

Take the space

A deceptively simple drill which demonstrates to defenders the effectiveness of marking from the front.

The coach is on the 45 metre or 65 metre line with a good supply of balls.

At the start of each phase, two back and two forwards come out to around the 13 metre line. The defenders must stand in front of the attackers.

As the coach prepares to kick the ball in the defenders must work to remain in front of the attacker they are marking, closing of the spaces they want to run into.

When the coach sends the ball in, the defenders should win the ball if they have managed to stay positioned in front of their marker.

If the defender wins the ball, they work it back out to the coach. If the attackers win the ball they try for a score.

Underline to the backs the effectiveness of marking from the front and taking the space the attacker wants to run into.

BALL



PLAYER

