



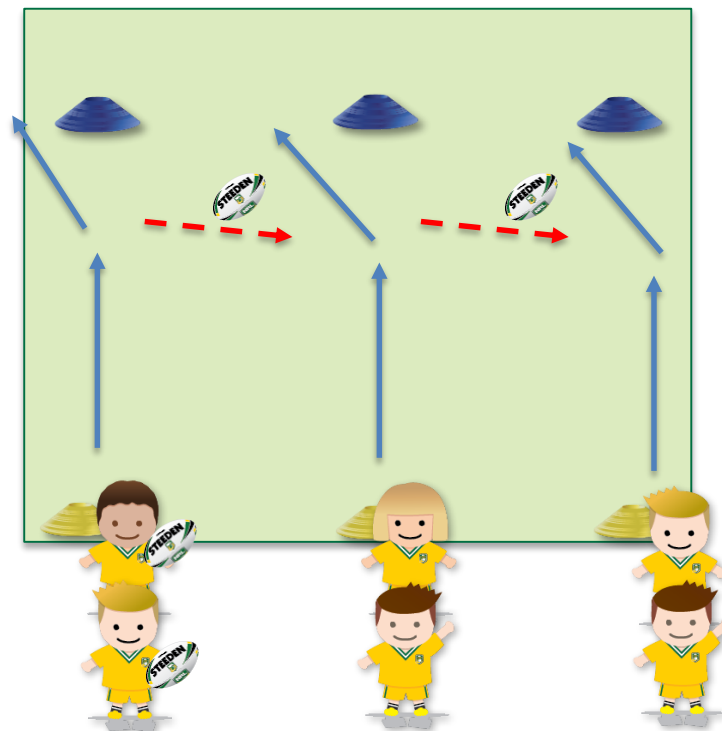
# Line Running – Under's Skill – Attacking Fundamentals & Line Running

TYPE  
**Closed**

AGE  
**13+**

## Description

- » 3 attackers (yellow) start with a football at one end.
- » Each attacker leaves their marker heading straight toward the blue marker before changing direction to an 'Unders' line (towards where the ball has come from)
- » Support runners must not start their 'Unders' line until the person passing the ball has started their 'Unders' line run.



## Field Size



## Players



x (3) Attackers

## Equipment



x (7) Markers



Whistle



x (3) Football

## Progression

- » You can put defenders on the markers as well.
- » Add in a play the ball to the side and include a dummy half pass to 1<sup>st</sup> receiver.



Click to watch the video

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