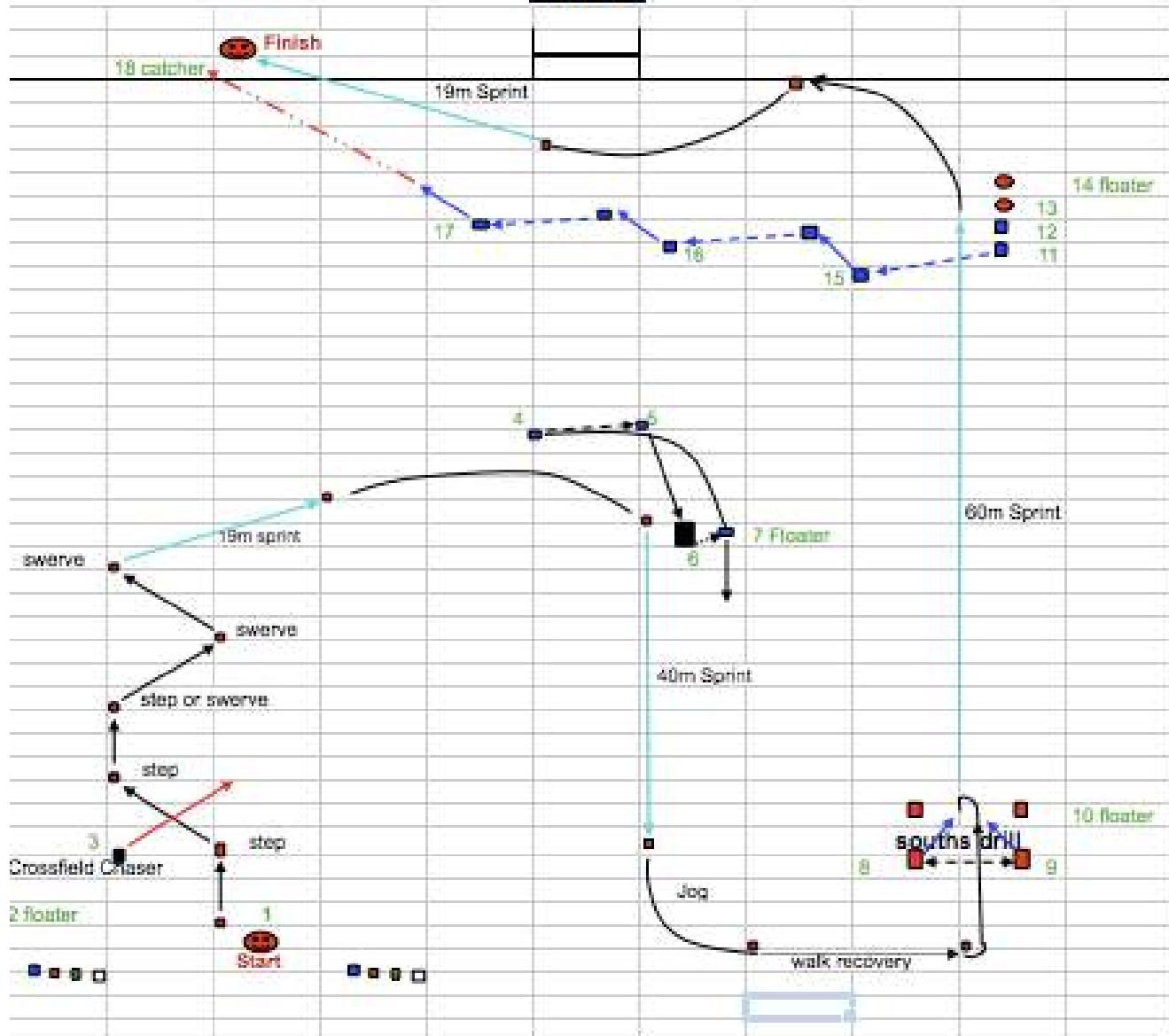


Drill G



Each Referee will perform 2 x 19m, 1 x 40m & 1 x 60m sprint in each circuit.

- Run
- Sprint
- Pass
- Kick
- Walk

Drill G

Objective

The referee starts facing away from the drill on the 5th tackle. He is to move off the line as he would normally in a game.

Visualise a kick and then scan for onside chaser either side of the ruck. This is where the referee will have to identify two coloured hats when he scans.

After scanning for the coloured hats the referee is to turn and run through a series of markers with stepping and swerving at different markers. Once he gets to the end he is to conduct a 19m sprint which then goes into a shift play. The referee will run his normal movement pattern and the rule on the offload if forward or not. The referee will then sprint 40m.

After the sprint the referee will jog and have a walk recovery to the next part of the drill.

When the referee gets to the red marker he then starts to run up to where two players will be passing the ball back and forwards. The referee is to run inbetween the players avoiding the ball so as to not getting hit. The two players will then run at the referee as attacking players while the referee again avoids being hit or staying out of the way.

Once the two players have gone past the referee he is to scan quickly for any other players that may be coming across and then sprint 60m to a PTB . He is to use his vocab at the tackle and position himself 10m away as per a game on the 5th and last tackle. The ball will be played and then a kick put into the corner where the referee is to make a decision on what happens.