

## 156 CENTRE BOUNCE GAME

**Purpose:** To learn centre bounce strategies in a fun competitive environment.

### ORGANISATION

- ▶ 16-20 players (2 teams of 8-10).
- ▶ There are 4 players from each side in at the centre bounce.
- ▶ F throws / bounces the ball at the centre circle and 2 ruckmen compete. Each team attempts to win a clearance and move the ball into their forward line.
- ▶ Scoring:
  - a. 1 point for a clearance restricted by opposition pressure.
  - b. 2 points for an easier clearance free of pressure.
  - c. 1 point extra if a team-mate in the forward line takes possession.
- ▶ If there is no clear possession the game re-starts with another centre bounce.
- ▶ The winner is the first team to earn a certain number of points (e.g. 12).

### COACHING POINTS

- a. A variety of strategies and tactics can be employed at the centre bounce.
- b. Allow time between each centre bounce for the centre square players to organise the next stoppage.

