

99 USING THE LOOSE PLAYER

Purpose: Give experience in taking advantage of a loose player in different parts of the ground.

ORGANISATION

- ▶ 22 players (2 teams of 11).
- ▶ One player is nominated to squat down and not participate in the drill.
- ▶ His opponent becomes the loose player.
- ▶ The team with the lesser numbers has to reorganise immediately to cover this loose player advantage.
- ▶ The trial ends when there is a score or a turnover. If a neutral situation occurs feed the ball in normally and allow the play to continue.
- ▶ The next trial begins with a player from the opposite side squatting down.
- ▶ The winner is the team with the better score after a certain time.

COACHING POINTS

- a. The team with the loose player should experiment with different methods of using the player in the most efficient ways.
- b. After a few trials the coach can shorten the time allowed between the nominated player squatting down and the feed kick. This challenges the opposing team to organise its defence in a shorter time.
- c. The coach can become less predictable about who is nominated to squat down – a backman, midfielder or a forward. Again this creates different defensive situations.

