

## 12 Players

## Ruck Touch Rugby

**Objective** – Develop rucking ability of defenders and attackers. The touch game will also develop hand catch, offload and spatial awareness skills.

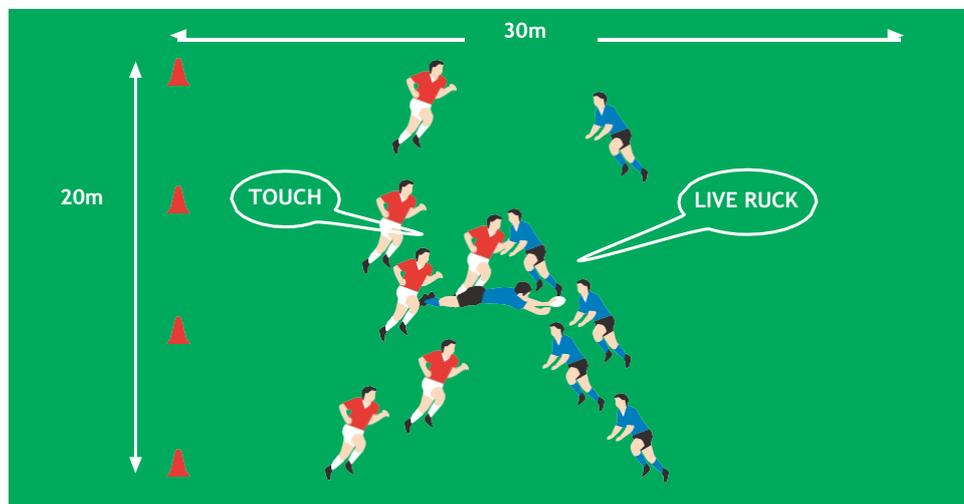
### Equipment needed:

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

### Suggested time allocation:

- 10 – 15 minutes

### Set-up Diagram:



### How to play:

- Usual touch laws - offload after two steps or two seconds.
- When touch is made, ball carrier goes to ground and presents - live ruck - no more than 1 player from each side in the ruck.
- Ensure ball presentation skills are high, even if a tackle has not been made.

### Difficulty:

- Coach to determine how active defenders are (depending on success of attack).
- Coach can add or remove defenders from areas.
- Coaches call 'tackle' when they want the next touch to be a tackle - this will keep players thinking.
- Progress to more than one attacker and defender in the contact.

### Coaching points/Key factors:

#### Hand catch

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. Support the ball carrier into contact.

#### Ball presentation

1. Avoid head on tackles - try to dodge the defender first
2. When tackled - drive the legs to keep moving forward
3. When brought to ground extend the arms and with two hands present the ball as close to support as possible and as far away from the opposition as possible.

#### Support players

1. Anticipate contact.
2. Be prepared to receive the offload or clear-out defenders.