

**Skill Drill 12** Relay runs – returning the ball to the centre after a goal is scored

Focus – Appropriate pace for change-over, style and acceleration, appropriate distance between BU when ball is passed to BU completing the long run, communication between BU's

Method – Umpires in two groups located at both behind posts, BU to decide who will retrieve football.

1<sup>st</sup> BU runs out to 15m from goal with arm extended indicating to field umpire the side of the field he is running through.

2<sup>nd</sup> BU retrieves football and runs out toward 1<sup>st</sup> BU communicating verbally as he approaches.

1<sup>st</sup> BU begins to run and the two BU's run beside each other until the ball is passed at approx 30-35 metres from the goal.

2<sup>nd</sup> BU runs to the short corner of the centre square on his / her side of the ground

1<sup>st</sup> BU runs through centre of ground and passes the ball to the FU then continues to the far point of the square on his / her side of the ground.

