

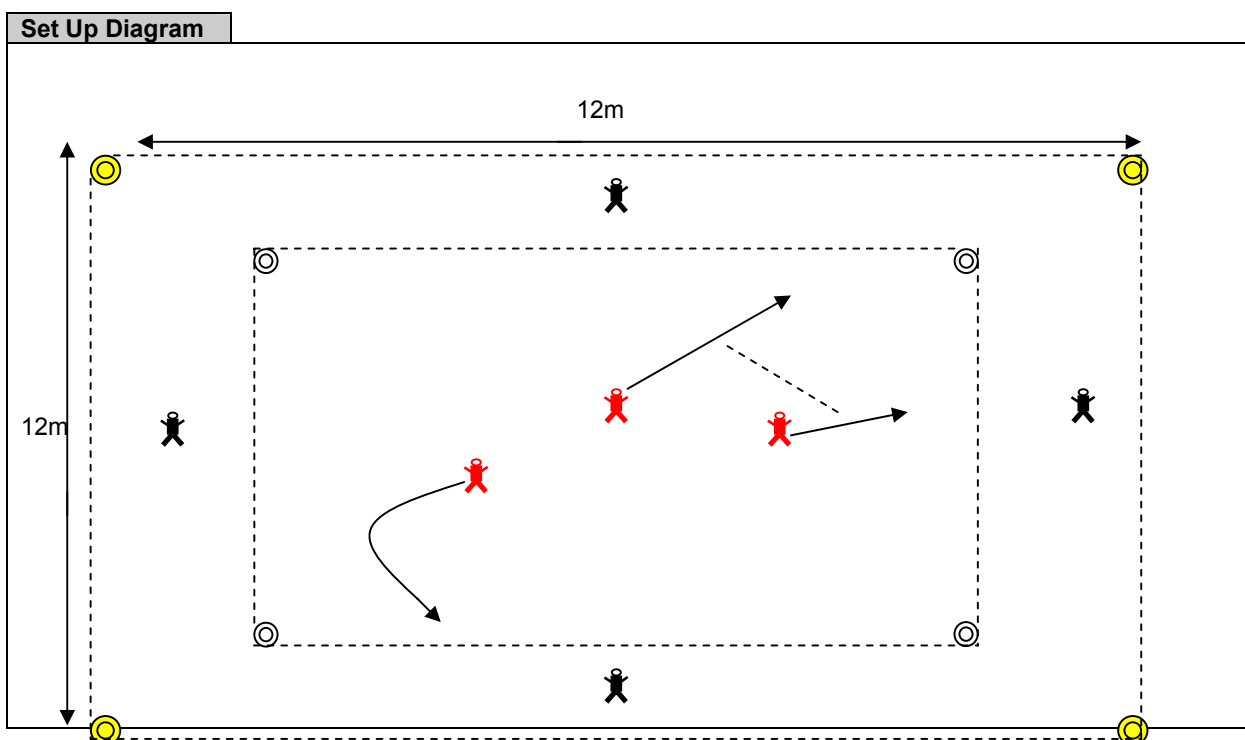


Drill No.	Breakout	Date	June 2006
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Objective	Spatial awareness, Communication, Decision making, Attacking space, Conditioning
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Equipment		Drill Requirements	
Balls	4+	Area	12x12 and 10x10 grid
Cones	10	Players	All
Shield	N/A	Time	
Bags	1		
Suits	N/A		
Bibs	N/A		

Drill Description
- Defenders can only stay in the channel between the outside and inside grid - Defenders initially start one per side, however can move around the outside to help another defender if in trouble - Aim for the three attackers is to score as many tries outside the largest square as they can during an allotted time without being tagged by a defender - If an attacker is tagged, they must attack a different side of the grid - After a try, the try scorer must quickly re-enter the smaller grid and initiate another attack towards the other side of the grid. - Can bring a ball or two balls in to add a decision making process.



Key Coaching Points	Relevance to the game
- Attack and defence working of the ball - Vision, ball handling and passing - Defensive lateral movement - Communication, anticipation and reaction - Footwork and evasion - Change of speed and direction can beat a defender.	- Good to lead on to a footwork and evasion session. - Defenders must communicate and ask for help. - Attackers making space. - Decisions on when to pass if a player has found space and lost a defender.