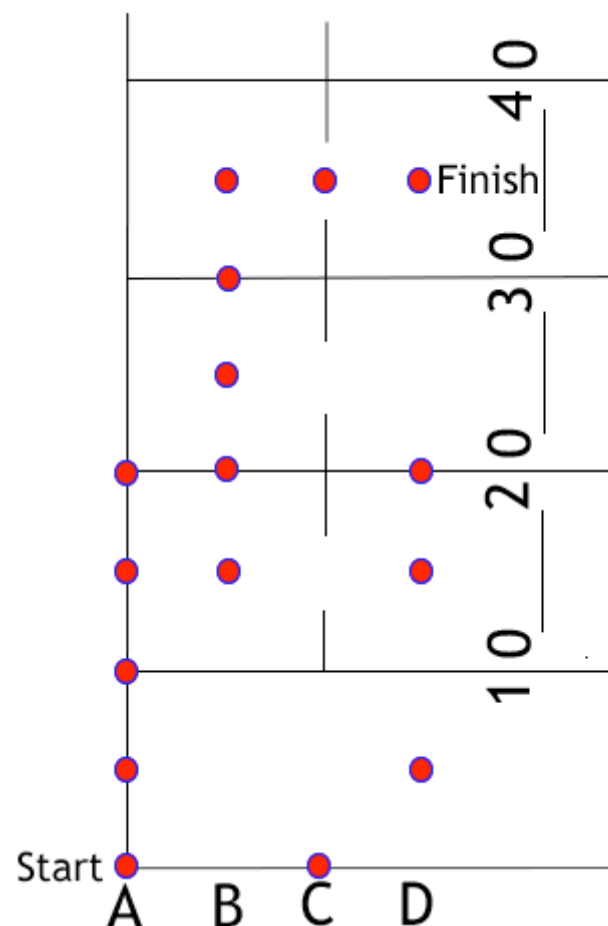


## NRL referees drill: Anaerobic 2

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



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

