

6 players

4 x 2 continuous touch rugby

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

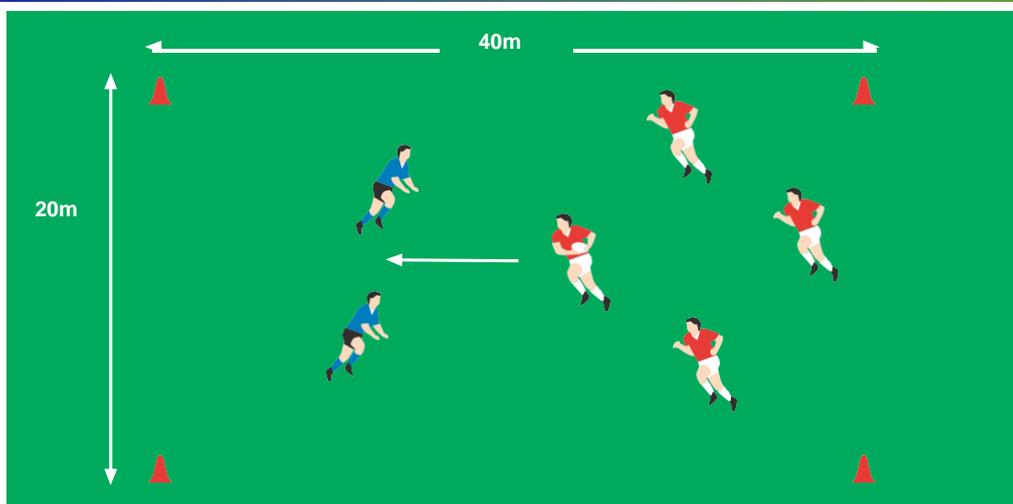
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Four players are always attacking with two players defending.
- The defenders need to make a two handed touch on the ball carrier to stop the attack.
- When the ball carrier is touched the game will restart after three seconds to allow the attack and defence to quickly reset.
- When a try is scored the attacker will attack in the opposite direction (change attack and defence regularly).

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. Eyes up so as to be aware of surroundings.
5. Follow through on pass towards target.
6. Communication skills.
7. Evasion skills and footwork to dodge / fix defenders.

Difficulty:

- Coach to determine how active defenders are (depending on success of attack).
- Coach can move defenders into position e.g.. side by side or Indian file.
- Start ball in centre of attack or side to create different decision making options for attackers and defenders.
- Switch in a different ball to change the point of attack and the players decision making process.