

159 BALL-UP WITH CONTACT BAGS

Purpose: Give experience in clearances which are under close body contact.

ORGANISATION

- ▶ 20 players.
- ▶ The 2 ruckmen compete after receiving a ball-up. The opposition ruckman provides token opposition.
- ▶ At the same time as the 2 clearance players gain possession the 4 opponents with contact bags move in to compete (K3).
- ▶ The aim is to achieve a clean clearance (Ho2) and then make a good decision in kicking to a forward.
- ▶ Rotate the roles of the players around the stoppage. The forwards can either play that role for the whole drill or swap with the clearance players.

COACHING POINTS

- a. As the contact bags greatly reduce the chance of injury there can be a reasonable amount of pressure applied by the opponents.
- b. It is important that an effective decision is made when kicking into the forward line.

