STEAL THE PILL - Passive

10 MINS

FOCUS AREA

MOVEMENT / TACKLE CONTEST

GET INTO RUGBY

WHAT TO DO

1. Five players sit on the ground within the grid with a ball
2. Two rely teams of players line up behind the line
3. On the coaches call one player from each team runs to a ball carrier to try to gain possession and steal the ball.
4. The player with the ball must complete a north-south ball placement to get the ball away from the defender.
5. The defender must then go through the gate (player's feet), come through and pick up the ball.
6. If the player picks up the ball they place it back on the ground and tag the next person in line.

TEACHING TIPS

* Hold ball in two firm hands
* Change speed when coming near contact and adjust to go through the 'gate'

VARIATIONS

* If the defender collects the ball, they pass it to the next person in the line - team with most balls wins.
* Continuous game, where the defender who wins possession then becomes the ball carrier; pilfered player runs to the end of the line.

QUESTIONS FOR UNDERSTANDING

* What should a long ball place look like?
* what body shape do you need when pilfering a ball?

COACHING POINTS

* Ground skills
* Ball off the ground