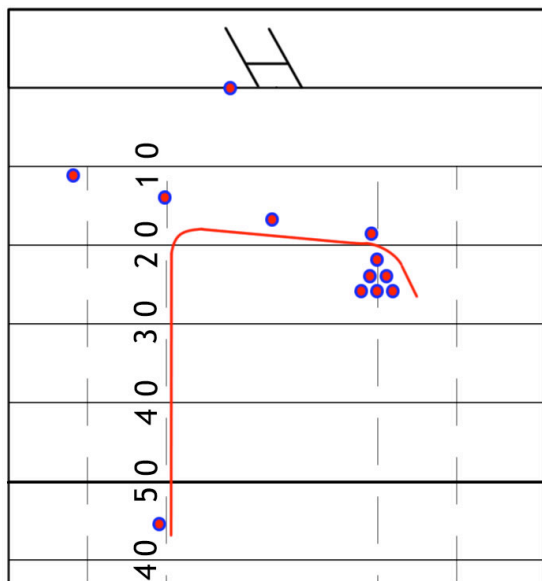


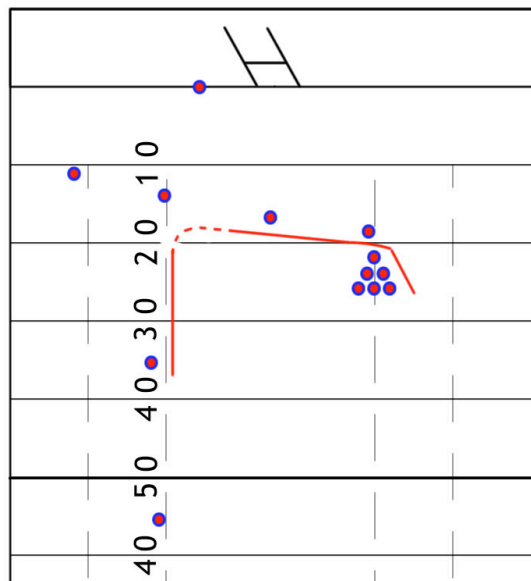
SET 1: 40 metre bust



Scenario: The ball is passed out along the backline after a scrum. The winger makes a clean break past his opponent and runs upfield.

Drill: Track the ball along the backline in a realistic arc and timeframe. When the ball reaches the second last marker, turn and sprint for 40 metres.

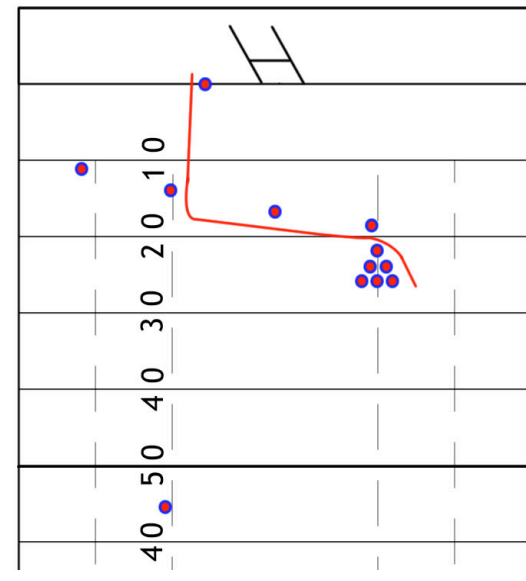
SET 2: Tackle and Offload



Scenario: The ball is passed out the backline after a scrum. The centre is involved in a tackle but in a struggle his arms are freed and he offloads to his supporting player, who runs upfield before being tackled by a cover defender.

Drill: Track the ball along the backline in a realistic arc and timeframe. When the ball reaches the second last player, loiter and watch for an offload, then turn and sprint for 20 metres.

SET 3: Drop ball



Scenario: The ball is passed out the backline after a scrum. The centre is involved in a tackle but in a struggle his arms are freed and he loses the ball which is dived on by an opponent who wants a quick play the ball.

Drill: Track the ball along the backline in a realistic arc and timeframe. When the ball reaches the second last player, loiter and watch for the lost ball, then turn and sprint for 20 metres, turning to get into position.