

## Chopping' Technique – Power full Ball Presentation

**When an attacking player is resisted and starts to become static in contact they are at risk of being held up and losing possession. To stop this from happening the next step should be to aggressively use their core to 'chop' and in doing so break free of the defenders grip and drop into a clean presentation of the ball towards their support.**

This is done in a two very easy steps:

1. **Power step** - the ball carrier must get their front foot into the oppositions space to leverage their rotation, right foot with right shoulder and same on the left. It is vitally important that the ball carrier enters contact with 'spine in line', straight and powerful.

2. **Aggressive torso twist** - by aggressively rotating the shoulders in a 'chopping' down & round motion the twisting action will break the grip of the defender.

Any supporting player who is assisting with the drive must communicate to the player with the ball when the maul / drive is becoming static that they need to 'chop' and present. When working in tandem it is key that the present and clean works in unison to ensure good clean ball.