

6 -20 Players

Sharks and Fishes

Objective – To develop evasion/invasion skills

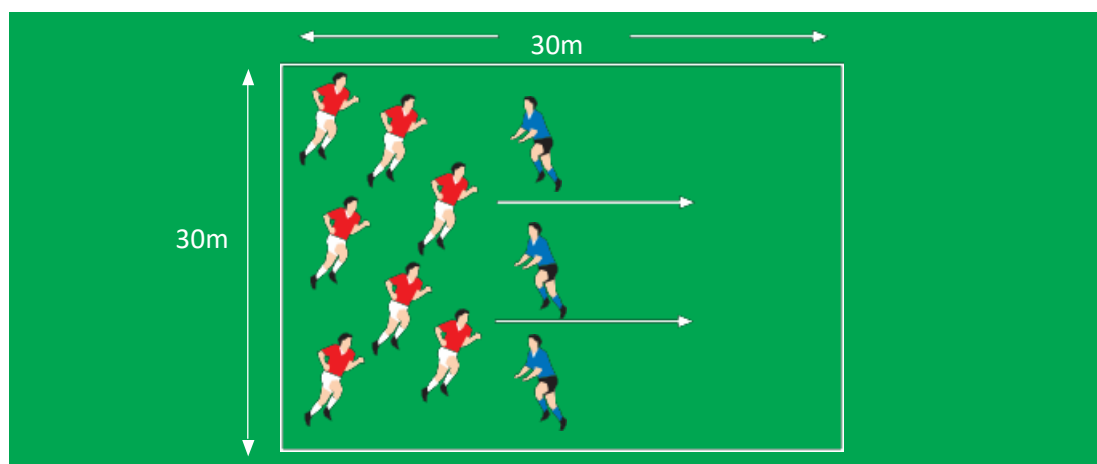
Equipment needed:

- Rugby Ball for each player
- 1 stack of cones

Suggested time allocation:

- 2 – 5 minutes

Set-up Diagram:



How to play:

- On the coach's call, players must run to the line opposite without being tackled by a selected defender(s)
- One tackled, the player then joins the defending team
- This continues until the last attacking player has not been caught
- No more than one defender at a time should attempt to tackle any one player

Difficulty:

- The coach can select more defenders depending on the size/ability of the group
- The size of the area can also be increased or decreased to either allow more space or increase pressure on players
- Attacking players should all carry a ball if there is enough equipment
- Defensive principles can also be added for defending players

Coaching points/Key factors:

Evasion skills

- Side-step, change of pace, change of direction

Defensive principles

- Move forward, ready position