

75 DEFENSIVE TRANSITION AFTER A BEHIND

Purpose: Give players experience in quick defensive transition.

ORGANISATION

- ▶ 36 players (3 teams of 12).
- ▶ The teams are white, black and grey.
- ▶ Whites have a shot, then blacks go off the field to the back pockets areas (K1).
- ▶ Greys come on, kick in immediately (whether whites scored a goal or behind) and attempt to keep possession to F at centre half-back (K2).
- ▶ Whites defend greys.
- ▶ F feeds the ball back to greys who then try to score.
- ▶ If successful (goal or behind) whites go off the ground, blacks kick in, greys defend and the rotations continue.
- ▶ After each shot at goal the attacking team goes into defensive transition.
- ▶ The winner is the team with the lowest points against them plus their own score (points from goals and behinds).
- ▶ If a turnover occurs the defensive team can change to offensive transition, move the ball to F and attempt a score themselves.

COACHING POINTS

- a. Encourage individuals to minimise time spent in transition periods, i.e. recognising when to change from attack to defence (and vice versa).
- b. Encourage teams to organise themselves properly in the short time available, especially in defensive transition.

