

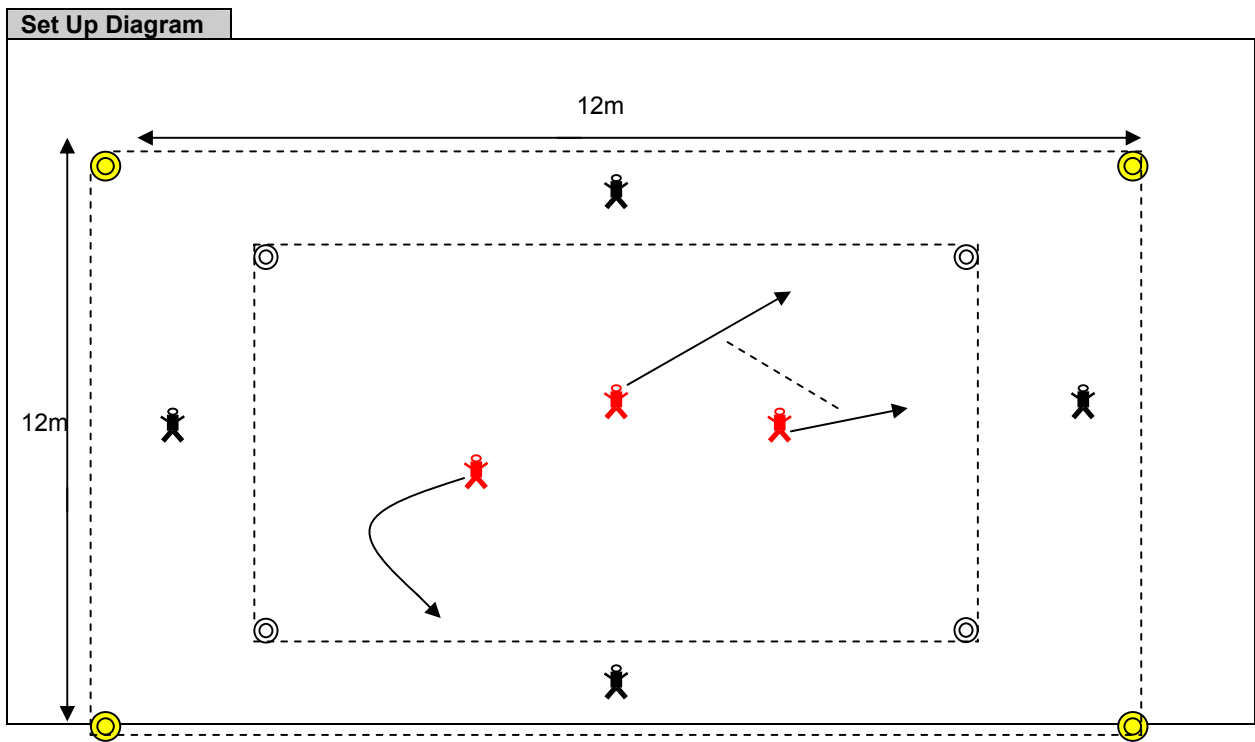


Drill No.	Breakout	Date	June 2006
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Objective	Spatial awareness, Communication, Decision making, Attacking space, Conditioning
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Equipment		Drill Requirements	
Balls	4+	Area	12x12 and 10x10 grid
Cones	10	Players	All
Shield	N/A	Time	
Bags	1		
Suits	N/A		
Bibs	N/A		

Drill Description
<ul style="list-style-type: none"> Defenders can only stay in the channel between the outside and inside grid Defenders initially start one per side, however can move around the outside to help another defender if in trouble Aim for the three attackers is to score as many tries outside the largest square as they can during an allotted time without being tagged by a defender If an attacker is tagged, they must attack a different side of the grid After a try, the try scorer must quickly re-enter the smaller grid and initiate another attack towards the other side of the grid. Can bring a ball or two balls in to add a decision making process.



Key Coaching Points
<ul style="list-style-type: none"> Attack and defence working of the ball Vision, ball handling and passing Defensive lateral movement Communication, anticipation and reaction Footwork and evasion Change of speed and direction can beat a defender.

Relevance to the game
<ul style="list-style-type: none"> Good to lead on to a footwork and evasion session. Defenders must communicate and ask for help. Attackers making space. Decisions on when to pass if a player has found space and lost a defender.