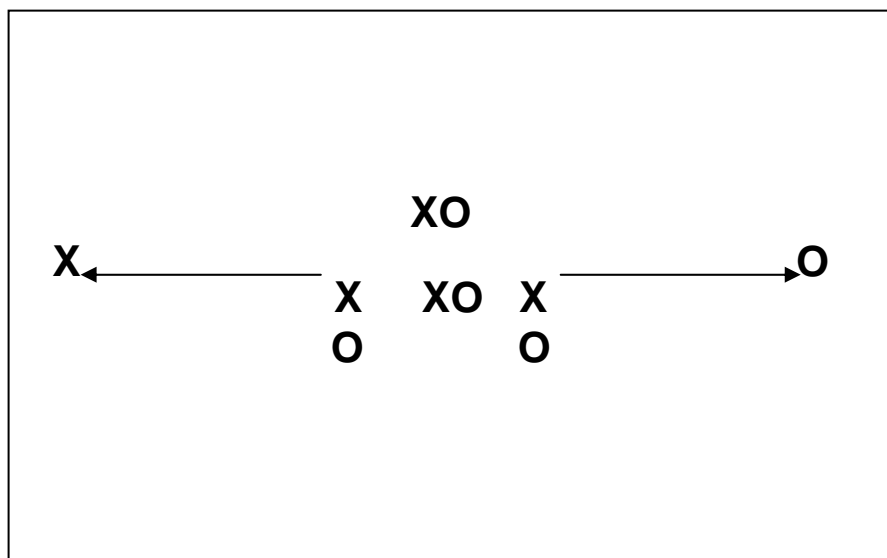


DRILL – BREAK AWAY DRILL



How It Works

1. This is basically a clearance drill. Divide your players into groups of 5, with a coach acting as the umpire.
2. 4 players will compete with 4 players from a ball up situation, with the aim to kick the ball to a team mate 40m off the contest.
3. Continually rotate the group, so each player acts as a ruckman for a ball up. This includes allowing 1 player to change with the outrider, allowing for a brief rest period for each player.
4. It is important to push the point of a quick clearance. Let the players compete, but promote that the first player in a metre of free space kicks the ball.
5. Players are encouraged to block and shepherd to create that space for each other.
6. This is a high impact, high intensity drill designed to help your team be fierce in the contests and help them confidently win the ball away from a stoppage.

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