



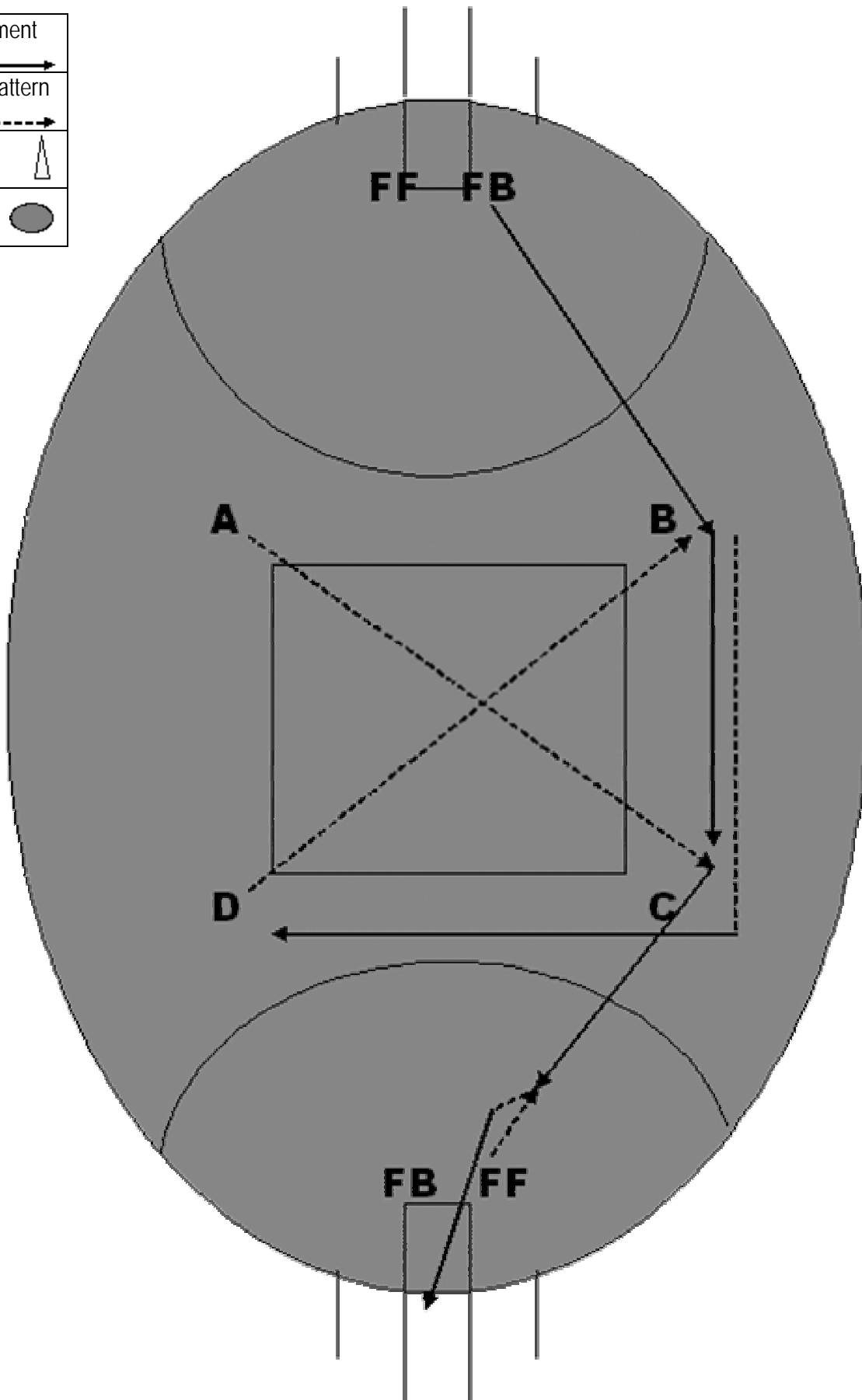


DRILL – COVER THE REBOUND

Ball Movement	
Running Pattern	
Cone	
Ball	



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DRILL – COVER THE REBOUND

What It Is

This drill teaches players to how to 1) run into space to rebound the ball from defense, and 2) apply pressure to defend against the opposition's rebound. It's also a great fitness drill incorporating ball handling and spatial skills.

How It Works

1. The ball is kicked in from fullback to leading player D, who has lead across the square from the half back flank position to the opposing half forward flank.
2. Player D then marks the ball, plays on quickly and kicks long to leading player A, who has timed his run from the half forward flank position to the opposing half back flank.
3. Player A then marks, plays on quickly and kicks to a leading full forward.
4. The full forward then marks, turns and kicks the goal on the run.
5. The exercise then repeats itself on the opposite side of the ground, with the fullback kicking to leading player B (leading to the half forward flank) who in turn kicks to leading player C (leading to the half back flank).
6. Players D and A remain in the exercise and run around the centre square to their starting positions to apply pressure to the respective kicks of players B and C, who are rebounding back to the other end (i.e. D runs around the centre square from the half back flank to the opposing half forward flank and applies pressure to leading player B... A also does the same to leading player C). This added feature trains the "gut running" and pressure skills of all players involved.

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