

6 Players

Channel Challenge

Objective – Develop handling, decision making and contact skills

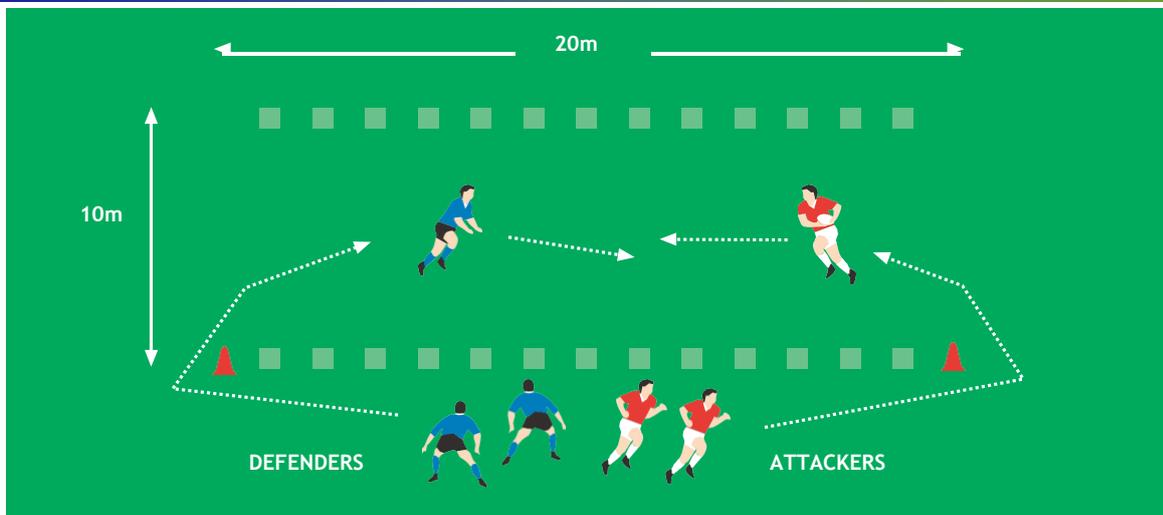
Equipment needed:

- Balls: 3
- Cones: 1 stack

Suggested time allocation:

- 10-15 minutes

Set-up Diagram:



How to play:

- One half of squad work as attackers, while the others are defenders (if large number of players have two games running at once).
- When coach says GO!, one attacker runs round cone at end of channel while one defender runs around cone at opposite end.
- As attacker runs around the cone the ball is fed to him / her.
- Defender tries to make tackle while attacker uses evasion skills to beat defender.

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. Follow through on pass towards target.
4. Time run onto the ball.
5. Communicate specifically.
6. Scan to identify space.
7. All tackle key points can be reinforced as required.
8. Support line running key points can be reinforced as required.

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 defenders and attackers.
- Coach can change the side and position where the defender is coming from to change the direction of tackle.