163 CONSTANT FEEDS

Purpose: Practise basic ruck and clearance technique.

**ORGANISATION**
- 7 players per group.
- A high handball or throw is fed to the stationary ruckman with a token opponent (F1).
- The ruckman hits to the clearance player who returns the ball to the feeder (Ho2).
- The next feed comes in immediately and the process continues.
- After 8 hit-outs introduce a new clearance player.

**COACHING POINTS**
- a. The ruckman should switch hands to use the arm away from the opponent.
- b. Vary the length of the feed, e.g., ball-ups and boundary throw-ins.
- c. The clearance player can constantly move to be in the correct position or the ruckman can be challenged to find and hit to wherever the target is situated.