CONTINUOUS BALL INTO CONTACT 2

3-5 MINS

FOCUS AREA

TACKLE CONTEST / ATTACK

GET INTO RUGBY

WHAT TO DO

1. Player in the middle line starts by passing to either their left or right.
2. Ball carrier carries the ball into contact (defender with a pad) and goes to ground.
3. Support player is the person who passed the ball (Primary Support).
4. The attacker behind the ball carrier become the distributor and passes the ball to the next support player.
5. The drill continues in the opposite direction towards the next hit shield.

COACHING TIPS

* Attacker - head to side, ball away from contact; active feet and fighting for the ground in dominant position.
* Support - Shoulders under shoulders (win contact); active feet with first dynamic step into contact.

VARIATIONS

* Identify the type of ball carry and placement (hit and roll; N-S; place and go; etc.)

QUESTIONS FOR UNDERSTANDING

* Why is it important for the Primary Support to be the first person the enter the tackle contest area?
* What can the ball carrier do to assist their support players?

FOCUS SKILLS

* Ball Carrier - Target / Control / Adapt
* Support - Target / Control / Adapt