



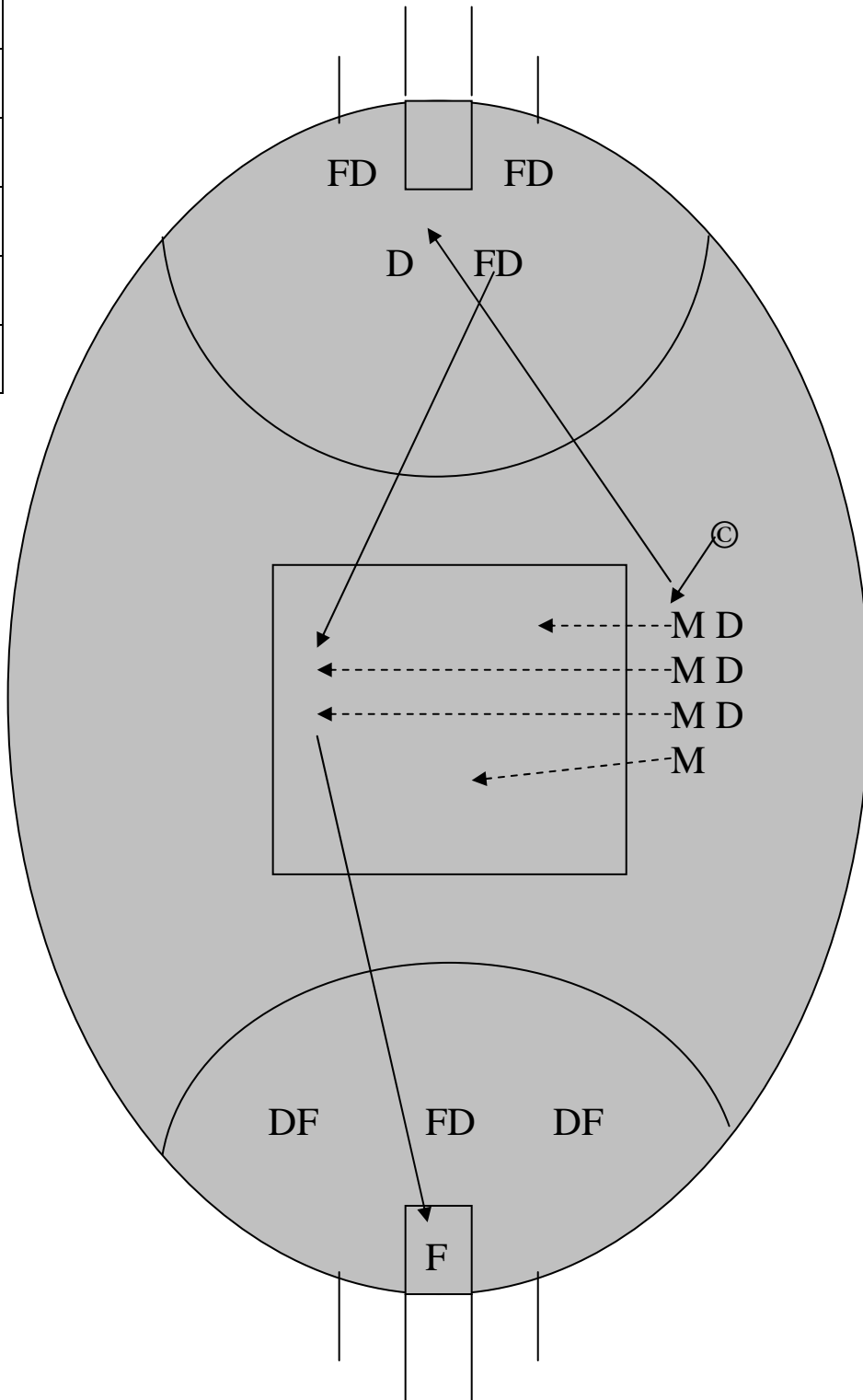


# DRILL – FRAWLEY'S FULL OVAL DRILL

Ball Movement	
Running Pattern	
Cone	
Ball	
Attacking Players	M F
Defenders	D
Coach	©



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# DRILL – FRAWLEY’S FULL OVAL DRILL

## What It Is

This is a fantastic drill – designed by former Richmond Coach Danny Frawley – that provides specialized training for all players involved. Forwards and defenders get game-based training at both ends of the ground and in different defensive set ups. And players in the midfield also get the chance to practice their delivery into the forward line.

## How It Works

1. The playing group is divided into 2 teams and set up on the oval with 3 defenders on 4 forwards at one end, 4 midfielders on 3 defenders in the middle of the ground and 3 forwards on 4 defenders at the other end. All the spare players wait to be utilized in the midfield.
2. The coach rolls the ball to the midfielders, who kick long to a contested situation where the defenders outnumber the forwards. If the forwards mark or gain possession, they kick a goal.
3. If the defenders mark or gain possession, they counter attack and get the ball to the midfielders again, who share the ball and kick long to the other forward line, where the forwards outnumber the defenders.
4. If the forwards mark, they kick the goal. If the defenders win the ball, they get it back to the coach and the midfielders swap over (7 new midfielders in each play).
5. Each set play should last no longer than 2 minutes.

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