

12 players

## Drop Off Touch

**Objective** – To develop passing accuracy and types of pass. Can also develop spatial awareness, lines of run, communication, decision making, evasion, defensive organisation and communication

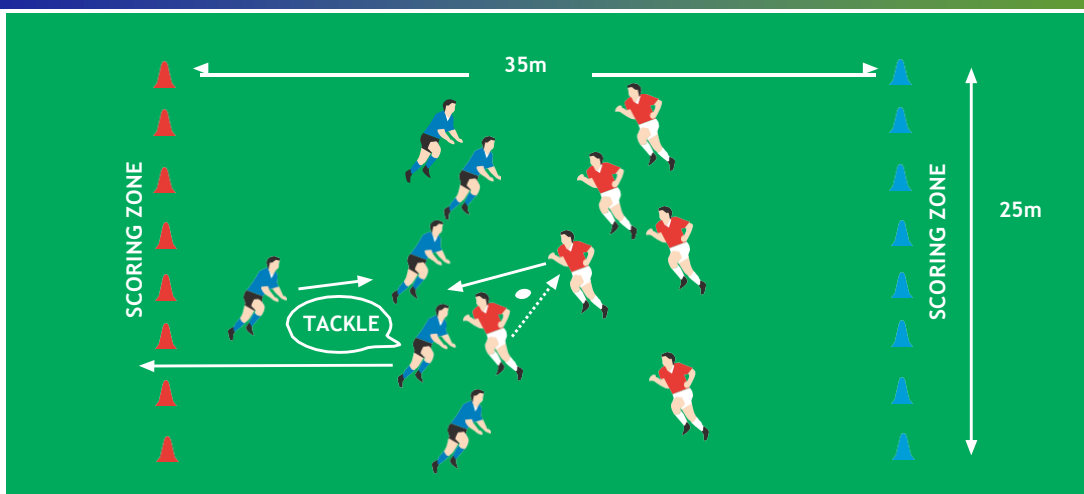
### Equipment needed:

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

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Two teams - attack try to score in defensive team's zone.
- Defending team must make two handed touch on ball carrier's hips.
- Defender drops out of line and runs to own scoring zone prior to re-entering game.

#### Attacker options:

1. Continue and pass.
2. Form stable base and offload.
3. Go to ground and pop to support.
4. Go to ground and present ball with sound technique

#### Defender options

1. Touch nearest side line.
2. Retire to try line. Remain until score or rejoin immediately.
3. Run to try line and perform physical competency exercise e.g. forward roll, animal walk.

### Coaching points/Key factors:

#### Hand catch

1. Hands in the ready position, with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow through and fingers point to target after the ball is released.

#### Finding Space

1. Ball carrier to scan the defensive line - head up.
2. Support players to communicate accurately with ball carrier and to recognise and communicate existence of space in the defensive line.

### Difficulty:

- Players not allowed to catch ball unless on the move - promotes agility / evasion on and off the ball.
- Increase width of pitch to create more space and scoring options.
- Introduce minimum number (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.