

12 Players

Parramatta Touch Rugby

Objective – Develop spatial awareness and ability to attack space - will also improve the player's ability to catch and pass accurately under pressure.

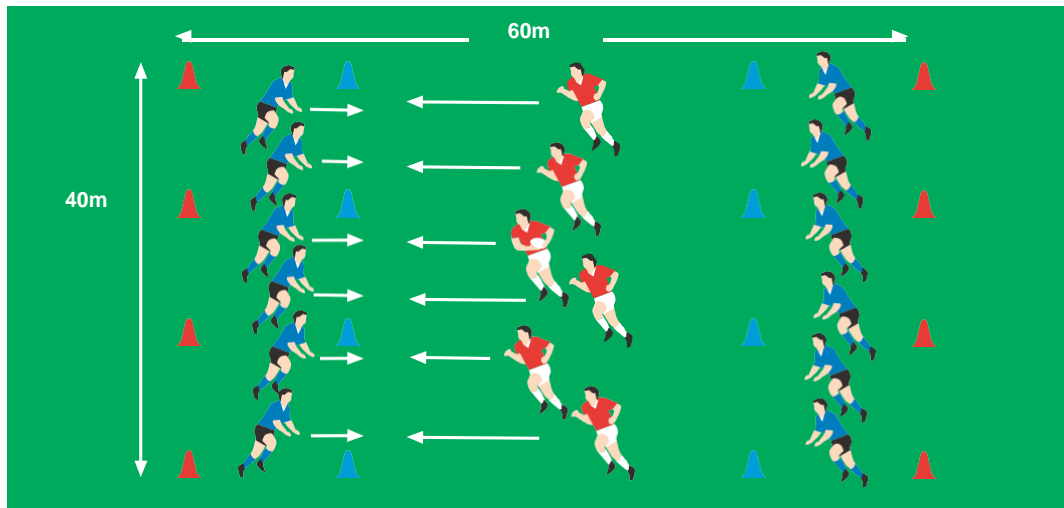
Equipment needed:

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

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- Attacking team starts from the centre cones and attacks one defensive zone.
- Attackers only get one chance to score.
- If a mistake is made i.e. a touch is made, dropped ball, forward pass etc, the attack turns around and immediately attacks the opposite zone.
- This continues for a set time dictated by the coach.
- If the attackers score, the defence must run around their red cones and return to their defensive zone before the attack starts attacking them again.
- If defenders make a touch they get a rest.
- The defenders cannot defend outside of their zones.
- Each team gets 10 attacks - add the scores.

Coaching points/Key factors:

1. Hands in the ready position with palms facing the ball and thumbs together.
2. Catch the ball in their hands.
3. Ball remains off the shirt.
4. Follow through on pass towards target.
5. Time run onto the ball to ensure go-forward.

Difficulty:

1. Coach to determine how active defenders are (depending on success of attack).
2. Coach can add or subtract defenders from areas.
3. Start ball in centre of attack or side to create different decision-making options for attackers and defenders.
4. Add in defensive key factors such as even spacing and moving forward as a line.