



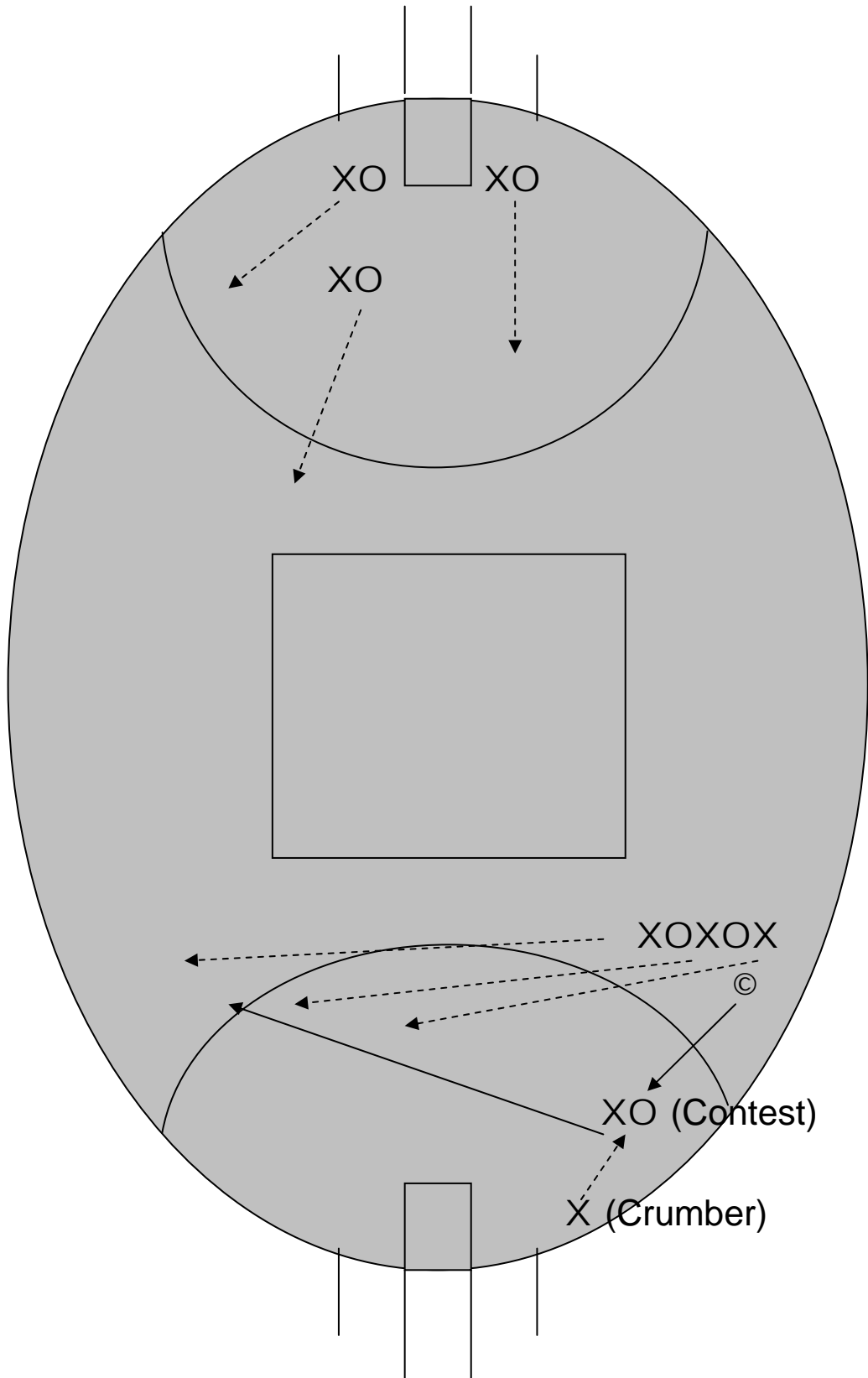


DRILL – SWITCH OF PLAY

Ball Movement	
Running Pattern	
Cone	
Ball	
Attacking Players	X
Defenders	O
Coach	©



Proudly Bought To You By:



© CoachAFL.com 2006-2008
– All Rights Reserved

www.CoachAFL.com

Telstra Country Wide

DRILL – SWITCH OF PLAY

What It Is

A drill that teaches players to create the loose man, push hard to the opposite side of the ground and run and carry the ball.

How It Works

1. Coach (©) kicks to a contested marking pair, with a crumber to gather the loose ball.
2. 3 attacking players (X) and 2 defenders (O) break to the opposite flank for the switch kick.
3. After gathering the loose ball, the crumber then passes to the loose player (X) and the 3 on 2 work together to carry the ball into the forward 50 and kick to a leading forward who all have opponents. If the defenders win it in the back half, they can have a shot on goal.
4. Forwards at the other end of the ground are to lead to space, or block for each other.

Proudly Bought To You By:



www.CoachAFL.com



Telstra Country Wide

© CoachAFL.com 2006-2008
– All Rights Reserved