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## ST BRENDAN'S COLLEGE

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## Handbook COLLECTION

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## PRINT YOUR OWN HANDBOOK INSTRUCTIONS

1. **Print this page**
2. **Print pages 2 & 3**
3. **Turn pages over and print pages 4 & 5 on back**
4. **Trim along cut marks**
5. **Fold pages and make your own pocket size Drills Handbook to refer to while on the training field.**

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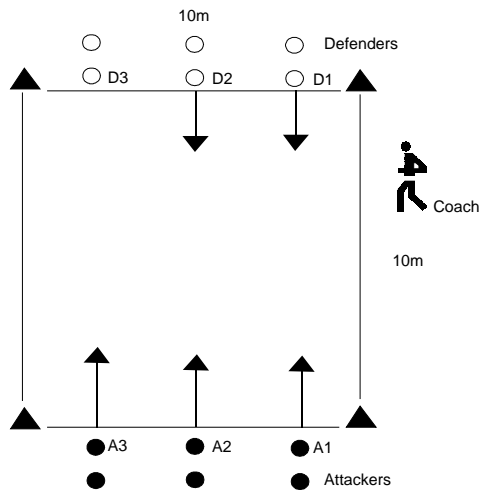


## 3 ON 2 (B)

Setting: - Grid 10 x 10m,  
2 players are defenders, 3 are attackers.

- Players line up behind cones in columns of three as attackers and defenders at opposite ends of the grid
- As attacking players move, coach commands one defender to stay out (nominate by name or number)
- The attacking line then attempts to beat the defenders with a 3 on 2 situation.

EMPHASISE: Communication (attack and defence), decision making, drawing the man, no silly passes, start slow

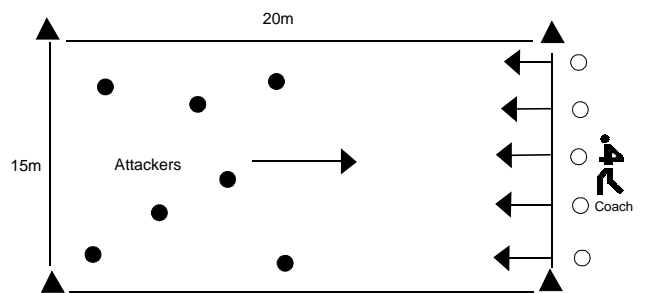


## FACE-UP DEFENCE

Setting: - Corridor 20 x 15m, 4 markers,  
12 players, 1 football

- 5 defenders are placed on the base line.
- 7 attacking players are grouped at the opposite end of the grid.
- The coach kicks the football to the A players.
- On A players gathering the ball the defenders move forward to prevent A scoring.

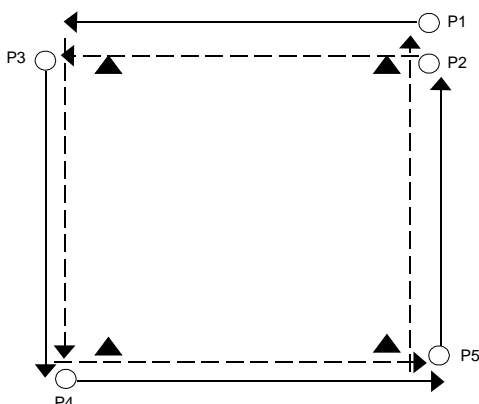
Progression: - A & D start with coaches call  
- D move down the grid in formation  
A follows approx. 10m behind  
- On coaches call, D turns and defends against A who attempts to score.



## SQUARE DRILL

Setting: - Grid 7m x 7m

- P1 plays the ball to P2 who passes to P3
- P3 drops to the ground, regains his feet quickly and plays the ball to P1 who has taken his position behind P3, having run in a straight line to become acting half back.
- P1 then passes the ball to P4 who repeats the activity of P3, who now assumes the role of acting half back.
- This procedure is repeated for a period of time.
- The drill may be used competitively by allocating one point for each play the ball performed correctly. Three or four grids may be used competitively for further enjoyment.

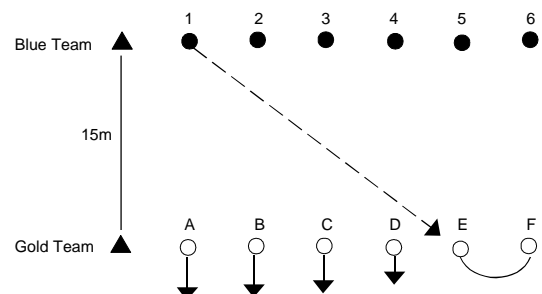


## ROLL/PLAY THE BALL DRILL

Setting - Players form two teams 15m apart opposite each other.

On coaches command

- P1 from the Blue Team rolls the ball along the ground towards a member of the Gold Team.
- Player B who falls on the ball securely, plays the ball correctly to Player A. Each of the other members of the Gold Team form a backline; the ball is passed from player A to C, D, E, then F.
- Player F, upon reaching the marker, rolls the ball towards any member of the Blue Team.
- Once retrieved, the ball is played correctly with another member of the team moving into acting halfback.
- All other players position themselves in a backline formation and continue the drill along the same lines as the Gold Team.



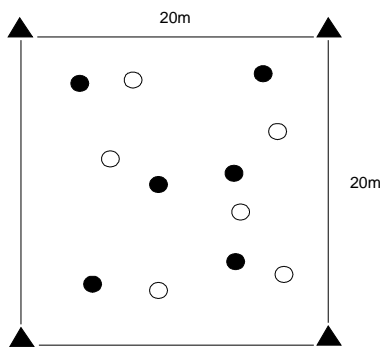
## KICK AND PASS

Setting: - Grid 20m x 20m

- 2 equal teams of players
- 1 football

- One team is given the ball and attempts to keep possession for up to 10 passes or kicks.
- Every set completed gains a point
- The opposing team attempts to intercept or knock the ball down, gaining possession when it interrupts the other teams set.
- Player in possession may move around grid looking for best option.

Emphasise: One handed pass, fending and passing, passing under pressure, grubber kicks, chip kicks.



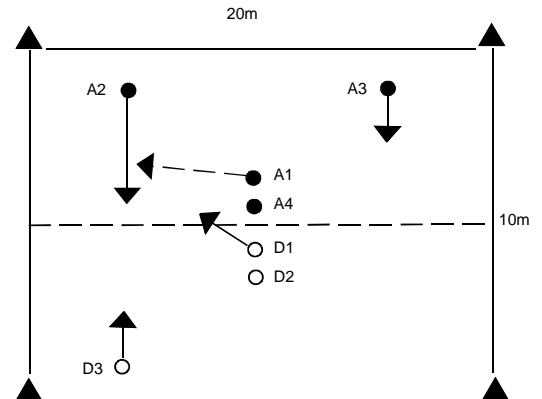
## MARKER DEFENCE

### FOUR ON THREE

Setting: - Channel 10 x 20m, 7 players,

3 players are defenders, 4 are attackers.

- Play the ball as in four on two
- Include D3, no wraps or reverse passes for attack but players can use inside balls and dummy half runs to challenge the holding marker
- Forces D2 and D3 to adjust to A2 and A3 while D1 controls the the middle.

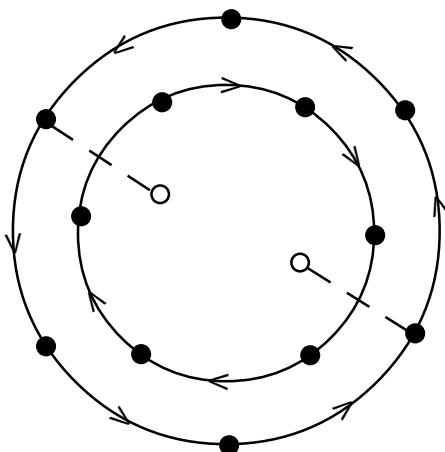


## ROTATION

Setting: - Players form two circles

- Two players stand inside circles

- Players in the inside circle run one way whilst players in the outside circle run in the opposite direction.
- Two players in the middle make a pass:
  - To the players in the outside circle
  - Alternately to the inside and outside circle
  - To players in the outside circle with players in the inside circle attempting to knock down the passes

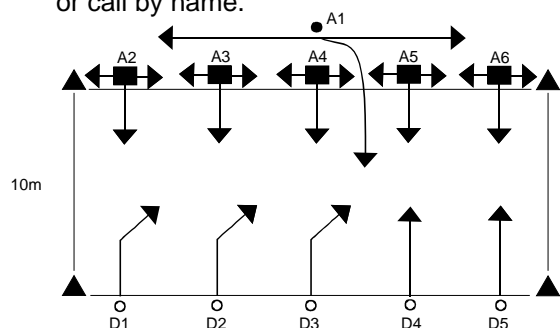


## NOMINATION & NUMBERING

Setting: - Six attackers and five defenders, five of the attackers will hold hit pads whilst the sixth has a football.

- Players spread out opposite each other in two lines about 10 metres apart.

- Coach stands behind the defensive line where they cannot see him.
- He directs the sideways movement of all the attacking players except A1, with the ball, either left or right by pointing.
- A1 moves at random behind the attacking line.
- When the coach puts his hand straight up in the air A1 must run forward through the gap in front of him, with the rest of the attacking line moving forward.
- Defence must adjust to nominate and eliminate all players closest to the ball, thus leaving one attacker on the edge free.
- Defence must nominate, ball carrier, runner, etc or call by name.

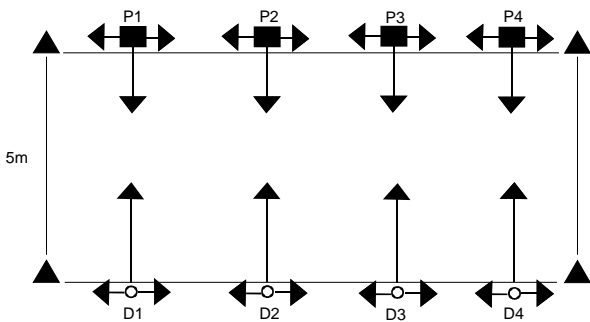


## SMOTHER DRILL

Setting: - Players working in pairs one carrying a hit pad, 5m apart.

- Object is to cover the ball, i.e. pin bump pad to the ATTACKER.
- Players in pairs, opposite each other and 5 metres distant. Walking Pace.
- Object is for tackler to cover the ball and or pin the arms of the ball carrier.
- Defender slightly off-centre of the attacker.
- The front section of the tackler's shoulder makes contact with the attacker's chest region, shoulders and arms attempting to cover the ball and or pin the arms of the ball carrier.

Variation - Increase pace/and or approved distance.  
- Remove pad and add the ball to attack

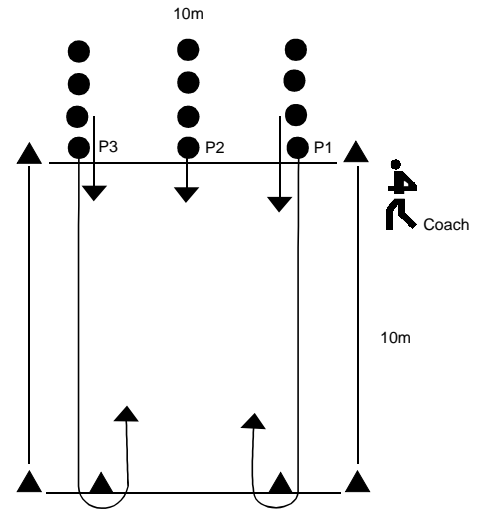


## 3 ON 2 (A)

Setting: - Grid 10 x 10m,  
2 players are defenders, 3 are attackers.

- Players line up behind cones in three columns.
- On coaches command two nominated players **sprint** out around opposite cones and then become defenders.
- Next two players fill in the attacking line.
- The attacking line then attempts to beat the defenders with a 3 on 2 situation.

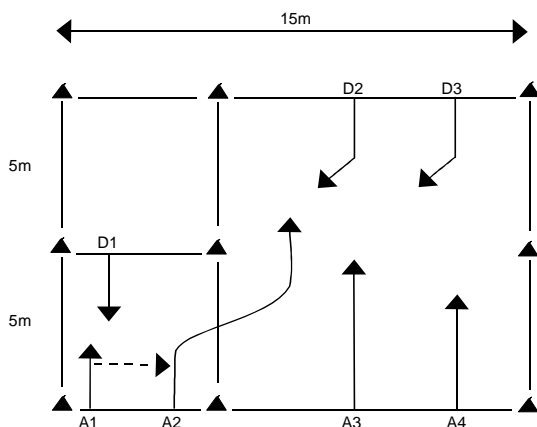
EMPHASISE: Communication (attack and defence), drawing the man, no silly passes, start slow



## DEFEND TWO ON THREE

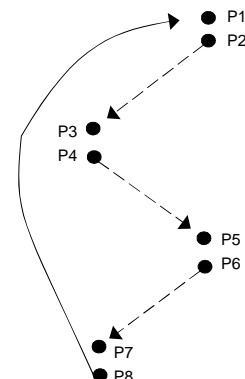
Setting: - Players in a 15 x 10 metre grid  
- Three defenders and four attackers

- A1 and A2 must start within the 5m channel
- D1 will start 5m from A1 and also within the 5m channel, while D2 and D3 will start 10m away
- A1 must pass to A2 before A2 is allowed to leave the 5m channel
- D1 can move as quickly as he wants, however D2 and D3 can only move once D1 has moved
- the object is to stop the A's from scoring



## ROUND ROBIN PLAY THE BALL

- P1 who is positioned on the ground, rises to his feet and plays the ball to P2 who is directly behind him (acting half back).
- P2 passes left to P3 who falls to the ground and raises to his feet to play the ball to P4.
- P4 passes right to P5 who falls to the ground and then raises to his feet to play the ball to P6
- P6 passes left to P7 who falls to the ground and then raises to his feet to play the ball to P8.
- P8 runs to the position held by P1 initially.
- Each player, having completed his role moves to the position taken up by the next player in the drill.
- The drill is performed until P1 is back in his original position.

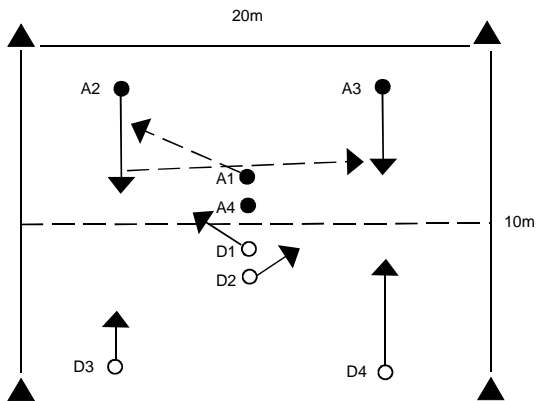


## MARKER DEFENCE FOUR ON FOUR

Setting: - Channel 10 x 20m, 8 players,  
4 players are defenders, 4 are attackers.

- Play the ball as in previous drills
- Introduce D4
- 'A' players can use all options in attack.
- Tight spot defenders must move forward to the advantage line and nominate in defence.

EMPHASISE: Communication, nomination, one marker holds and one chases, chase must be over the advantage line.

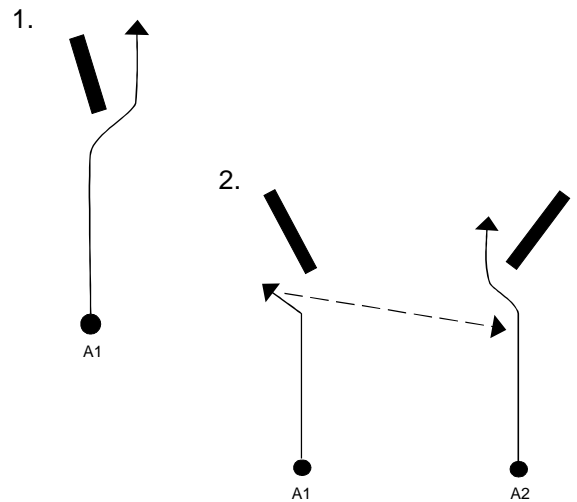


## AGILITY POLES

- Coach stands 5m in front of players holding pole.
- As players run towards the pole the coach leans it either to the left or right.
- Player then swerves to the opposite side of pole and runs around coach.

### PROGRESSION

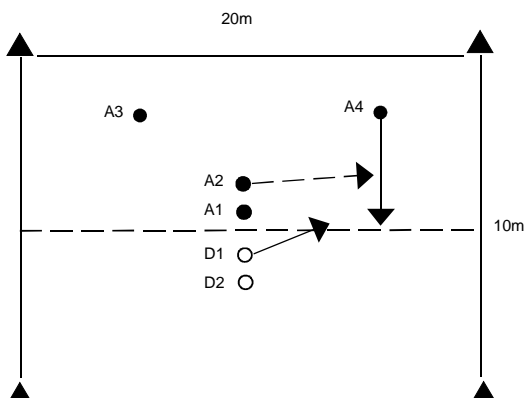
- Add a second pole wide of the first
- P1 runs to the side the pole is leant
- P1 then passes a flat pass to P2 who must swerve to the left or right of his opposite pole.



## MARKER DEFENCE FOUR ON TWO

Setting: - Channel 10 x 20m, 6 players,  
2 players are defenders, 4 are attackers.

- Play the ball occurs in centre track
- The ball is returned to the centre after each ruck.
- The marker must chase to the receiver while the other holds to protect the middle.
- Rotate roles
- Attackers can vary their width and the dummy half can also run to challenge the middle



## ARROWHEAD

Setting: - Two equal lines of players aligned at right angles

- Team 1 commences the drill, running straight.
- Team one commences passing the ball at speed along their line.
- After releasing the ball each player runs backwards to their starting position.
- Player 1E off loads to player A in team 2.
- Team 2 then speed passes, following the same procedure as Team 1.

### Note

- Player 1E holds the position of 2A waiting for the next run, likewise player @e holds the original position of 1A.

