DROP OUT DEFENDER

5-10 MINS

FOCUS AREA

ATTACK / DEFENCE

GET INTO RUGBY

WHAT TO DO

1. Even numbered teams play a game of two-handed touch.
2. The defending team must sit one player, per play, behind their tryline, out of the game for that "phase"
2. This player enters whenever their team regains possession
3. The ball is turned over if a try is scored, the ball is dropped or if the ball carrier is tagged.
4. The game encourages improvisation of play, so allowing play to flow by removing all stoppages is important.

COACHING TIPS

* Get into position early.
* Identify space and communicate available options.
* Support from depth and change angle of run / pass if appropriate.

VARIATIONS

* Tagged player must hand over the ball and then complete a push-up.

QUESTIONS FOR UNDERSTANDING

* What made an attacking raid successful v unsuccessful?
* What decisions did you make as an attacker to evade defenders and use space?
* How did the defenders stop a try being scored?

FOCUS SKILLS

* Support
* Communication
* Decision making
* Tracking