# 2v2 BALL SECURE PLUS

5-7 MINS

FOCUS AREA

TACKLE CONTEST / ATTACK / DEFENCE

GET INTO RUGBY

## WHAT TO DO

1. Two players from each team work to secure possession after the coach throws the ball in.
2. Once secured the other players fold around the corner into attack and defence positions.
3.The ball is then distributed to the attack and play continues as normal (start with grab touch and progress).
4. Drill ends on coach's signal

## COACHING TIPS

* Tackle Support - decision making options
* Win shoulder-chest battle

## VARIATIONS

* Add or subtract players from either team.
* Keep playing on dropped / turnover ball.

## QUESTIONS FOR UNDERSTANDING

* What decisions are we making when trying to secure / recapture possession?
* What options are available to the defensive team on a dominant tackle compared to a passive tackle?

## FOCUS SKILLS

* Ground skills
* Support
* Attack - shape & usage
* Defence - tracking & connections