

12 Players

Offload Touch Rugby

Objective – To further develop the lateral pass and hand catch technique

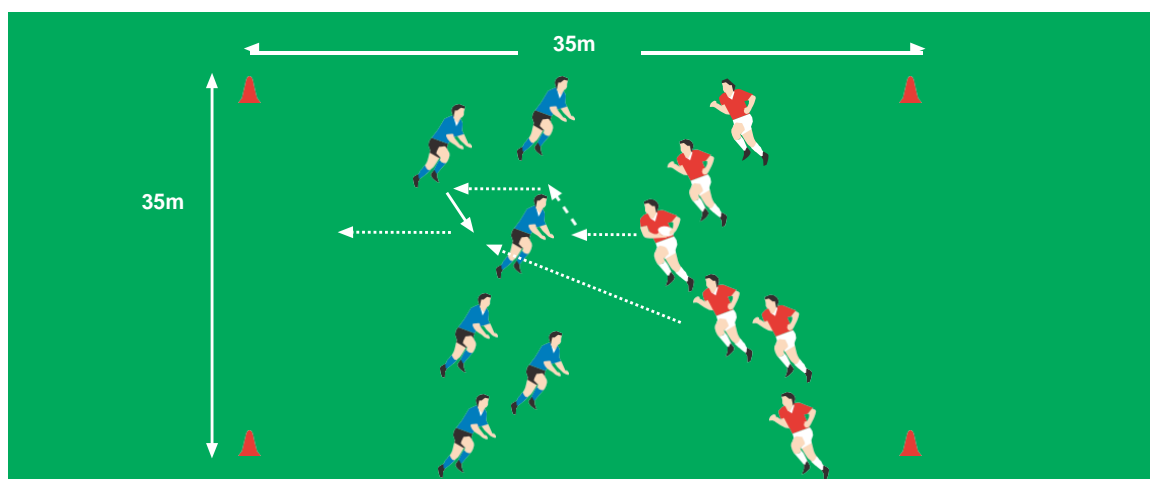
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Six attackers and six defenders.
- The defenders have to two-hand touch the ball carrier to stop the attack.
- Once touched, the ball carrier looks to offload to a support player running through.
- If the player isn't able to offload within two seconds they go to ground and present the ball.
- Next player goes in and makes clearing pass.
- If team scores a try, the ball is given to the opposition.
- Turnover also occurs for a knock-on or forward pass.

Difficulty:

- Offloads must be within two metres of tackle.
- If not, turn ball over to other team.
- If offload not made, ball carrier goes to ground and presents the ball.
- One player from each team go over top of ball to create ruck.
- Introduce more than one option in support, i.e. having one supporter either side and one behind creating a diamond shape.
- If ball is not offloaded within two seconds then possession is turned over to the other team.
- Progress to tackle, using only 1-on-1 tackles (Refer to tackle key factors LTPD stage 1 FUNdamentals). If player runs directly into contact the ball is turned over to the other team.

Coaching points/Key factors:

1. Avoid head-on tackles - try to dodge the defender first.
2. Two hands on the ball.
3. If tackled, drive the legs to keep moving forward and look for support.
4. Pass to a support runner coming onto the ball at pace.
5. Support runner has hands up to hand catch effectively.