



Equipment: 4 markers, 15 bibs
Name: Edaw Evasion Drill
Category: Evasion
Group Size: 30 players
Area: 75m x 40m field

Drill Explanation

- Stage 1. There is no offside in this drill – there is no ball; scoring zones are at each end of the grid; one team is in coloured bibs
- Stage 2. The drill goes for as long as the coach decides
- Stage 3. The coach nominates any player as Edaw. Edaw's role is to try a score by running into his team's scoring zone without being tagged by an opposition player
- Stage 4. If the original Edaw is tagged – the opposition player who made the tag is now the new Edaw. The old Edaw may not tag the new Edaw
- Stage 5. The new Edaw now attempts to score for his team by making into the scoring zone without being tagged – the game continues with multiple changeovers

Key Points

- Edaw needs to be aware of space and where his teammates are
- Edaw does not want to get tagged when he has no teammates close by
- Edaw needs to utilise the swerve, weave, side step and change of pace to evade opposition team members
- Both teams should have an even mix of fast/slow runners

Variations

- Change the size of the field – and scoring zones
- Change the duration of the drill to suit the situation
- Introduce a ball as a way of tagging Edaw – the ball must be held by a tagger when attempting to tag Edaw