

Breakdown Continuity – Ball Presentation Drill

Compiled by Kent Currie

Equipment – 1 ball, 4 cones, tackle suits (optional)

Description:

- ● Is the ball carrier and starts the drill already in contact
- There are two defenders ● – one already in contact with the ball carrier and the other 2m behind
- On the coaches call the ball carrier drives the legs and attempts to gain forward momentum
- The second defender joins in to stop the momentum and when the momentum is stopped the ball carrier must attempt to go to ground and long place the ball successfully

Progressions:

- Allow another attacker to cleanout the defender

Coaching Points:

- The ball carrier must begin the drill in a strong body position
- The ball must be away from contact
- The ball carrier must perform small powerful steps
- The head should be fully extended and not rotating – Head should be up and not down
- The back should be straight and the hips, toes, knees and shoulders remain square
- When the ball carrier attempts to go to ground the buttocks and abs should turn around to allow a longer place as possible

