

6 players

3 x 3 breakdown challenge

Objective – Develop effective accurate passing - under pressure. Will also improve the decision making of the ball carrier and support players to recognise space.

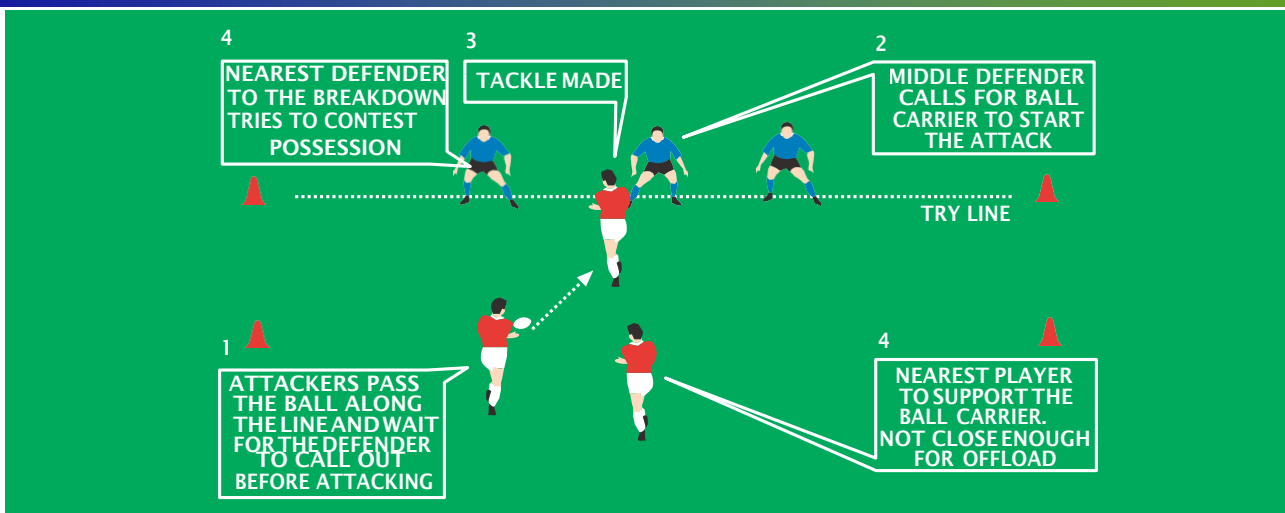
Equipment needed:

- Balls: 2
- Cones: 4
- Bibs: 1

Suggested time allocation:

- 10 minutes

Set-up Diagram:



How to play:

- Three attackers and three defenders.
- Attackers pass the ball along the line and wait for the middle defender to call start - then attack the try line.
- Ball carrier to attack one of the spaces (outside or inside the defender) and attempt to score try.
- Nearest defender to tackler and closest attacker to ball carrier to become active at the breakdown.
- Ball carrier to work on ball presentation once tackled, with supporter working hard to clear the defender.

Difficulty:

- Overload the attack - 4 v 3 - extra player to act as first supporter and create quick ball away from contact - attack can exploit space.
- Increase the number of players to 5 - 2 support players at the breakdown (both attack and defence).

Coaching points/Key factors:

Ball Carrier

1. Avoid head-on tackles - try to dodge the defender first.
2. On engagement, keep body tense and keep spine in line.
3. When tackled, drive the legs and keep moving forwards.
4. When brought to ground, extend arms and with two hands present the ball as close to support as possible and as far away from the opposition as possible.

Tackler

1. Sight correct contact height (eye to thigh).
2. Adopt low, strong body position to ensure correct tackle height (must be below waist).
3. Select correct shoulder to tackle with to ensure head is protected - keep head close to opposition backside (cheek to cheek).
4. Make tight contact with shoulder on thigh (boulder shoulder).
5. Clamp arms round opposition legs (band of steel).
6. Dynamic small steps (leg drive) until player is successfully brought to ground.
7. Ensure tackle is completed (i.e. attacker is brought to ground).
8. Work hard to get back on feet and back into the game.