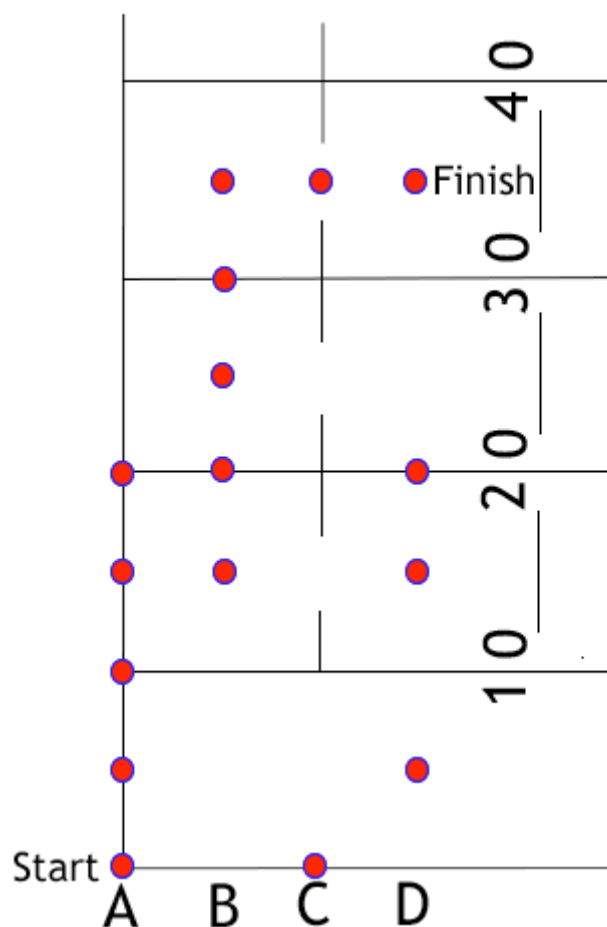


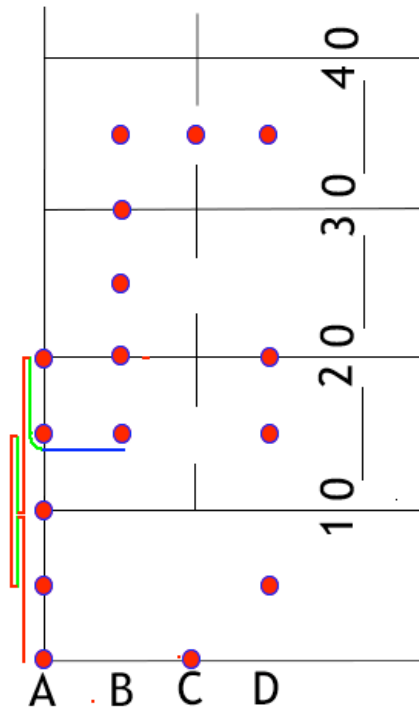


NRL referees drill: Anaerobic Run 1

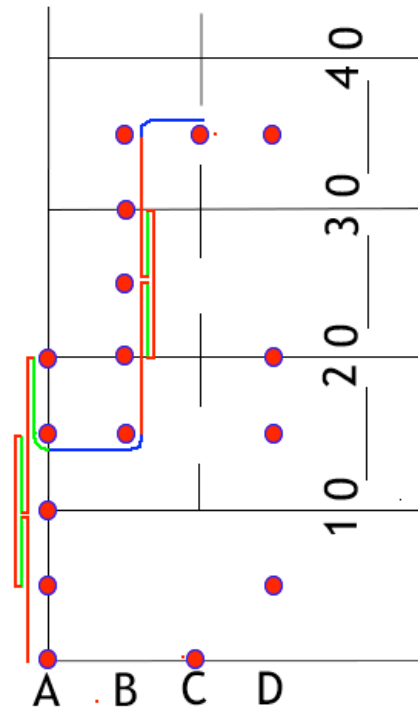
Set out a 35m x 15m grid as prescribed:



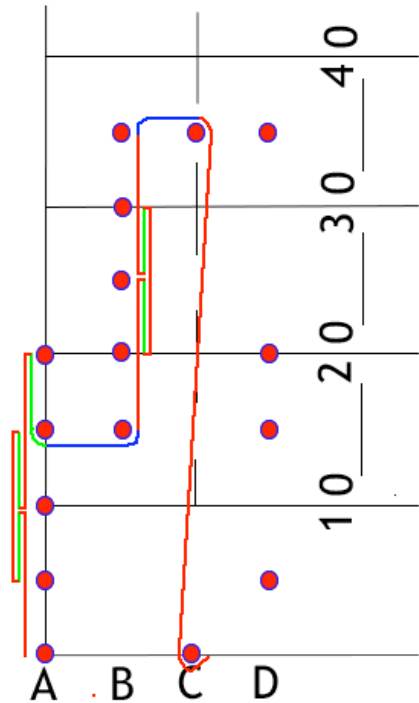
- All movements in Columns A, B and D are completed with the referee facing in the same direction (i.e. “up” the page) at all times.
- When a change of movement/direction is required, move in the required direction without changing the direction that the referee is facing.
- Column C is completed facing “down” the page.



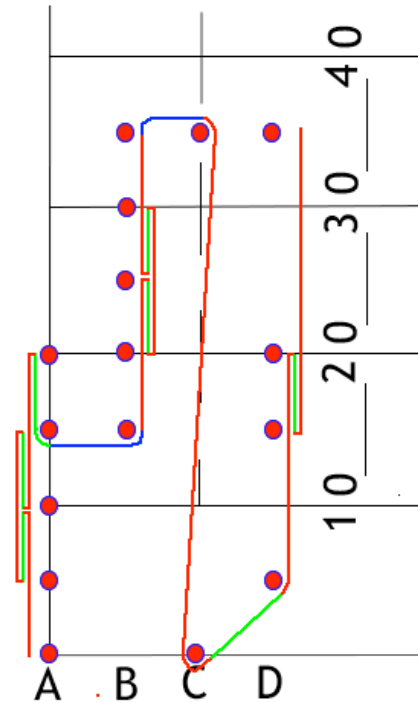
From the start cone, run forward 10m. Then backwards for 5m. Forwards 10m, backwards 5m. Forwards 10m, backwards 5 and slide right for 5m.



Commence column B by running forward for 10m, backwards for 5m. Forwards 10m, back 5m and forward for 10m then slide right for 5m.



When the referee passes the cone at the top of Column C, the referee is to turn and sprint 35m forwards to the cone at the bottom of Column C



Move in a lateral direction to the cone at the "Bottom" of column D. When the cone is passed, sprint forward 15m, then backwards 5m. Finish with a 20m sprint to the finish cone.