

80 FOLD BACK OR REBOUND

Purpose: Give defenders experience in working out the odds of whether to outnumber their opponents at contests or spread to rebound.

ORGANISATION

- ▶ 14 players.
- ▶ Black team kick to outnumbered teammates in the other square (K).
- ▶ White team attempt to use their numerical advantage (3 v 2) to win possession.
- ▶ The supporting white midfielders either move to
 - a. further increase the chances of possession by adding to the numbers at the contest; or
 - b. spread to receive an exit pass on the rebound.
- ▶ White team then repeat the drill by kicking to their outnumbered teammates at the other end.
- ▶ All players have to stay in their own squares.
- ▶ This drill can be run simultaneously in other parts of the ground.

COACHING POINTS

- a. Defensive players can learn to anticipate the likely result taking into account their advantage in numbers and the talent of their opposition. Then decide whether to fold back to defend or spread to rebound.
- b. A coach can force different decisions to be made by changing the numbers in each square (e.g. 4 v 3) or the size of the square.
- c. The defensive players can experiment with different methods of defence - one on one, or zoning, or a mixture of both.
- d. The attackers have the challenge of how to win possession against extra numbers which often happens to forwards. If they win a contest they simply kick to their teammates at the other end.

