

10 Players

Overload Touch

Objective – Develop passing accuracy and strength of pass. Can improve spatial awareness, lines of run, communication, decision making and evasion. Defensive organisation and communication

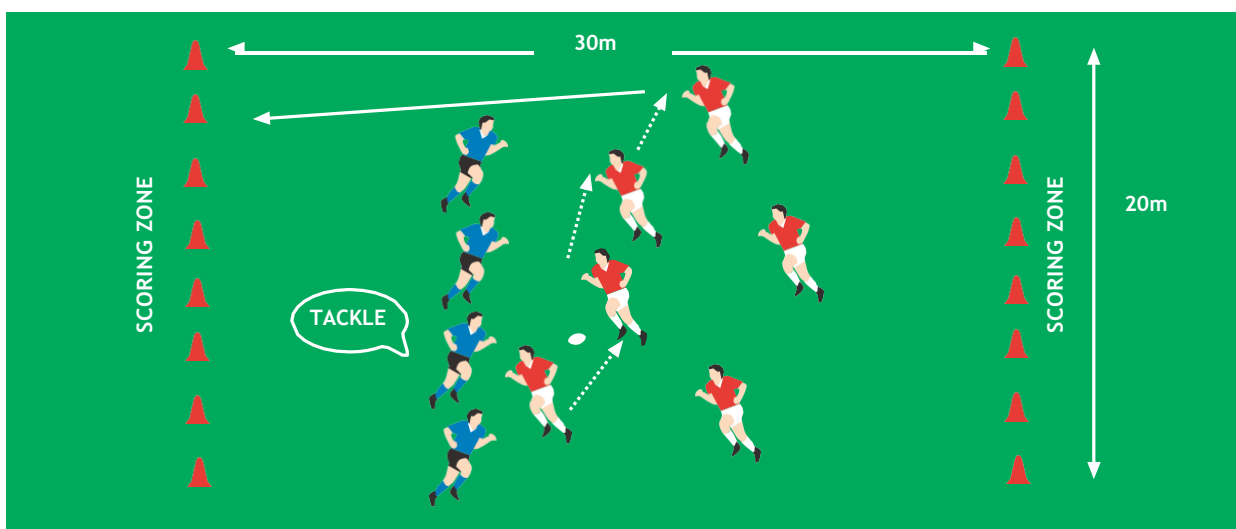
Equipment needed:

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

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Start with more attackers than defenders lined up against each other.
- Once defender makes a two handed touch tackle on waist the ball carrier can:
 1. Continue and pass to a supporting player
 2. Form a stable base and offload to a supporting player.
 3. Go to ground and pop to supporting player
 4. Go to ground and present the ball close to a supporting player.
- Once a try has been scored, the attack turn around and attack the opposite scoring zone

Coaching points/Key factors:

1. Players to evade opponents by using skills such as the side step, spin and swerve.
2. Players to get into low position to make a tag - get foot in close to the player.

Difficulty:

- Increase width of pitch to create more space and scoring options.
- Introduce so that minimum of 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.