

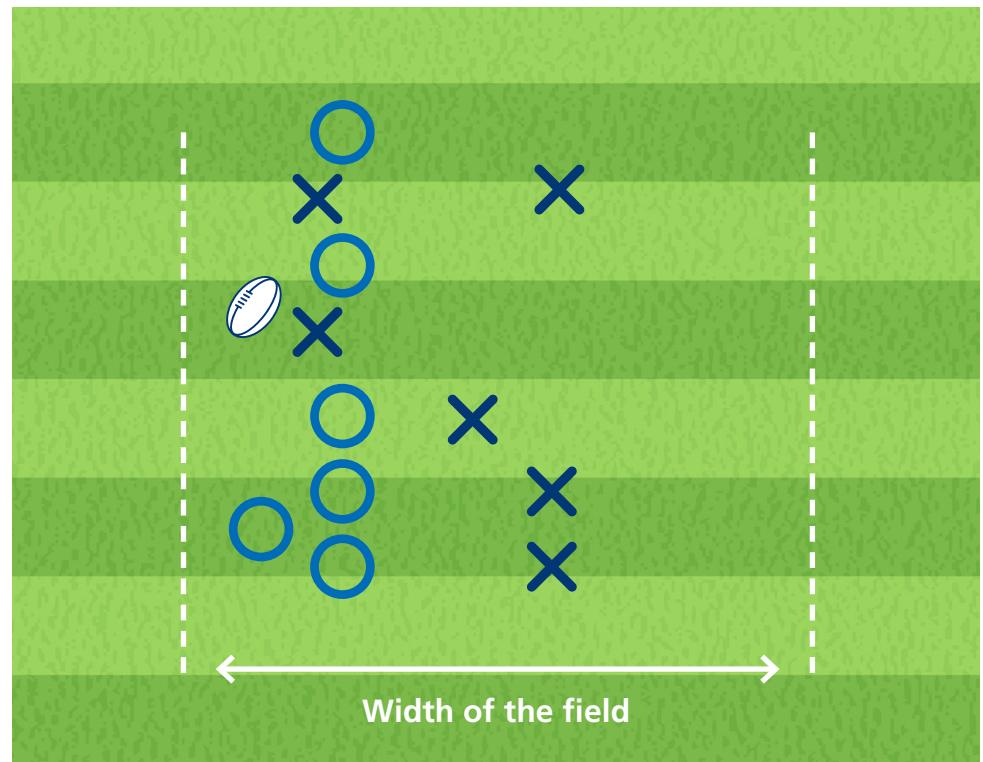


Drill 1: Off-load touch

1. Two teams of even sides
2. Play half the field, across the width
3. On a two hand touch, the player must 'off-load' the ball
4. The defending team must try and get on-side, while the attacking team can play with continuity
5. The team with the ball has unlimited touches, while a handover is only from a dropped ball

Modifications

- Adjust the size of the field
- Move to tackle/scrag with off-loads off the ground or in contact (i.e. no breakdown turnovers)



Can you see?

- Players off-loading the ball behind the defence (as opposed to in front)
- Support players recognising where they need to be to support the player with the ball
- Players with the ball getting to the space between defenders to allow a better off-load

You could ask...

- What off-loads create the most space for team-mates?
- If you are supporting the player with the ball what cues help you decide what you need to do?
- What makes a good off-load?



Drill 2: Progression of ball into contact

Progression 1: Finding the defender's edge

1. Set up two parallel lines of cones, 5m apart
2. Have players partner up with someone of similar size/weight
3. Ball carrier stands on one cone, the other partner stands just in front with both hands on the ball carrier's shoulders
4. On go, the ball carrier must pick an edge and accelerate by their partner to run through to the other parallel cone

Progression 2: Power through contact

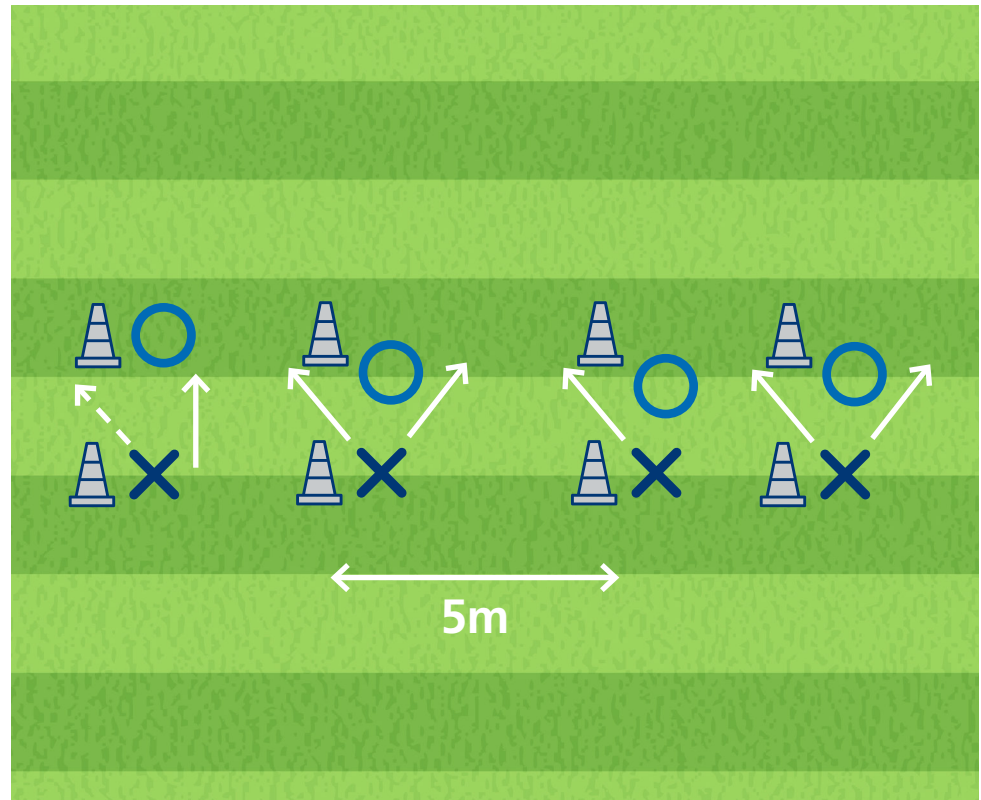
1. One player is the ball carrier who has tucked the ball in a lowered body position
2. The other partner provides resistance to the ball carrier who is fighting to stay up by driving their legs through the contact

Progression 3: Ball presentation

1. One player pins their partner's legs to the ground with their hands, with the pair forming a T shape
2. On go, the pinned player must aggressively lift their torso and shoulders to present the ball in a staple
3. Have them practice a variety of ways to present the ball

Modifications

- Adjust to the players ability level
- Be creative and come up with your own primers



Can you see?

- Players decisively picking an edge and running hard
- Players driving their legs and protecting the ball
- Moving with intent and speed

You could ask...

- Why do we say accelerate through?
- What key cues do you have going into contact?
- What does good ball placement look like?

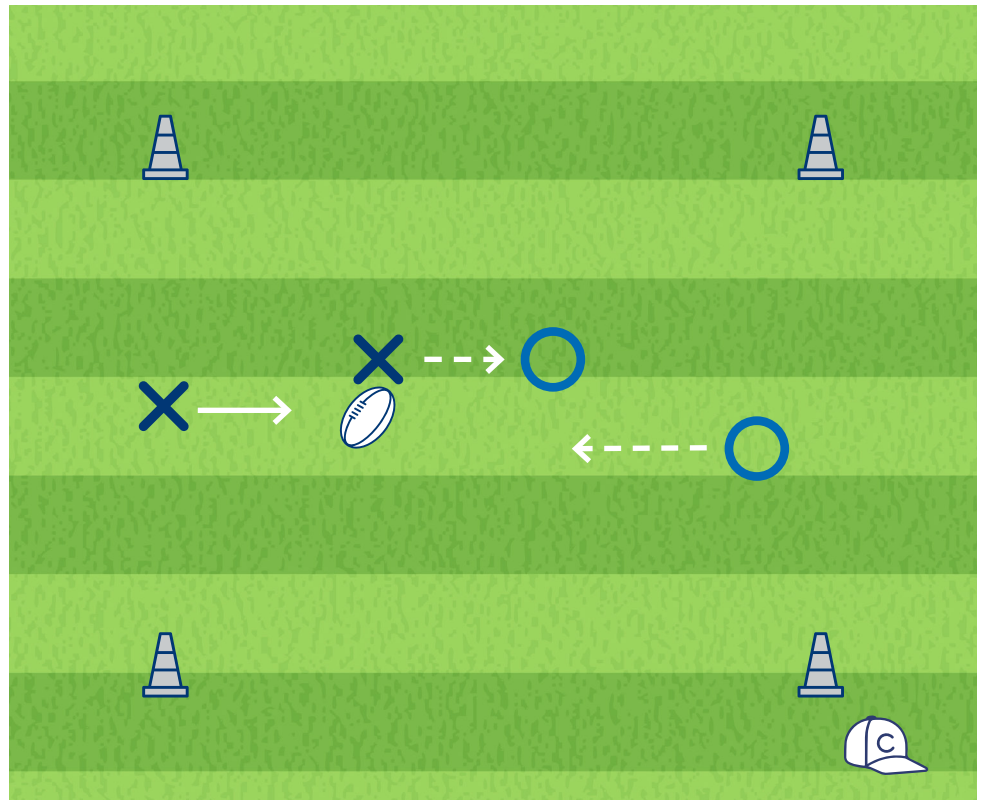


Drill 3: Knee breakdown

1. Have one kneeling pair of defender (tackler) & attacker (ball carrier) face each other 1m apart in the centre of the square. This will be the tackle and breakdown zone
2. Have a second pair of defender & attacker also mirroring each other standing 1m behind kneeling players. They will be arriving support players at the breakdown
3. Coach calls go. On knees, the ball carrier attempts to get past the tackler and score, while tackler executes a tackle
4. At the same time, the support attacker and defender transition to their feet and move to the breakdown – attacker aiming to secure ball and ruck, defender attempting to hunt the ball or clear out the opponent
5. Attack wins if a try is scored or ball is secured and retained. Defence wins if the ball is turned over or attack is blown off the ball
6. Switch roles

Modifications

- Change support player set up position; on knees facing away from each other, lying on their backs, on stomach, standing to down up on cue
- Change square dimensions



Can you see?

- Support players are quick to respond and anticipate tackle
- Arriving players approach through the gates with low body position but maintaining bodyweight
- Clear communication from arriving players

Attack

- Ball carrier aggressive to “score the try” on the ground (dominant) before placing

Defence

- Good decision making at tackle – hunt, take space, clean out, post

You could ask...

- Ball carrier – how can you put yourself in the best possible position for your team?
- Support attacker/defender - how do you predict tackle result? (Get involved yourself)
- Tackler – where are you looking?
- Support defender – what are you looking for as you approach the tackle/breakdown?