



**Equipment:** 8 balls, 4 markers  
**Name:** Rob the Nest Drill  
**Category:** Running and evasion  
**Group Size:** 4 players  
**Area:** 10 m x 10m field

### Drill Explanation

- Stage 1. One person on each marker – 8 rugby balls in the middle of the grid
- Stage 2. On the command start, each player runs out and robs a football from the Nest and returns it their marker
- Stage 3. Players are only allow to rob 1 football at a time
- Stage 4. After the first "robbery" from the middle Nest, players are now allowed to rob footballs from any Nest – middle or each others

### Key Points

- Players try to see how many footballs they can rob in 1 minute
- Players need to show they have the vision to know which Nest is best suited for a "robbery"
- Players have to use fast feet to ensure they collect as many footballs as possible

### Variations

- Add more footballs to the Nest
- Use different sized footballs for variety
- Use a different time duration for the game