

16 Players

Switch Loop Pass Exercise

Objective – To develop understanding of the loop and switch pass, including the principles of creating space, passing into space and running into space

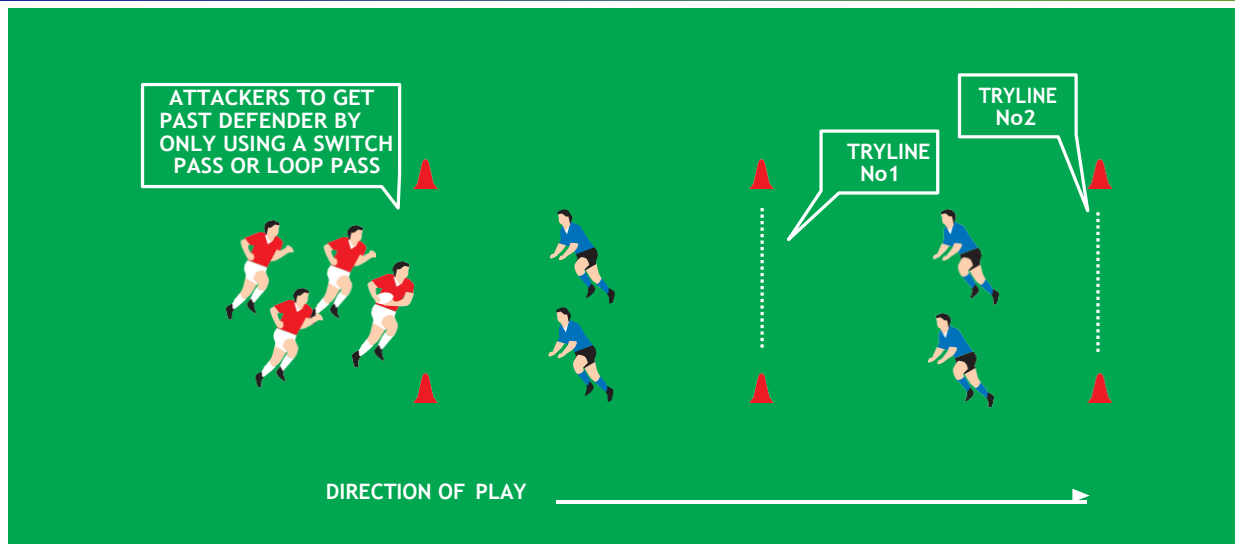
Equipment needed:

- Balls: 1
- Cones: 1 stack
- Bibs: 3

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Four attackers and four defenders.
- Two x 5m x 5m grids with two defenders in each grid.
- First attacker attacks tryline, first defenders (blue players) attempt to stop attack - can be either touch, scrag or full contact.
- Attackers must use switch or loop pass to create and exploit space.
- Attackers play through to second try line once they have scored over the first try line.

Difficulty:

- Increase number of defenders in each grid.
- Widen /shorten grid size.
- Progress to a game whereby teams must use a switch or loop to score a try.

Coaching points/Key factors:

Switch - (ball carrier)

1. Interest and drag opposite defender towards next defender (go forward).
2. Change direction towards support player.
3. Turn body towards player.
4. Communicate with support player.
5. Pop pass to support player who has changed direction.

Switch - (support player)

1. Communicate with ball carrier.
2. Interest opposite defender then late change of direction.
3. Run into space that has been created by ball carrier.
4. Accelerate on to the pass and evade further defenders.

Loop - (ball carrier)

1. Interest and drag defender towards next defender (go forward).
2. Pass to support attacker.
3. Run around back of support attacker.
4. Receive pass in return and run into space.

Loop - (support player)

1. Interest and drag opposite defender towards ball carrier's defender through straight running then late cut back towards ball carrier.
2. Hands out to receive pass.
3. Effective pass to original ball carrier once they have run around and are ready to receive return pass.