



BOUNDARY UMPIRE

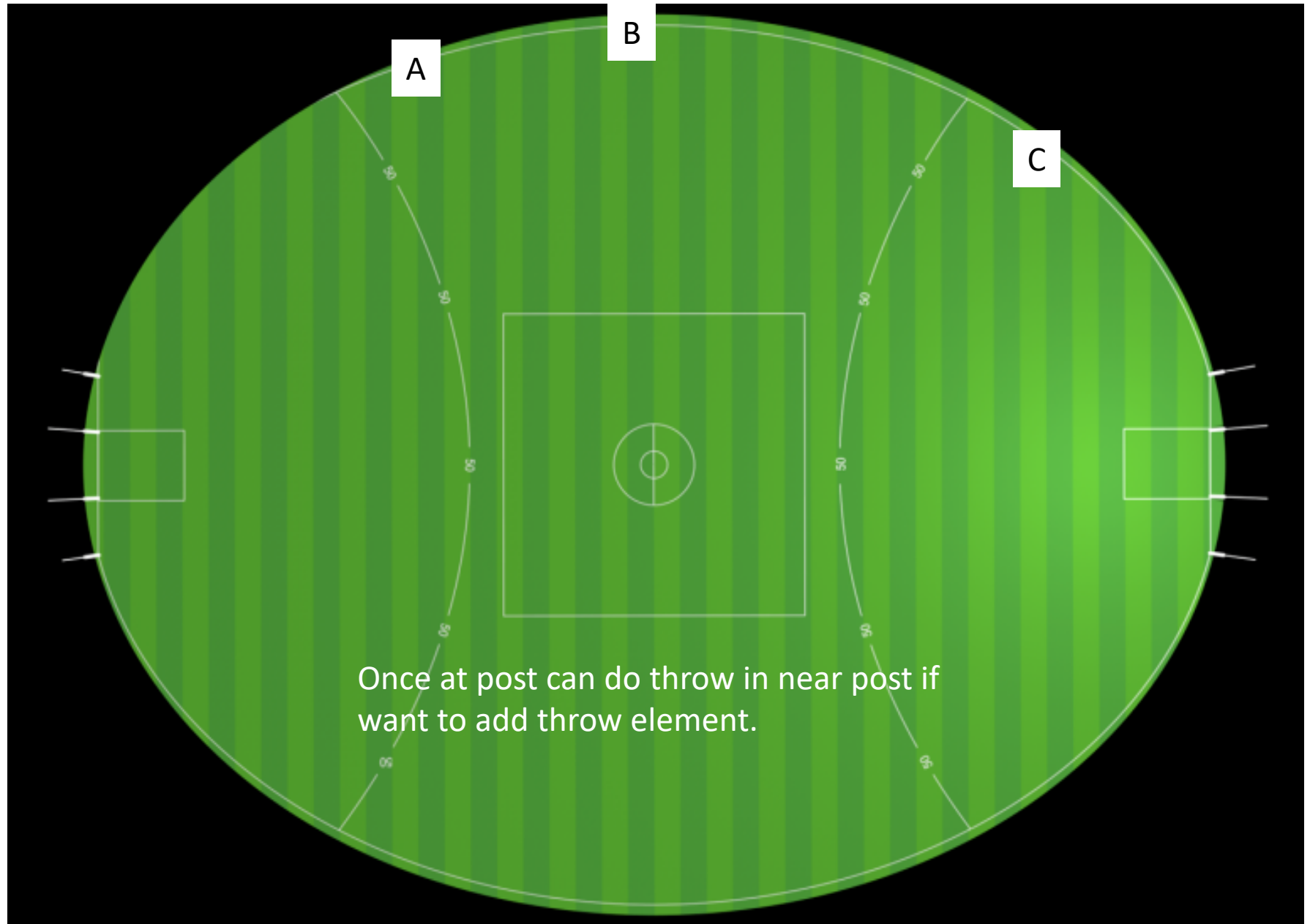
Top Up Your Tank Backwards Running Drills

TUYT– Backwards Running Drills - 1

Commencing at A Run towards B at 70%, turn and run backwards hard for 15-20m. Turn and run forwards at 70% to C. At C visualise a mark inside 50 at run backwards hard to behind post.

Recovery is to walk out to 60m out on same side at the near end and repeat in reverse – ensuring turning both directions.

Repeat for 8 reps



TUYT– Backwards Running Drills – 2 & 3

Drill 2

Commencing at A backwards hard to B. Hold for a moment and quick return to post. Walk across to other side and repeat. Total of 6 reps.

Drill 3

Commencing at 1 from standing start hard backwards to 2. Turn and run at 70% to 3 (approx. 5 - 10m out and then finish off hard backwards into post (4).

Jog up the middle to the other side of the ground and repeat. Alternate sides for total of 8 reps.

Drill 2

Once at post can do throw in near post if want to add throw element.

Drill 3

After run to post can come off and perform throw from outside 10m off post towards centre

