQUARE GAME

Purpose: Teach basic front-and-square positioning inside the forward 50 metres.

ORGANISATION

- ▶ Up to 32 players (2 teams of 16).
- ▶ F kicks in a high long ball to a stationary pack about 15 metres from goal (k).
- ▶ The front-and-square attackers and their opponents move from their hats to compete.
- ▶ If the ball spills from the pack the attackers attempt to score a goal, whilst the defenders rebound to outside 50 metres.
- ▶ If the ball is marked, play goes on as in a normal game.
- ▶ Keep changing the positions of the hats and the angle of F's kick.
- ▶ Rotate the roles of the 2 teams after a reasonable number of repetitions.
- ▶ Scoring: goals and behinds, minus 1 point for any clear rebound over the 50-metre arc. The winner is the team with the better score.

COACHING POINTS

It is usually better to be too early than too late when setting up for front and square, as the ball usually spills 1-2 metres directly in front of a pack, and it is an advantage to be early to gain the prime front-and-square position.

