

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.

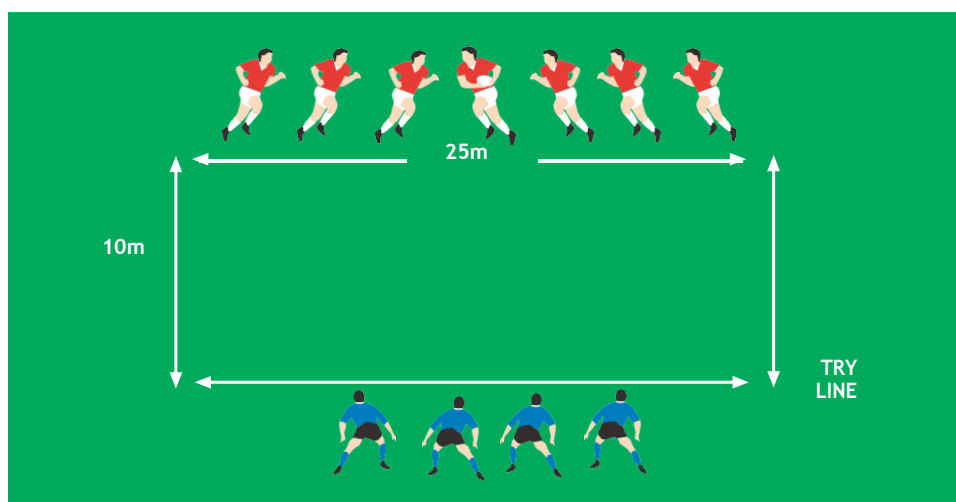
### Equipment needed:

- 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 over the 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.
- Swap attackers after each one minute interval.
- Four of the attackers become defenders.

### Coaching points/Key factors:

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. Spatial awareness with and without possession.
5. Communication skills.
6. Evasion skills and footwork.

### Difficulty:

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