

Players: 16

Drop Down Touch

Objective – Develop hand catch and passing accuracy. Can also develop defensive organisation and communication.

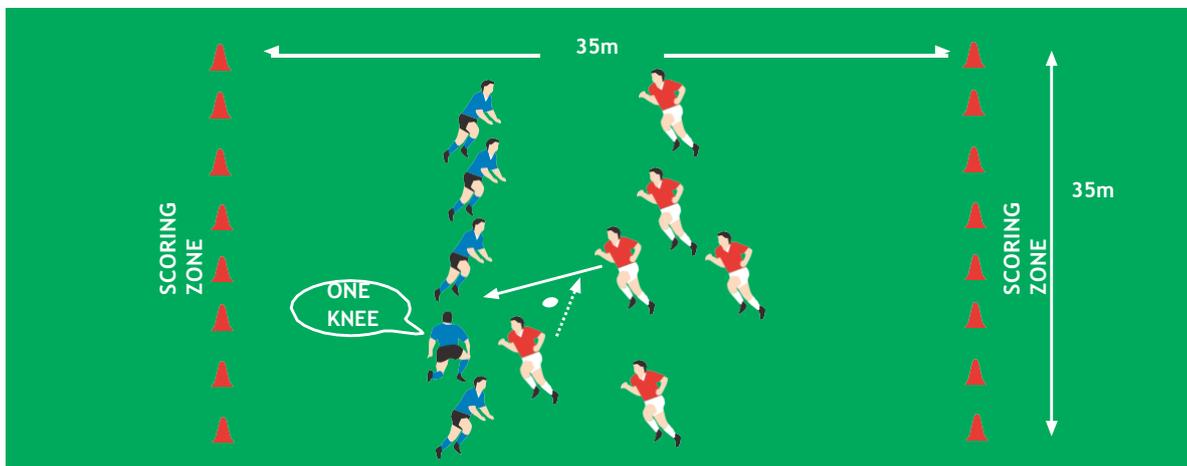
Equipment needed:

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

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Two handed touch tackle on hips.
- Defender drops down to one knee until a try is scored or a turnover occurs.
- As attacking team plays on, number of defenders will decrease, creating more space.
- Cross try line and ground ball to score.
- Attacker options:
 1. Continue and pass to support
 2. Form a stable base and offload
 3. Go to ground and pop to support
 4. Go to ground and present the ball with sound technique to support.

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. Ball remains off the shirt.
4. Follow through on pass towards target.
5. Accurate communication between attacking team players.
6. Finding space to receive the pass - movement off the ball.
7. Defensive organisation (maintaining a flat line).

Difficulty:

- Player cannot catch unless on the move - promotes agility / evasion on and off the ball.
- Increase width of pitch to create more space and scoring options.
- Introduce so that minimum 2 / 3 players must be in the scoring zone before a score can be made.
- Play game with tags - player must pass ball once tag is made.