

107 PROTECTING THE BALL

Purpose: Teach the skill of ball protection.

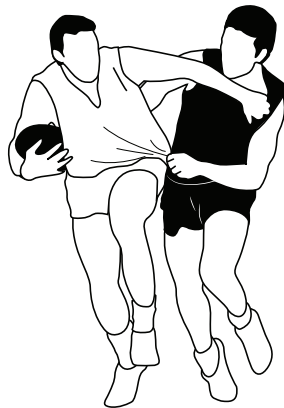
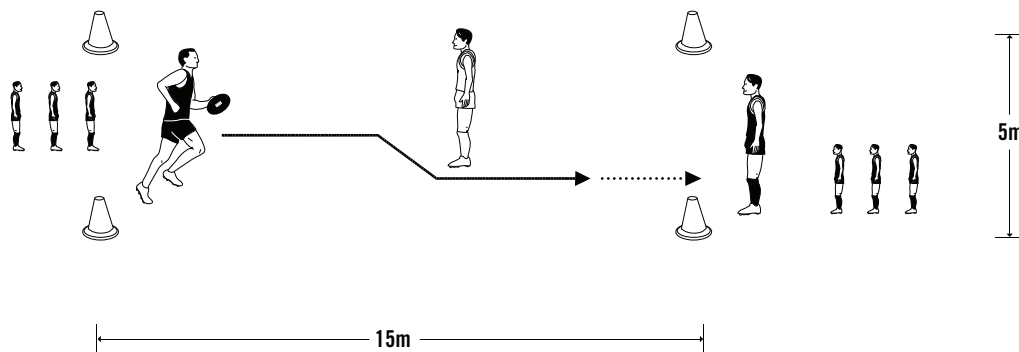
ORGANISATION

- ▶ 9 players per group.
- ▶ When running past an opponent the ball carrier should:
 - a. Have the ball firmly in the arm furthest from the opponent.
 - b. Use his free arm (closest to the opponent) as an attacking weapon to break any tackles.
- ▶ The opponent can move around to force the ball carrier to change the arm in which he is holding the ball.

COACHING POINT

The free arm can be used in a variety of ways:

- a. In a slapping or brushing manner to ward off the opponent's arms.
- b. As a straight arm to make contact with the opponent's chest to force him off balance.



Ball in arm away from opponent
Free arm breaks tackle