

Breakdown Continuity– Under Pressure Drill

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Equipment – 1 ball, 7-8 cones, 3 hit shields, 4 agility poles and tackle suits (optional)

Description:

- First attacker ● runs forward and side steps the agility pole then continues running for another 2m before going to ground
- The defender ● who is carrying a hit shield stops over the ball carrier
- The second attacker cleans out the defender
- It happens simultaneously

Progressions:

- Take the hit shield away from the defender and make the drill a live contest

Coaching Points:

- The ball carrier must run with the ball in two hands then transfers the ball to the outside arm when stepping the pole – perform a fend to the pole
- The attacking support player must maintain feet when cleaning out defender
- Ball carrier must maintain good body position when going to ground – buttocks should be facing defender and abs should be facing support player – do not roll onto back
- Support player must have low body position

