

16 players

Number Touch

Objective – Recognition of the space in the defence and the players' ability to attack through that space.

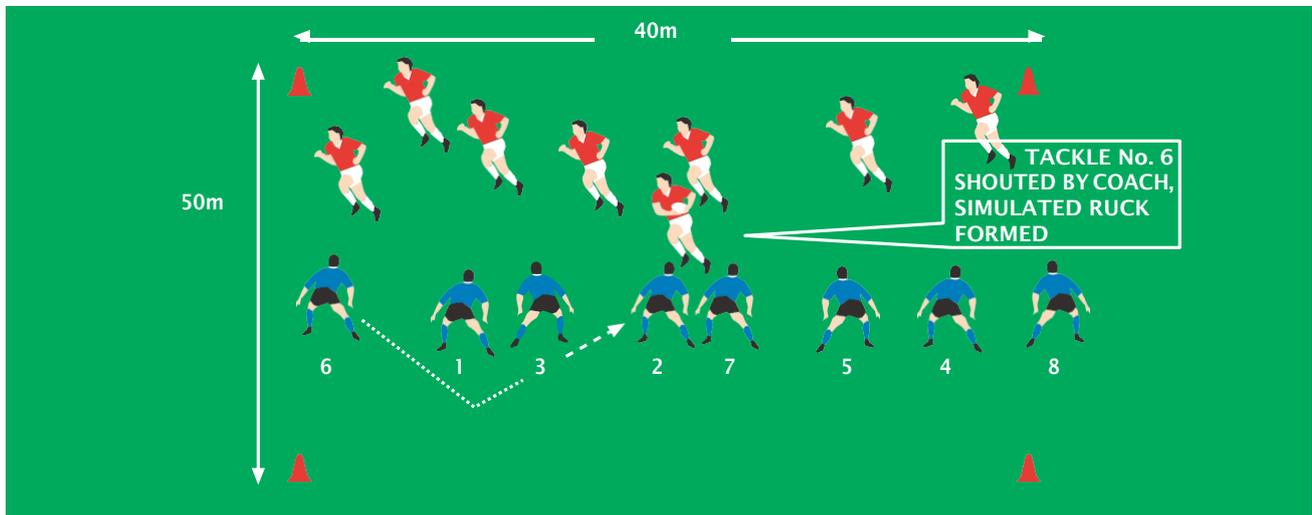
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 8

Suggested time allocation:

- 10-15 minutes

Set-up Diagram:



How to play:

- When a touch is made on an attacker, the attacker can either present the ball accurately or offload depending on the focus of the activity.
- Each defender is given a number and when their number is called they enter the contact area and simulate a ruck (call in more numbers to create larger gaps in the defence).
- The remaining defenders are then told to defend narrow or wide.
- The attackers then attack the appropriate space.

Coaching points/Key factors:

1. Scanning to identify space on the pitch.
2. Accurate communication.
3. Catch / grab the ball as early as possible.
4. Follow through and fingers point to target after the ball is released.

Difficulty:

- Develop on to scrage, then full contact to promote more leg drive and contact skills.
- Coach can change game so that players have to retreat to their own try line before getting back into the game.
- Decrease number of defenders to create more space.