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.