



Drill No.	Quick Ball/off load Touch	Date	June 2006
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Objective	Spatial awareness, Scanning skills, Decision making, Communication, Evasion, supporting ball carrier
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Equipment

Balls	1
Cones	4
Shield	N/A

Bags	N/A
Suits	N/A
Bibs	N/A

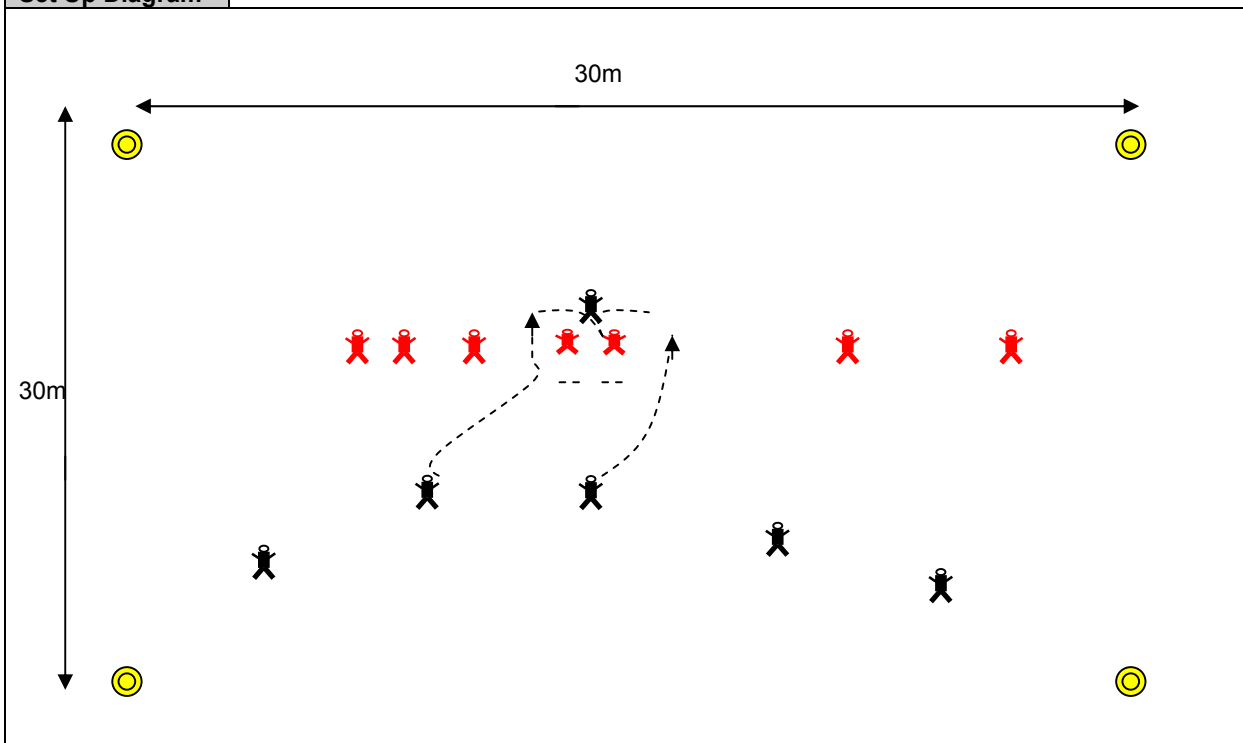
Drill Requirements

Area	30x30 grid
Players	All
Time	

Drill Description

- Once an attacker is touched he must offload within one second
- Condition game so that players have to pass the ball in front of defenders then ask them to pass behind the defence by taking two steps past the defender before offloading
- Question players on what they consider to be the most effective option when attacking

Set Up Diagram



Key Coaching Points

- Change of speed and direction to beat the defender
- Support runner attacking the ball
- Good body position whilst entering a potential contact area
- The importance of getting behind defenders

Relevance to the game

Highlights the importance of getting behind the defenders to make more ground in attack and to keep possession 'alive'. Support is key for keeping possession alive with the touched player having to pass within 1 second.