

Quickfire support

An intense drill to work on support play under pressure and movement off the ball.

Cone off an area big enough for a three v three game. The aim of the game is to carry the ball over the opposition's end line.

Play commences with two players from one team and one player from the other team in front of each end line, as shown below.

The drill starts with one of the players passing off to the team mate in front of him.

This player holds up the ball waiting for a relieving player to come by, take possession and cross the end line. Ideally the player who has not yet handled the ball will read the play, and make a supporting run which allows them to take a pass and quickly dart across the end line.

After each phase, the ball passes to the other team.

Rotate the players around each position, i.e. the player who starts play become the hold up player, the hold up player becomes the support runner, the support runner becomes the play starter.

