

layers: 8 per square

Ruck n' Roll

Objective – Develop effective body position for contact and understanding of individual player roles in contact

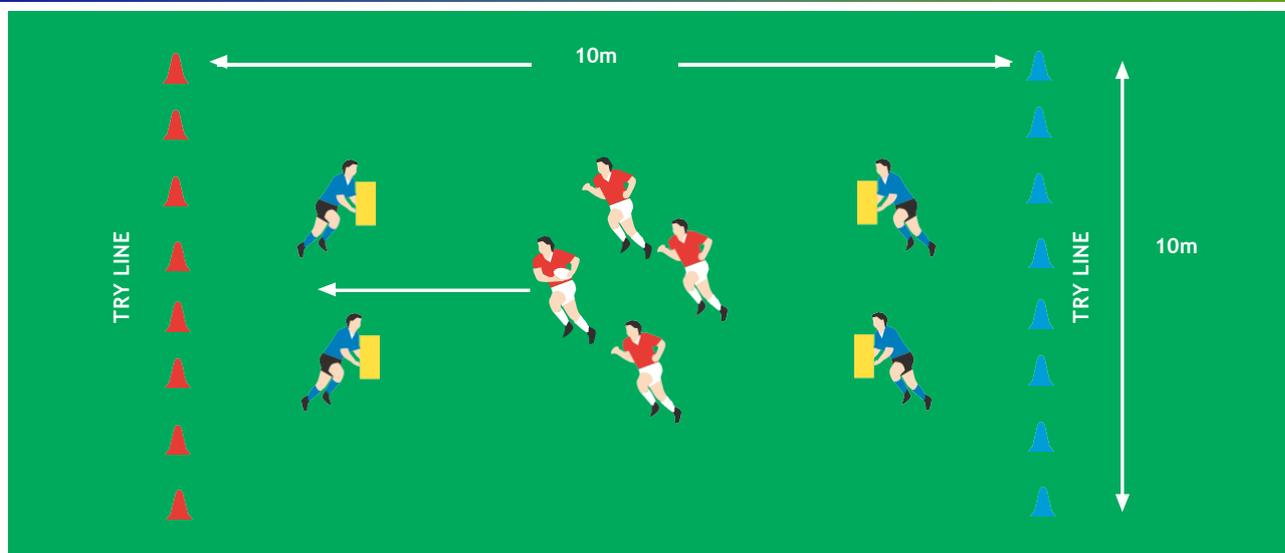
Equipment needed:

- Balls: 1
- Cones: 4
- Shield: 4 (junior size)

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Attacking players are always attacking with 2 x 2 defensive players with tackle shields.
- The ball carrier tries to attack space between the two shields maintaining leg drive through contact.
- The two closest support players then look to clear out defenders, with the third support player assessing whether to help with the clear out or play the ball.
- Once the ball is available, the ball is picked up and the same process continues on the opposite pads.
- On the coaches call, the players stop rucking and try to score a try on the try line they are facing.

Coaching points/Key factors:

1. Low body position.
2. Make tight contact with shoulder on ruck.
3. Dynamic leg drive.
4. Drive from low to high.
5. Communication skills

Difficulty:

- Coach to determine how active defenders are (depending on success of attack).
- Increase / decrease number of defenders and attackers depending on success and challenge required.