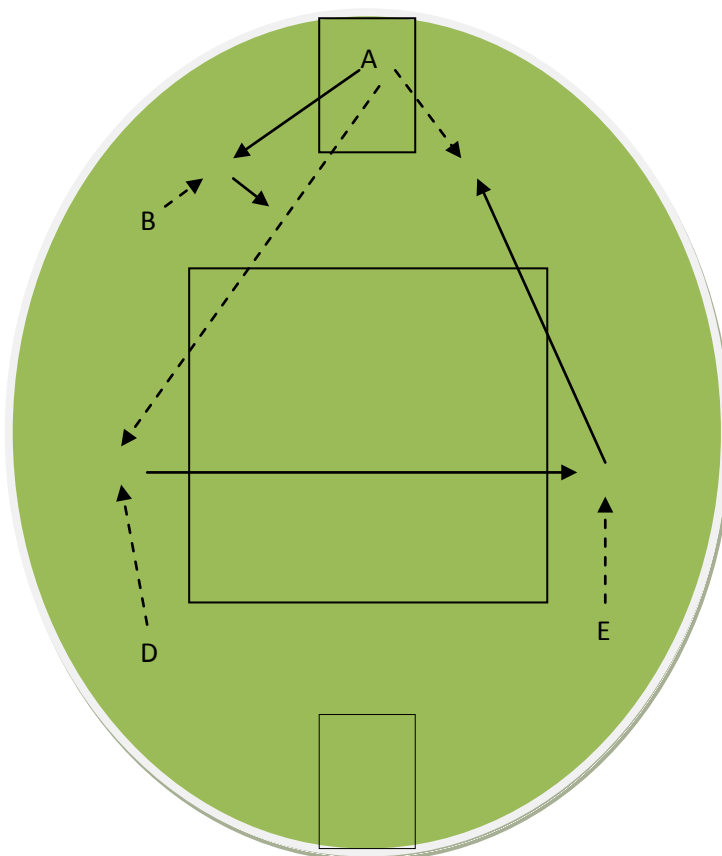


# BACKLINE CHIP AND RUN



## Directions:

- A kicks to leading B, A then runs on to receive handball back from B
- A kicks to long lead from D, who switches to player E
- E runs from half back and kicks to leading player at cone A – Drill repeats

## TEACHING POINTS

Voice / Communication	X	Pushing back off the mark	
Decision Making		Switch	
Teamwork	X	Hard Running	X
Accurate Disposal	X	Tackling	
Kicking	X	Front and Centre	
Handball	X	Marking	X
Protection		Positioning	X
Front and Square		Timing	