

Players: Groups of 3

Lineout – Move and Catch

Objective – To develop outmaneuvering and throwing skills at the lineout.

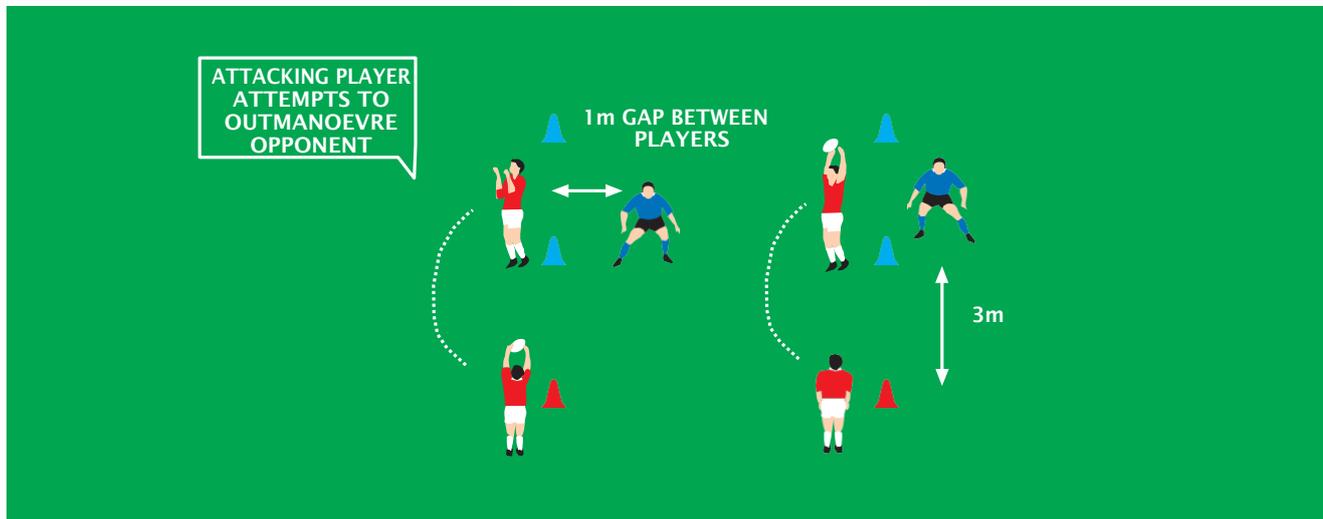
Equipment needed:

- Balls: 1 per group
- Cones: 9

Suggested time allocation:

- 10 minutes

Set-up Diagram:



How to play:

- Three players per group (one thrower, one attacking jumper, one defending jumper).
- Attacking jumper attempts to outmanoeuvre his / her defending jumper by using quick feet and agility.
- Attacking jumper communicates with thrower when he / she wants the ball to be thrown.
- Both jumpers attempt to catch ball in two hands whilst in the air.
- Jumping technique should be sound at this point.
- Throwers and jumpers rotate to enable every player to practice every skill.

Difficulty:

- Swap throwers and jumpers around every one minute - keep players thinking and develop their skills.
- Increase to two attacking and two defending players per practice.

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.