

12 Players

Lineout End Ball

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

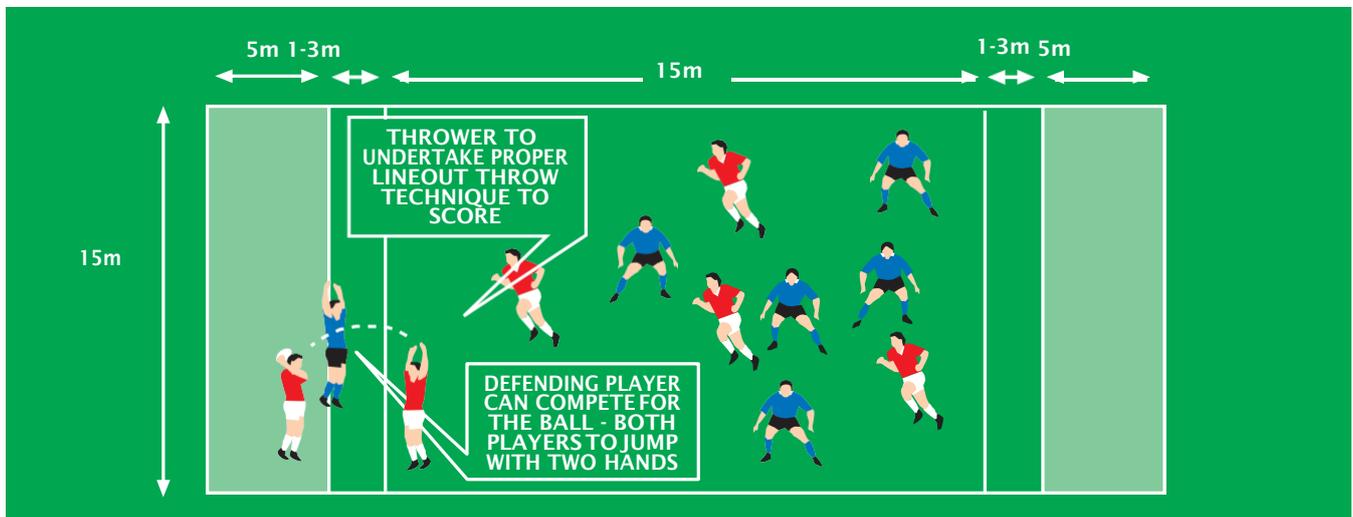
Equipment needed:

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

Suggested time allocation:

- 10 -15 minutes

Set-up Diagram:



How to play:

- Six players per team (one team in bibs).
- Only one player from each team allowed in scoring zone.
- All passes must be above head height, using good overhead throw (football shy), jump and catch technique.
- Players cannot move with the ball and must be static when ball is thrown (to promote good technique).
- Players in scoring zone must start from a static position before attacking player starts to outmanoeuvre his / her opponent.

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:

- Regressions Increase distance up to 3m between throwing line and scoring zone (longer throw for thrower).
- Scoring zone includes a scrum-half.
- Catching player passes to him / her once ball is caught.