

# Work to the last ball

A drill for attackers and defenders emphasising the importance of staying tuned in after their phase of play has concluded.

Attackers and defenders are paired up at three locations across the endline behind the goals. The first pair move out to the cones in front of them with the defender going to the first cone and the attacker

at the next cone along. In front of each attacker there is a bunch of balls at a cone. Balls should be set up just out of scoring range.

On the whistle the three attackers race to get a ball and work a scoring opportunity, meanwhile the defenders chase after them looking to close their attacker down.

After the first attacker gets their shot off, they immediately go off to help the other two attackers. Then when that person has shot the two free attackers should go to help the final attacker.

Similarly, when the defender's marker has got off their shot or been dispossessed, they should go and help the other defenders still in action.

