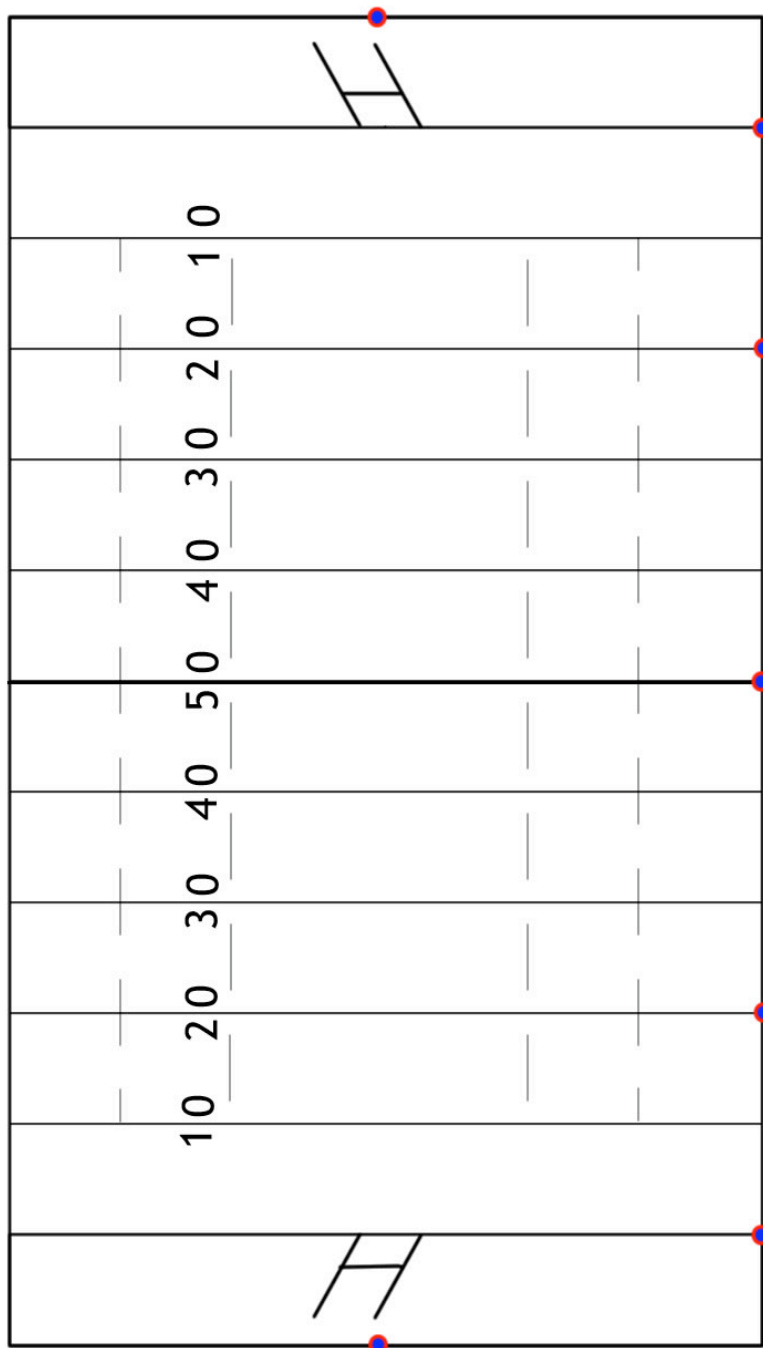




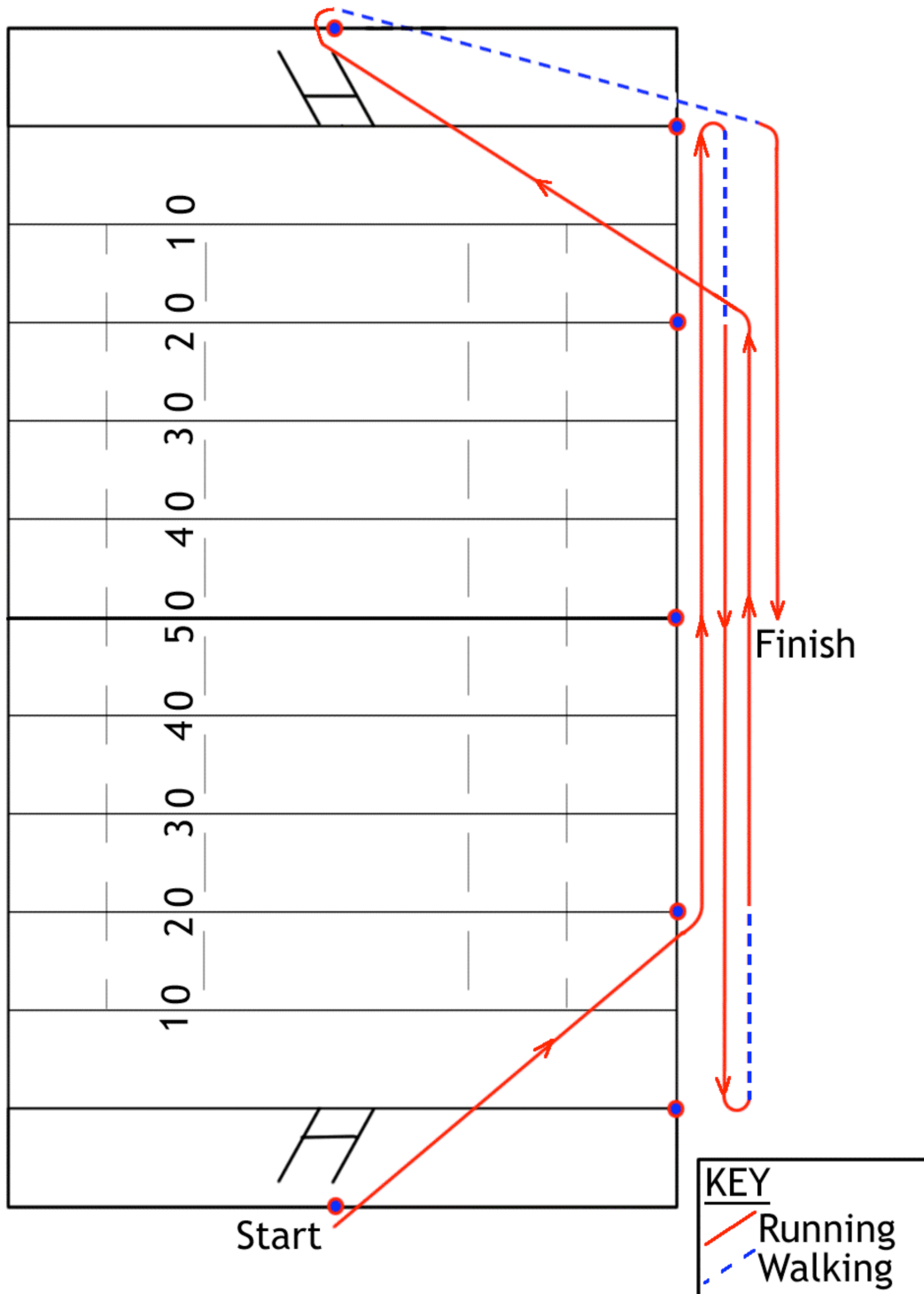
NRL referees drill: Speed Endurance

Set out a full rugby league field as prescribed:



- Hats should be placed behind each set of goal posts, on both goal lines, both 20m lines and the half way line.
- All movement is in a forward direction. (i.e. no backwards running)

NRL referee's anaerobic run



- Start at the cone 10 metres behind the goal post.
- Run around the nearest 20m line cone then proceed to the far goal line.
- Turn at the goal line cone and shuffle to the first 20m line.
- Continue in the same direction, but running, to the goal line cone.
- Turn at the goal line and shuffle to the first 20m line cone.
- Continue in the same direction, but running, to the other 20m cone.
- Veer left at the 20m cone and continue running to the cone 10m behind the goal posts at the end opposite to where you started.
- Turn around this cone and shuffle to the closest goal line cone.
- Run to the half way line (finish)