

87 ZONING DEFENDERS

Purpose: Give zoning defenders experience in proper positioning.

ORGANISATION

- ▶ 7 players involved at any one time.
- ▶ The 2 attackers inside 50 metres spread out about 30 metres apart.
- ▶ The 3 defenders inside 50 metres position themselves in a balanced position around both attackers.
- ▶ The kicker can decide to kick to either attacker.
- ▶ The 3 zoning defenders “concertina” each opponent to outnumber whichever one the kick is aimed at.
- ▶ Rotate the defenders/targets and kicker after a certain number of trials.
- ▶ Coaching points:
 - a. The defenders can all afford to play off their opponents as they can receive assistance from a number of directions.
 - b. By varying the distance between attackers and the type of kicks, the defenders will learn to change their own angles.

