

## 12 Players

## Ruck Around the Clock

**Objective** – To develop contact skills - the hierarchy of contact (stay on feet, offload, pop from the ground, ball presentation). Hand catch technique from first receiver. Evasive skills under pressure as creating space is key.

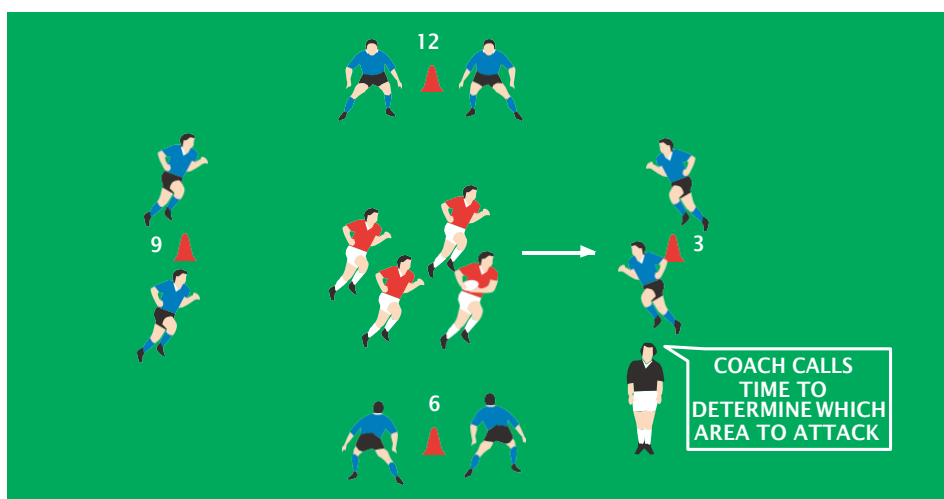
### Equipment needed:

- Balls: 1
- Cones: 4
- Bibs: 4

### Suggested time allocation:

- 5 minutes

### Set-up Diagram:



### How to play:

- Eight defenders - two defenders on each cone.
- 4 attackers - swap after every 6 rucks.
- Coach calls time (e.g. 3 o'clock) - attackers attempt to get past the two defenders and offload if possible.
- If the ball carrier is taken to the floor, he / she presents the ball and then a ruck is formed.

### Difficulty:

- Increase / decrease number of attackers and defenders.
- Condition defenders to encourage attack to make decisions - i.e. where they stand relative to ball
- Focus on technique at all times.

### Coaching points/Key factors:

- Successful pass behind the defender to a support runner coming on to the ball at pace.
- Support players arrive at the contact area anticipating receipt of pass (hands out ready).

#### Ball presentation

1. On engagement keep body tense and keep spine in line.
2. When tackled drive the legs and keep moving forwards.
3. When brought to ground extend arms and with two hands present the ball as close to support as possible and as far away from the opposition as possible.