

Players: 11+

Single Try Line Touch

Objective – To develop the lateral pass, hand catch technique and depth of running. Realignment is also an area developed in this practice

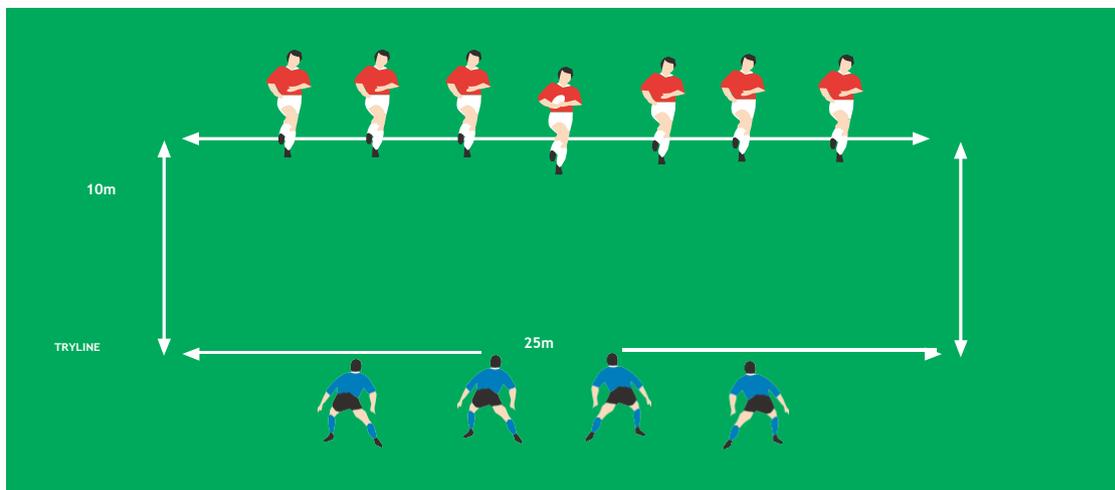
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 4

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Seven attackers, four defenders.
- Defenders defend for one minute before swapping.
- Attackers aim to score try only on one clearly marked try line playing normal touch rugby.
- If ball carrier is touched, or a try is scored, then all attackers must retreat back to their start position.
- Rotate attack and defence after each one minute interval.

Coaching points/Key factors:

1. Hands in the ready position, with palms facing the ball and thumbs together.
2. Early reach - catch / grab the ball as early as possible.
3. Watch the ball all the way into hands.
4. Once caught, turn to identify the receiver.
5. Keep ball up between waist and chest area - moving the ball quickly across the body.
6. Follow through and fingers point to target after the ball is released.
7. Spatial awareness with and without possession.
8. Communication skills.
9. Evasion skills and footwork.

Difficulty:

- Widen / shorten try line to add / remove defensive pressure.
- Try scorer swaps with defender to keep rotation going.
- Attackers and defenders run round one corner of the pitch before re-aligning.
- Add coloured cones at intervals on sideline.
- Attackers re-align on the specific cone as directed.
- Must score with miss / switch / loop pass.