

Players: 9

Lineout Circle

Objective – To develop the lineout throw, outmaneuvering, jumping and catching (whilst in the air)

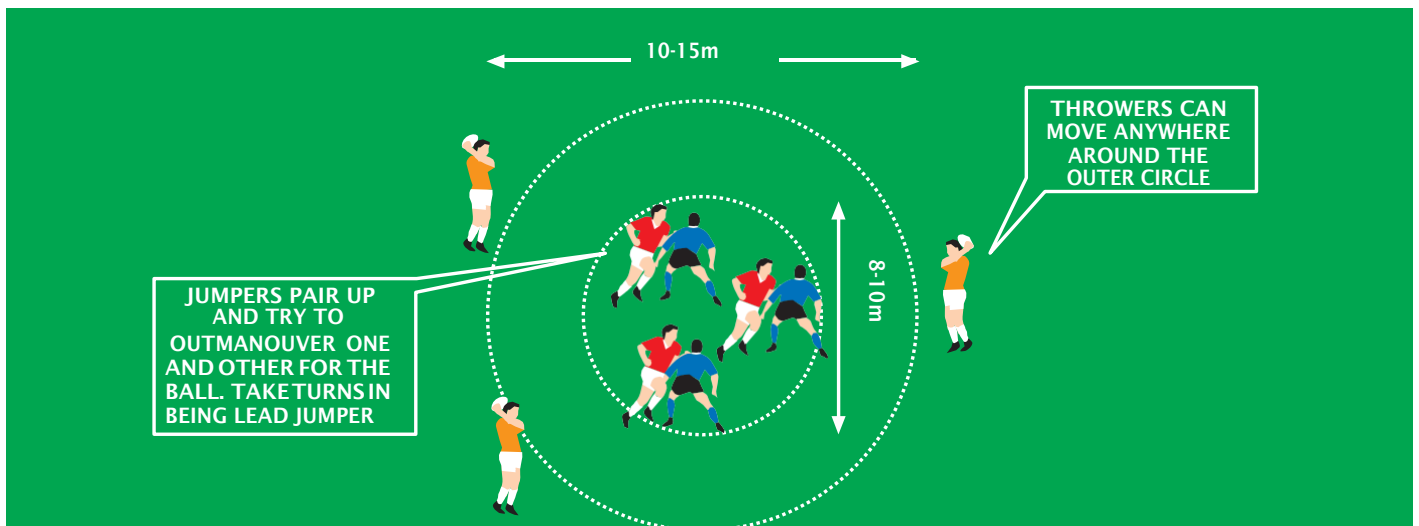
Equipment needed:

- Balls: 3
- Cones: 1 stack
- Bibs: 3

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Three throwers and six jumpers (in pairs _ working against each other) - each thrower coupled with a pair of jumpers.
- Throwers must stay behind the outside circle, jumpers must stay in the small circle.
- Aim is for the jumper to outmanoeuvring his / her partner before calling for the ball to be thrown in.
- Throwers can move anywhere around the outer circle - try to help jumper outmanoeuvre their partner by moving closer to them.
- Jumpers to jump straight in the air, catching ball above their heads.
- Swap over roles every 3-5 throws.
- Opposite jumper can compete for ball but must attempt jump and catch with two hands.

Coaching points/Key factors:

Thrower

1. Thrower to have two hands on the ball in an upright position.
2. Start position with arms in 'cocked' position.
3. Follow-through with hands pointing at jumpers' hands, arms to full extension.

Jumper

1. Outmanoeuvre opponent to move into space.
2. Legs and feet in 'athletic' position (knees slightly bent).
3. Hands out in front ready to catch.
4. Jump straight from ready position - no dip.
5. Catch the ball in two hands above head.
6. Land safely and deliver ball to scrum-half.

Difficulty:

- Widen both circles - harder for the throwers but easier for the jumpers (more space).