

# On your marks

Working on retaining possession while maintaining forward momentum and developing attacking options

Both teams start behind a line of cones facing each other.

One team starts with the ball and is attacking. The other team defends. Once each team crosses their own

line they can not go back over it until the play stops. One bounce and one solo only

The attacking team is looking to score by working a pass to a team mate in the opposition end zone.

If the defending team robs possession they can attack and try to breach the opposition end line.

Scoring team keeps possession.

Main learning points are:-

- Importance of support off the shoulder
- Players should be coming on to the ball at pace. They shouldn't have to break momentum.
- Use your four steps when you take possession of the ball.

