

12-20 Players

Contact Game – nearest three in

Objective – To develop the contact area and create space elsewhere on the pitch

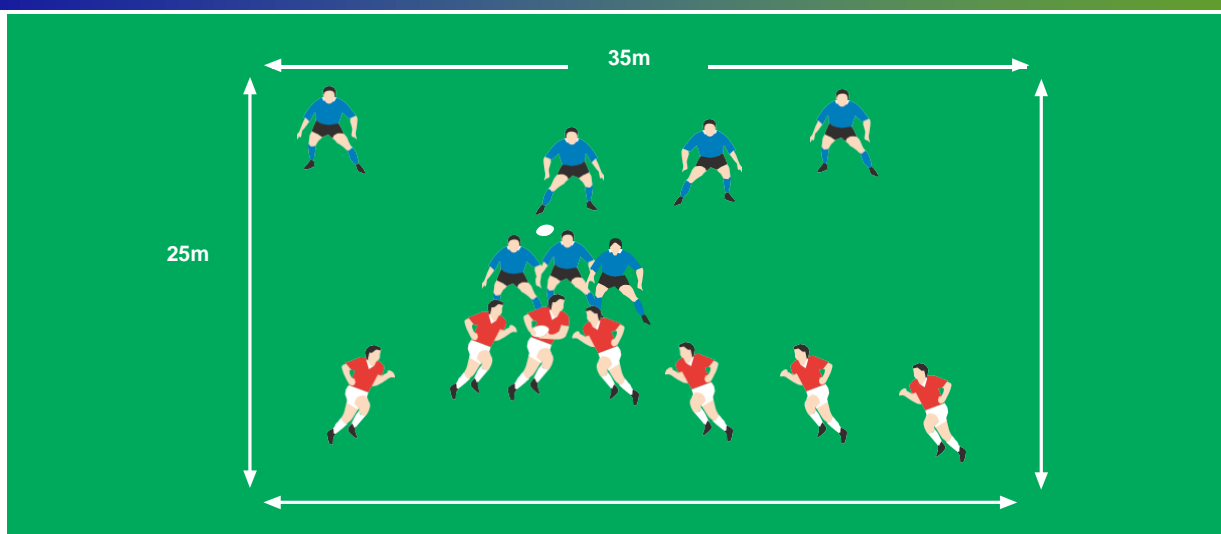
Equipment needed:

- Balls: 1
- Cones: stack

Suggested time allocation:

- 10 -15 minutes

Set-up Diagram:



How to play:

- Coach sets up a game of contact rugby on 25m x 35m pitch.
- Game is full contact, with every tackle situation requiring two players from each team (ball carrier and tackler plus two other from each side).
- The attacking team has ball carrier and two more players who ruck over the top or make decision to pick up.
- The defending team has the tackler and two more players who are trying to ruck over the top of the ball.
- Players score by scoring a try over the opponent's try line.

Difficulty:

- Increase / decrease number of players.
- Increase / decrease the size of pitch.
- Decrease / increase the number of players in the ruck - pulling in more defenders will give attackers space to attack.

Coaching points/Key factors:

Ball Presentation

1. Avoid head-on tackles - try to dodge the defender first.
2. On engagement, keep body tense and keep spine in line.
3. When tackled, drive the legs and keep moving forwards.
4. When brought to ground, extend arms and with two hands present the ball as close to support and as far away from the opposition as possible.

Arriving players

1. Arrive through the tackle gate
2. Maintain a strong, stable and low body position
3. Chin off the chest, head up, hands up
4. Sight the target
5. Keep the spine in line with the direction of drive
6. Start the drive from a low body position
7. Make contact with defender using the shoulder and arms, not the head
8. Close arms around opponent
9. Drive the player away and clear the ball
10. Bind with a team-mate to improve stability