

Breakdown Continuity– Leg Drive Drill

Compiled by Kent Currie

Equipment – 4 balls, 10 cones, 4 hit shields, and tackle suits (optional)

Description:

- The first group of attackers (●) start in contact facing the defenders (●) who are holding hit shields (■) - the attackers have a ball
- On the coaches call the first lot of attackers drive the defenders back until they get to the markers
- When the ball carriers get to the markers they then go to ground and place the ball
- The second line of attackers – support players – then cleanout the defenders

Progressions:

- Second lot of attackers latch and help the drive

Coaching Points:

- Start with the ball carrier in a strong body position
- Ball carrier must perform short powerful steps
- The head must be looking forward and not down
- The shoulders, toes, knees and hips must be square to the defender and the spine must be straight
- Defenders must make the ball carrier work hard

