

7 Players

Pop off the ground touch

Objective – Develop players' ability to offload the ball during and post tackle / touch. Activity also aids players hand catch technique and evasive skill.

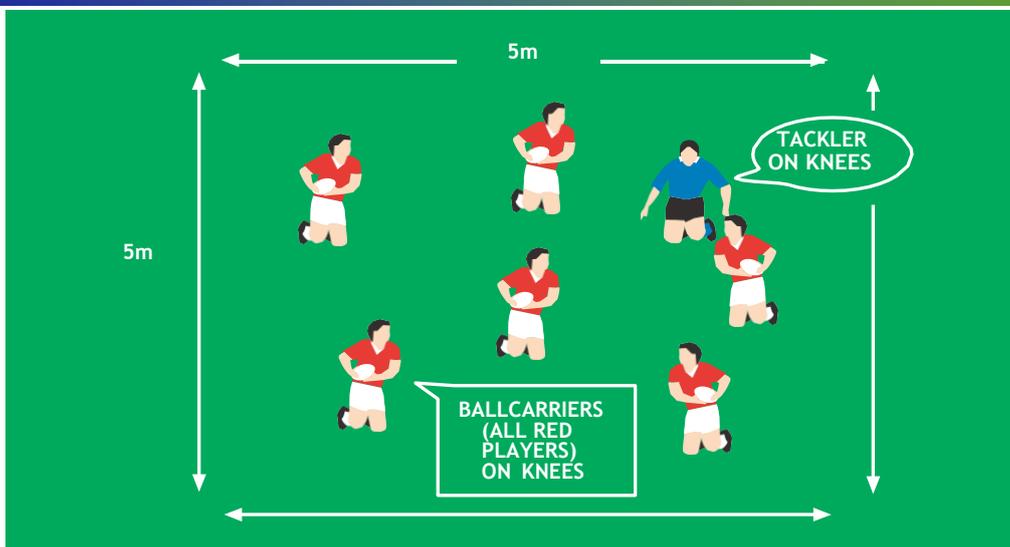
Equipment needed:

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

Suggested time allocation:

- 15 minutes

Set-up Diagram:



How to play:

- Attackers aim to score in defenders' scoring zone.
- The defenders have to two-hand touch the ball carrier to stop the attack.
- Once touched, the ball carrier goes to ground then looks to offload to a support player who is moving forward.
- If the player is not able to offload within two seconds, they 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.

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 before falling to ground.
4. Look for support by turning body towards team mates.
5. Pass to a support runner coming onto the ball at pace.

Difficulty:

- Introduce minimum / maximum passing distance (either when scoring or after tackle).
- Supporting player cannot catch ball unless on the move - promotes agility / evasion on and off the ball.
- Introduce so that minimum 2 / 3 players must be in the scoring zone before a score can be made.
- Play game with tags - player must go down and offload ball once tag is made.