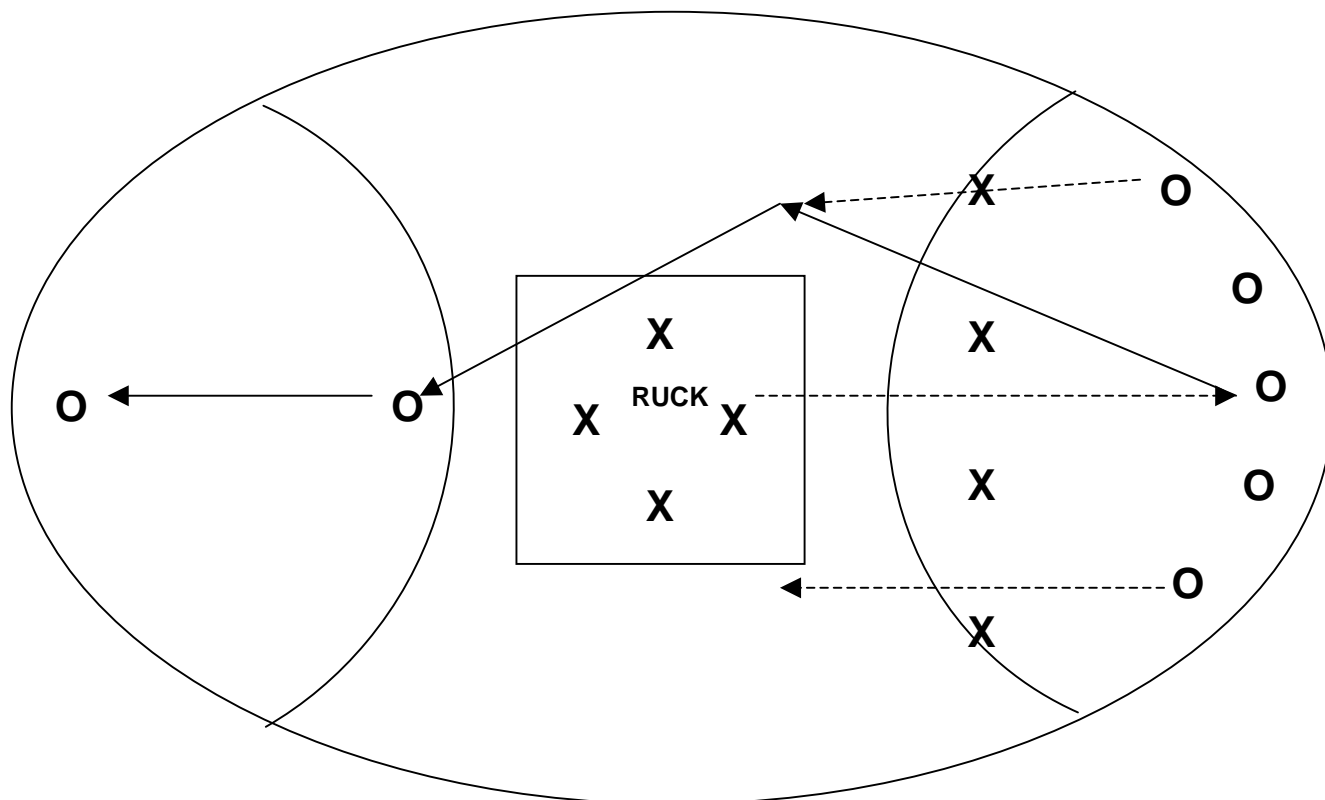


DRILL – ODD MAN REBOUND



How It Works

1. This drill primarily is a transition drill from defence to attack, but gives the midfielders an opportunity to practice centre ball ups by incorporating them into the drill.
2. Using a ruckbag, have your midfield practice taking the ball away and kicking it long into defence. 5 defenders then run and carry the ball past 4 forwards, who start on the 50m arc.
3. The forwards cannot move until the defenders mark the ball. The coach act as the umpire and all normal football rules apply.
4. The defenders get the ball to a centre half forward and then to full forward. The drill restarts.
5. Opposition can be added to the midfield to provide pressure by presence to the contest.

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