



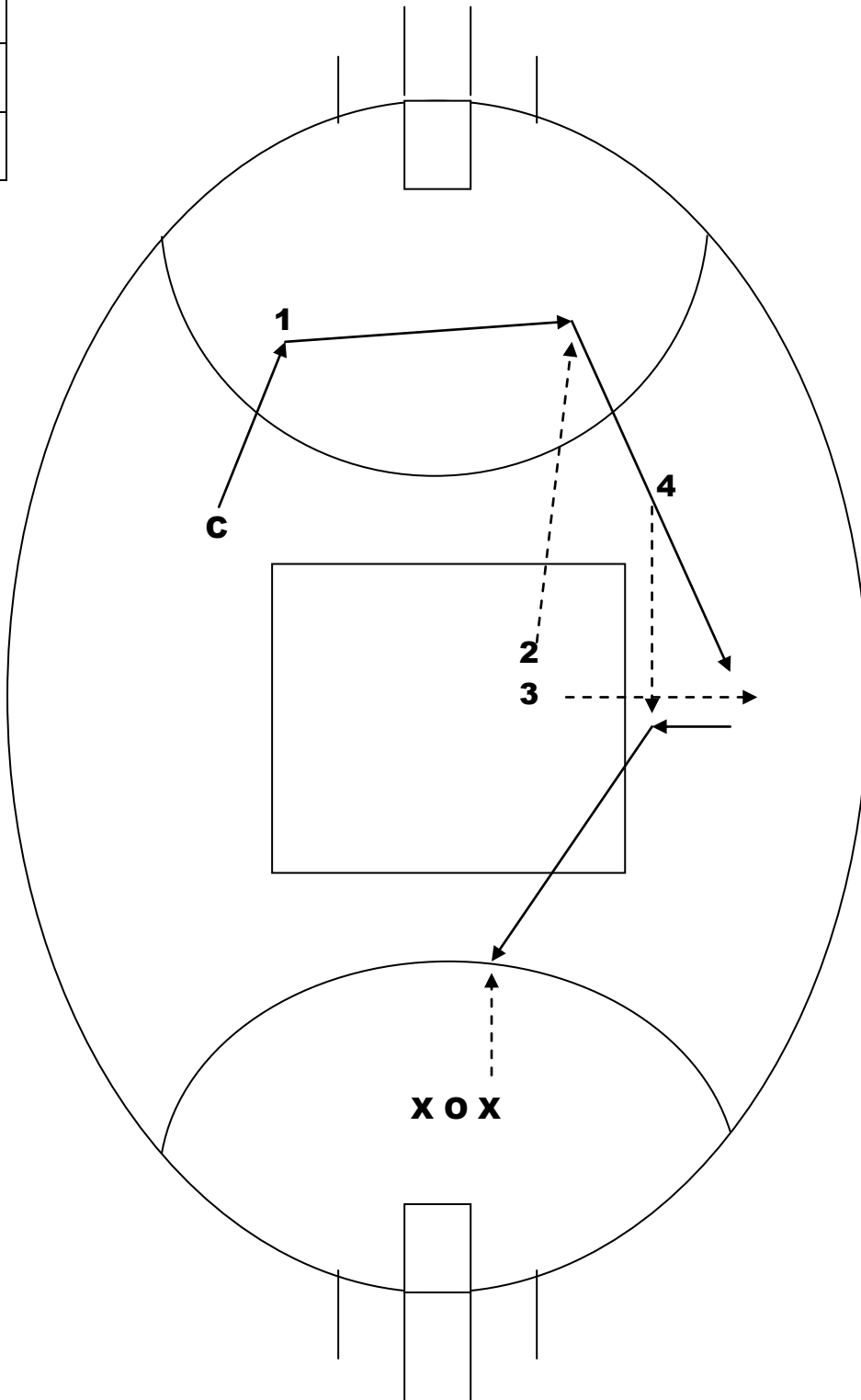


DRILL – MUDDY’S SWITCH DRILL

Ball Movement	
Running Pattern	
Cone	
Ball	



Proudly Bought To You By:



© CoachAFL.com 2006-2010
- All Rights Reserved

www.CoachAFL.com

Telstra Country Wide

DRILL – MUDDY’S SWITCH DRILL

What It Is

This drill has been designed to teach players how to “switch the play” in the backline to open up the fat side of the ground and work the ball to the forwards. It was developed by Chris “Muddy” Waterman, the highly regarded former Defensive Coach with the Fremantle Dockers and West Coast Eagles, and now league coach of the mighty Subiaco Lions in the WAFL.

How It Works

1. The coach starts the drill by kicking to Player 1, who pushes off his player and marks the ball.
2. Player 2 then breaks to the opposite pocket and creates the switch of play.
3. Player 3 breaks to the wing and receives a kick from Player 2.
4. Player 3 then handballs inside to Player 4, who pushes down the field and kicks to a 2 v 1 best lead option.
5. The players then rotate with 1 going to 2, 2 to 3, 3 to 4, 4 to the leading group, and the unused leader moving to 1.

Proudly Bought To You By:



www.CoachAFL.com



Telstra Country Wide

© CoachAFL.com 2006-2010
– All Rights Reserved