

Players: 8

## Breakout Touch Rugby

**Objective** – Developing evasive skills with ball in hand through 1 v 1 game related activity

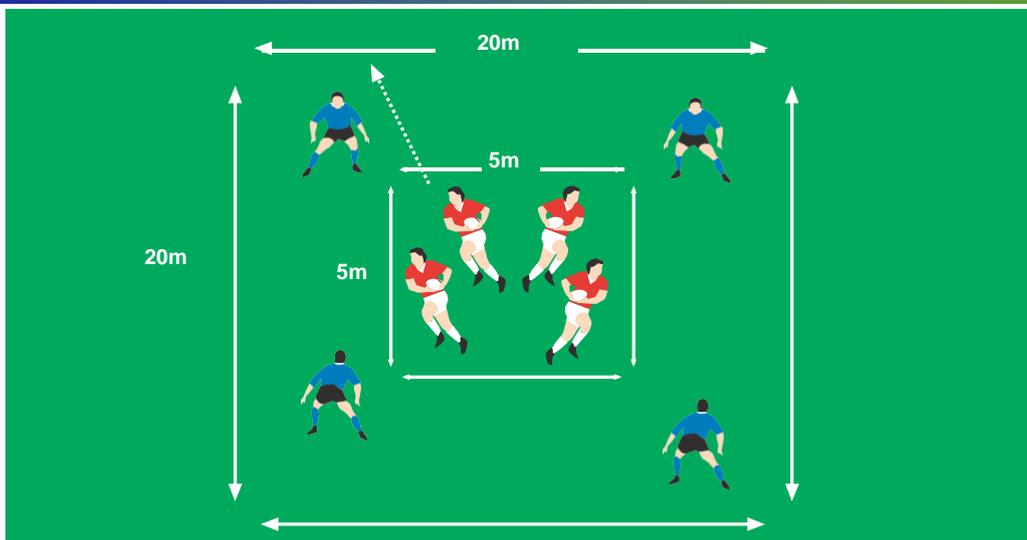
### Equipment needed:

- Balls: 4
- Cones: 1 stack
- Bibs: 8

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- One small grid (5m x 5m) within a larger grid (20m x 20m).
- Four attacking players (with balls) in small grid and four defenders (without balls) in larger grid.
- Attackers aim is to score a try over the outer grid without being touched / tackled.
- Defending players cannot enter the small grid.
- When touch is made, attacker must go back to small grid and start over.
- If try is scored, attacked re-enters small grid and must attack a different line.

### Coaching points/Key factors:

1. Ball in two hands.
2. Look for the space and accelerate.
3. Dodge defenders.

### Difficulty:

- Play with 1 or 2 balls so that players have option of passing to beat defender.
- Use tag belts - players must reach outside without being tagged.
- Increase to tackling - at later stages of FUNDamentals / early stages of Learn to play.
- Two players work with one ball to bring passing element into practice - aim is to pass the ball out of the area.