



Fitness Movement Drill Three:

- 5m forward run @ 70%
- 5m backward run @ 70%
- 20m run, pivoting at the 10m mark (i.e.: turn around and face an imaginary ruck)
- Hold the line (mimicking holding the defensive line) and take a few steps forward (as though the ball has been played)
- Turn a sprint 30m @ 100% (as though chasing a break that has been made)
- Jog return

The purpose of this drill is to visualise the ruck at the 10m mark of step three, where the participant will pivot and turn into the backwards run and set their 10m, mimicking a change of possession, and then chasing down a break in play.

Total distance = 110m

Duration Options:

- Continuous run, complete as much as possible in 1 minute, with 1 minute recovery, x 6