

21 READ THE DEFENCE LANEWOR

Purpose: Use opponents' movements as cues for decision-making.

ORGANISATION

- ▶ 24 players working in 3's.
- ▶ 2 attackers v 1 opponent (defenders always in the middle line).
- ▶ The ball travels end to end with attackers kicking to attackers.
- ▶ Players rotate roles after specified repetitions.

COACHING POINTS

- a. The kicker concentrates on the defender's movements – this will guide kicker "where not to kick".
- b. The kicker should try to read the defender's mind because the defender is attempting to read the kicker's decision.
- c. If the kicker uses fakes with body angles and looks, he will often send the defender away from the real target.
- d. The kicker should be prepared to change his/her mind if the first option becomes less effective.
- e. The first decision in sport is often the hardest decision to make – the second is easier because you can take cues off the first action. Therefore the defender should try to confuse the kicker to create uncertainty. Force the kicker to make the first decision.
- f. The drill can easily be expanded to 3 attackers v 2 opponents.

