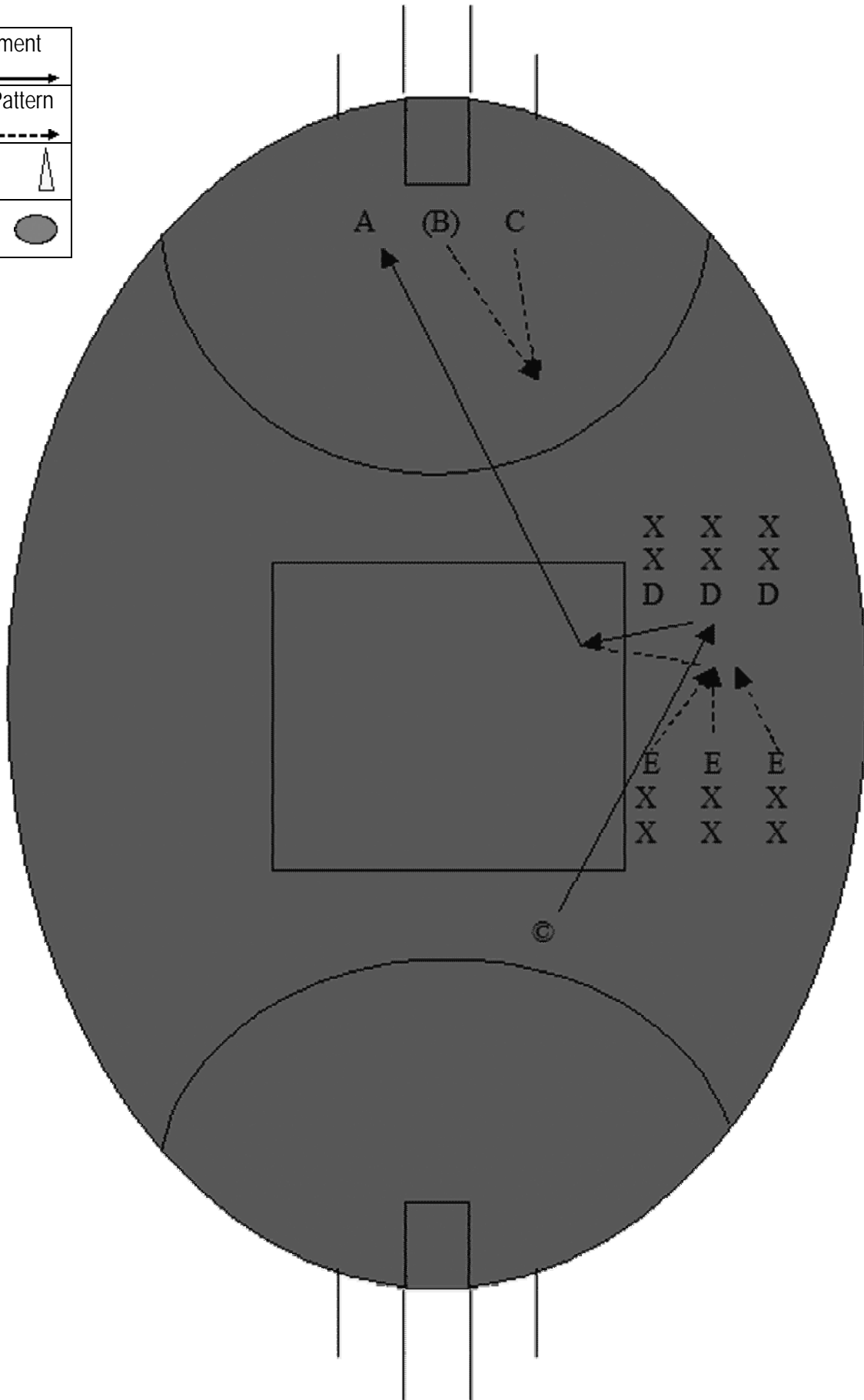
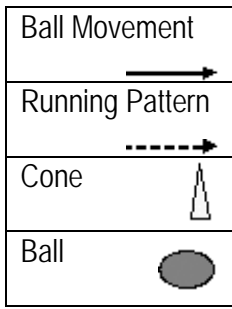


# DRILL – CONTEST AND CRUMB



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# DRILL – CONTEST AND CRUMB

## What It Is

This is a great drill to teach players the art of crumbing a contest. It aims to improve both the crumbing skills and decision making of the players at position E. It also provides intensive contested marking practice for players at D.

## How It Works

1. The coach kicks a high ball to 3 competing players at position D.
2. While the 3 players at D compete in a marking contest, 3 players from position E work hard to to the contest and crumb front and centre.
3. When the crumbing players eventually win the ball, they kick long to the appropriate lead from full forward, where a defender is standing 2 forwards.
4. The defender picks up 1 lead, leaving the other forward free to receive the kick.
5. Have 3 groups of 3 at full forward and rotate offenders to give all players a go.

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