

12 Players

Ball Presentation Touch

Objective – Develop ball presentation understanding and technique, as well as game sense in a pressure environment.

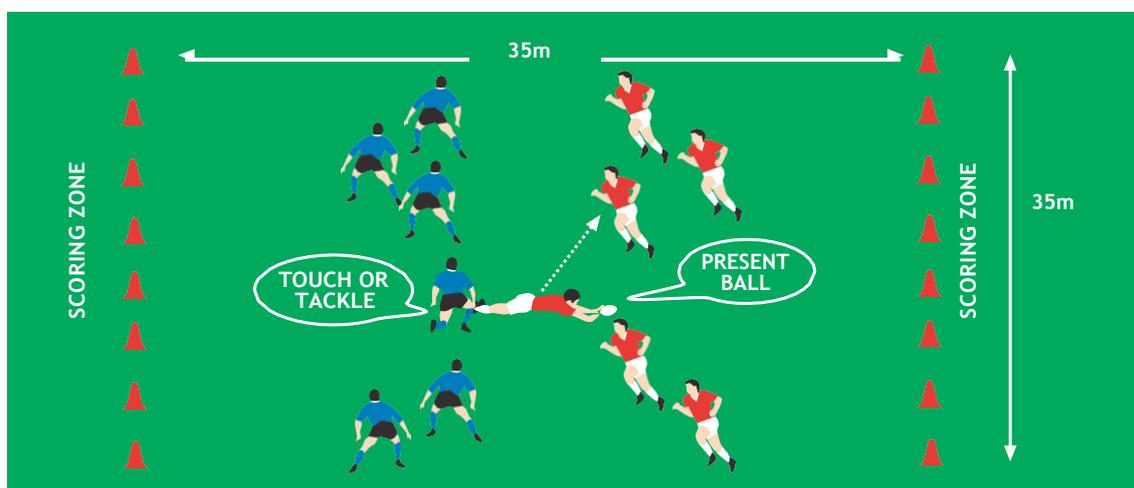
Equipment needed:

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

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- Game of touch, where once ball carrier is touched with two hands, they go to ground and present ball.
- Defender who makes the touch drops to one knee beside the ball carrier.
- Defending team must retreat 5m following every touch, to allow attacking team space.
- Turn-overs occur for forward passes / knock-ons and when a try is scored.
- Attacking team score by putting the ball down over the try line.

Difficulty:

- Introduce minimum / maximum passing distance (either when scoring or any time).
- Players cannot catch unless on the move - promotes agility / evasion on and off the ball.
- Manipulate ratio of attackers versus defenders to make it easier or harder to attack.
- Once touch is made, more defenders go down on one knee to increase space for attackers.
- Increase width of pitch to create more space and scoring options.
- Play game with tags - player must go to ground once tag is made.

Coaching points/Key factors:

1. Avoid head-on tackles - try to dodge the defender first.
2. When touched, drive the legs to keep moving forward.
3. When on ground, extend arms, and with two hands present the ball as close to support and as far away from the opposition as possible.
4. Coach to add in further key factors relating to hand catch during open play as they deem necessary.