



# Running onto the Ball 3

Skill - Attacking Fundamentals

TYPE  
Closed

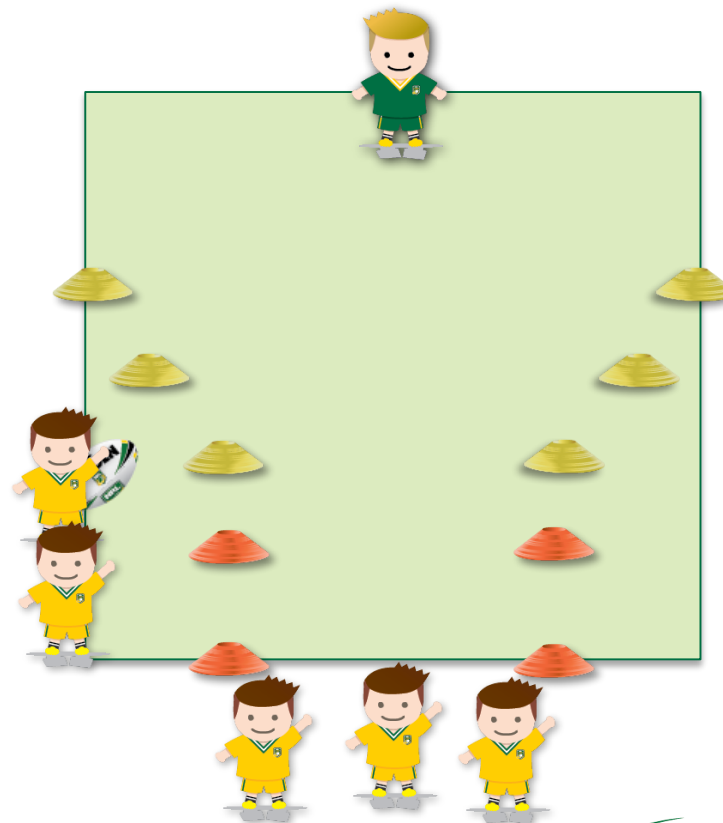
AGE  
10+

## Description

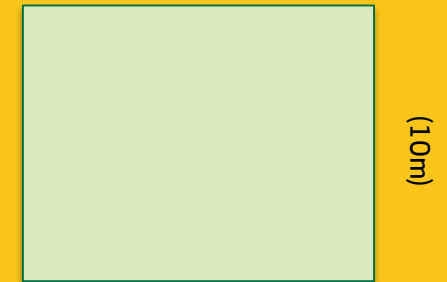
- » Two yellow players start as the play the ball and dummy half.
- » Three yellow players start at the start of the orange markers.
- » These players must run onto the ball straight until they are past the orange markers.
- » They can then run to the left or right within the yellow markers.
- » They also have the option to draw and pass the defender, with the inside and out option.

## Progression

- » Add a defender, in green, to the mix.
- » Find similar activities on [playnrl.com](http://playnrl.com)



Field Size (10m)



## Players



## Equipment



x (10) Markers



Whistle



x (1) Footballs



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