

6 Players

Channel Challenge

Objective – Develop players' decision-making and contact skills

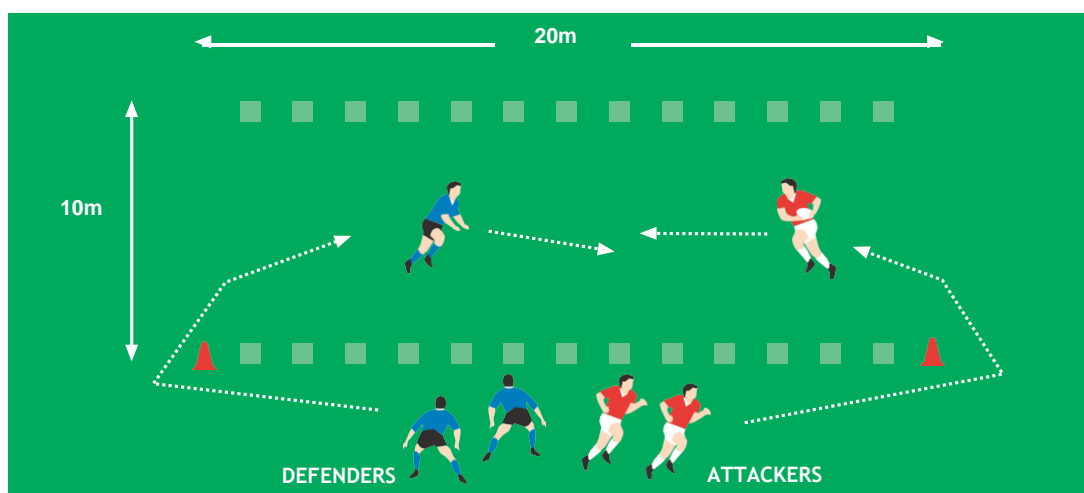
Equipment needed:

- Balls: 3
- Cones: 2

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- One half of squad work as attackers, while the other half are defenders (if you have large numbers of players and an additional coach(es) then have two (or more) games running).
- When coach says GO!, one attacker goes round cone at end of channel while one defender goes round cone at opposite end.
- As attacker goes around the cone the ball is fed to them.
- Players meet in channel and tackler tries to make tackle while attacker uses evasion skills to beat defender and score.

Coaching points/Key factors:

1. Sight contact area (eye to thigh).
2. Adopt a low strong body position to ensure tackle height (must be below waist).
3. Select correct shoulder to tackle with to ensure head is protected (cheek to cheek).
4. Make tight contact with shoulder on thigh (boulder shoulder).
5. Clamp arms around opposition legs (bands of steel).
6. Dynamic small steps (leg drive) until player is successfully brought to ground.
7. Ensure tackle is completed.
8. Work hard to get back onto feet.
9. Hand catch key factors can be reinforced for attackers as necessary.

Difficulty:

- Ball can be fed to attacker in different ways i.e. roll it, throw it high / low, kick it.
- Coach can alter number of players to create 2 v 1, 3 v 2, 3 v 1 etc.
- Coach can manipulate how long the attacker has before the tackle, by changing entry position of defender.
- Coach can change the side and position from where the defender is coming to change the direction of tackle.