



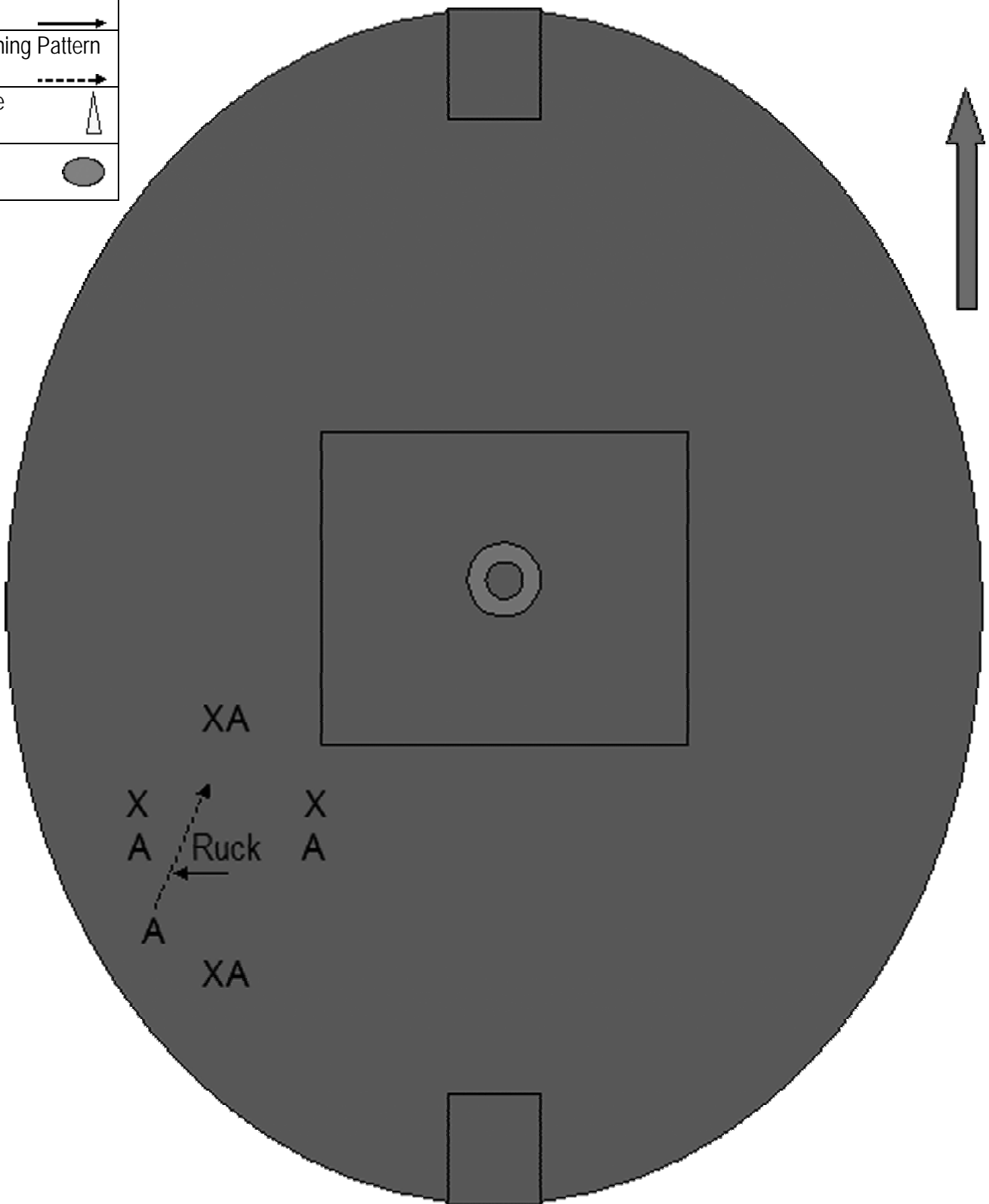


TACTIC – BOUNDARY THROW-IN IN DEFENSIVE HALF

Ball Movement	
Running Pattern	
Cone	
Ball	



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TACTIC – BOUNDARY THROW-IN IN DEFENSIVE HALF

What It Is

This is a boundary throw-in set up that is simple to follow and allows a team to surround the stoppage. Another feature is the positioning of the followers who set up in a "Goal Side" position on their opponents, restricting them easy access to the corridor.

How It Works

1. The ruckman must work together with the receiver who starts in front of the ruckman and to the defensive side. The receiver allows himself the space to run hard to the 'face' of the ruck contest.
2. All other players surround the contest, (4 points of the compass). They also get goal-side and inside of their opponents. This restricts the opposition easy access into the corridor should they win the ball.
3. The ruckman attempts to knock the ball down in front of the ruck contest to a distance no further than 2 metres.
4. The receiver runs hard to the face of the ruck contest and should be ready to gather the ball at full pace.
5. The surrounding players then get into a position to block for the receiver.
6. Should the opposition win the ball, by protecting the corridor, they will be forced to run back towards the boundary of go over the top of the players protecting the corridor.
7. A defender should position himself in line with the contest and the goals, at a distance of about a kicks length.

How To Use It

This set-up is very simple but still requires disciplined players to ensure they set up in the correct position each time and have a understanding of their roles.

The receiver should always hit the contest at speed.

This should be used during all boundary throw ins in the defensive half and the ball should always be directed to the front of the ruck contest.

Once in the forward half, more risks can be taken to get the ball into a goal scoring position.

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