

OBJECTIVE To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Any group size (groups of 9)

TIME: 10-15 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

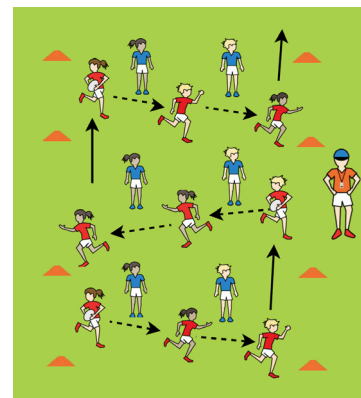
Apply Pressure • Contest Possession
 Go Forward • Provide Support

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have three pairs of defensive players stand in between two cones at each 10 yard mark.
3. Have offensive players from three lines at the beginning of the grid facing the defensive players.
4. Three offensive players will start by running through the grid and attempting to draw the defender towards them. They will time their pass or run to continue onto the next defensive set.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



GAME PROGRESSIONS

1. Make the rule that the defence can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

MODIFICATIONS

- If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.