Triangle Pass

2-3 MINS

FOCUS AREA

SKILLS

GET INTO RUGBY

WHAT TO DO

1. In groups of 3 in a triangle formation, players pass the ball and complete as many circuits as they can without dropping the ball.
2. Once a player catches the ball, they pass to the next person.

COACHING TIPS

* Player should meet the pass before the body
* Players hands must point to the target after the ball leaves their hands.

VARIATIONS

* Add a player to the starting position and have players chase their pass.
* Players can catch, place and use a clearing pass.

QUESTIONS FOR UNDERSTANDING

* Why is it important to meet the ball early?
* what type of pass is more appropriate in this situation?

FOCUS SKILLS

* Meet the ball early.
* Eyes before head.
* Hands to target.
* Chase and follow.
* Communicate