



Line Running – Unders & Overs

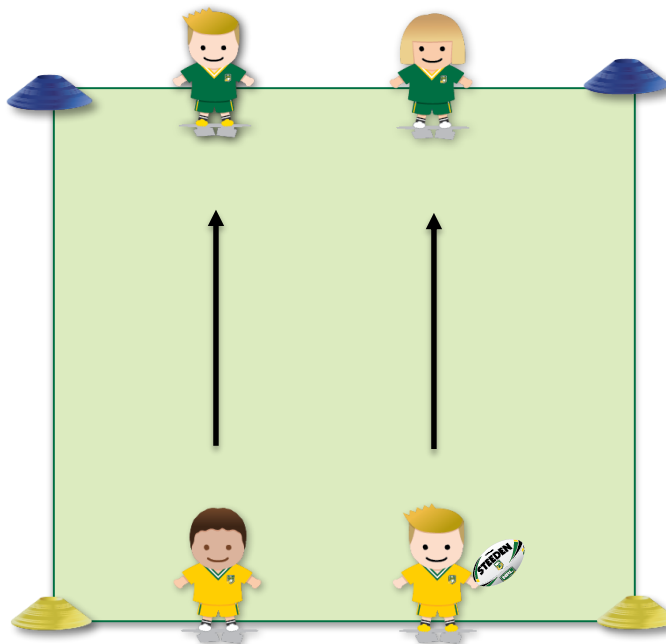
Skill – Attacking Fundamentals

TYPE
Open

AGE
13+

Description

- » 2 attackers (yellow) start with a football at one end.
- » Each attacker leaves their marker heading straight towards the defenders.
- » The ball carrier chooses to run and 'Unders' or 'Overs' line and his support player must do the same.
- » Support runners must not start their 'Unders' or 'Overs' line until the person passing them the ball has started changed their line run.
- » 2 defenders (green) must come up to meet the attackers.



Field Size



Players



x (2) Attackers



x (2) Defenders

Equipment



x (4) Markers



Whistle



x (2) Footballs per Grid

Progression

- » Add in a play the ball to the side and include a dummy half pass to 1st receiver.



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