

10 Players

Overload Touch

Objective – To develop the lateral pass, hand catch technique and depth of running. Realignment is also an area developed in this practice.

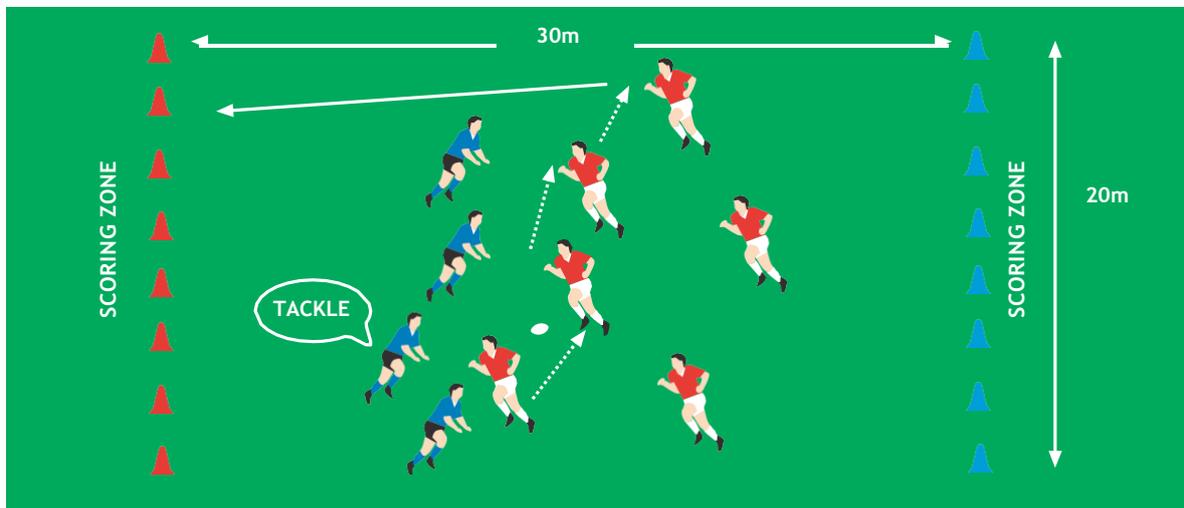
Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: 4/6

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- Form two teams - attackers have two more players than defenders.
- Once defender makes a two handed touch tackle on waist the ball carrier can:
 1. Continue and pass.
 2. Form stable base and offload.
 3. Go to ground and pop pass to supporting players.
 4. Go to ground and present the ball with good technique to supporting players.
- Once a try has been scored, the attack turn around and attack the opposite scoring zone.

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Early reach _ catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow through and fingers point to target after the ball is released.

Difficulty:

- Increase width of pitch to create more space and scoring options.
- Progress so that minimum 2 / 3 players must be in the scoring zone before a score can be made.
- Progress to tackle, using only 1-on-1 tackles (Refer to tackle key factors LTPD stage 1 FUNDamentals).
- Play game with tags - player must pass ball once tag is made.