

Skill 1a
Passing and catching
TRY

**GET INTO
RUGBY**



30 players

Drill 1

6 groups of 5

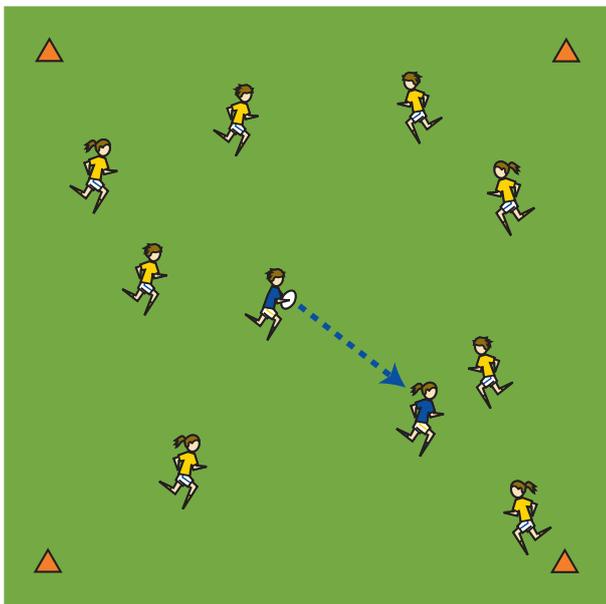
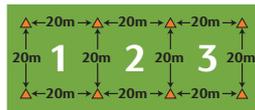
Pairs Tag

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 20 metres x
20 metres



Difficulty:

Harder (for the defenders):

- Make the channels bigger

Easier (for the defenders):

- Attackers can only walk or jog

Principles of play:

- Provide support • Create continuity
- Apply pressure

Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 10 players
- Each group is made up of 5 pairs. One pair are the defenders and they have the ball
- They have to tag the attackers by touching them with the ball
- A defender cannot run with the ball but can pass the ball to his/her partner who can run to get near an attacker
- Pass in any direction
- When tagged, that pair then become the defenders

Coaching points:

For the attackers:

- Run into space
- Keep the head up to keep away from other players

For the defenders:

- Run to where the attackers will be
- Keep the head up
- Call to each other
- Keep the hands up to catch the pass

Skill 1b
Move into space
TRY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

Scarecrow Tag

Equipment needed:

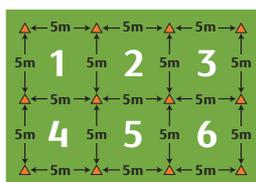
- 6 Rugby balls • 12 cones

Principles of play:

- Apply pressure

Space needed:

- 6 channels
- 5 metres x 5 metres

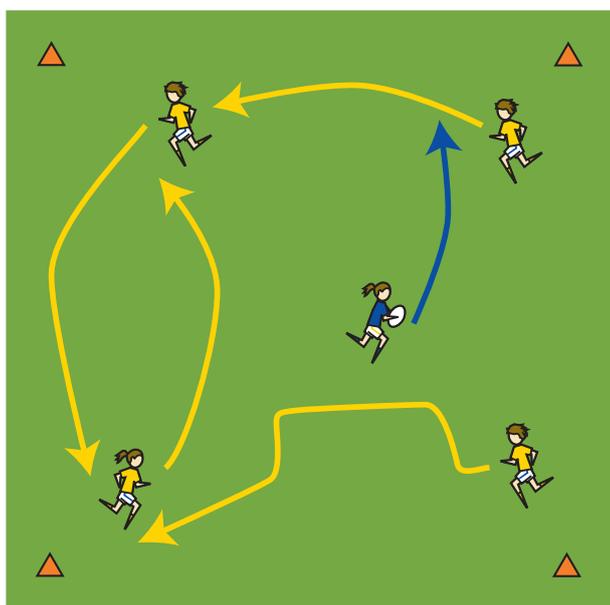


Suggested time allocation:

- 5 minutes

How to play:

- Each channel has 5 players – one is the defender and has the ball – the others are attackers
- The nominated defender must attempt to tackle the attacking players by touching them with the ball. When touched, the attacking player must stand still with both hands outstretched horizontally. To make a tackled player free, another attacking player must run under the outstretched arms
- Work for 1 minute, then change the nominated defender



Coaching points:

- Head up
- Eyes open
- Look for space
- Defender to focus on making two handed touch (not a push) on attacker's waist

Difficulty:

Harder (for the attackers):

- Make the channel smaller

Easier (for the attackers):

- Make the channel larger

Skill 1b
Move into space
TRY

GET INTO RUGBY



30 players

Drill 2

6 groups of 5

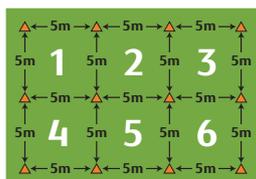
Find the Space

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 5 metres x 5 metres



Principles of play:

- Apply pressure

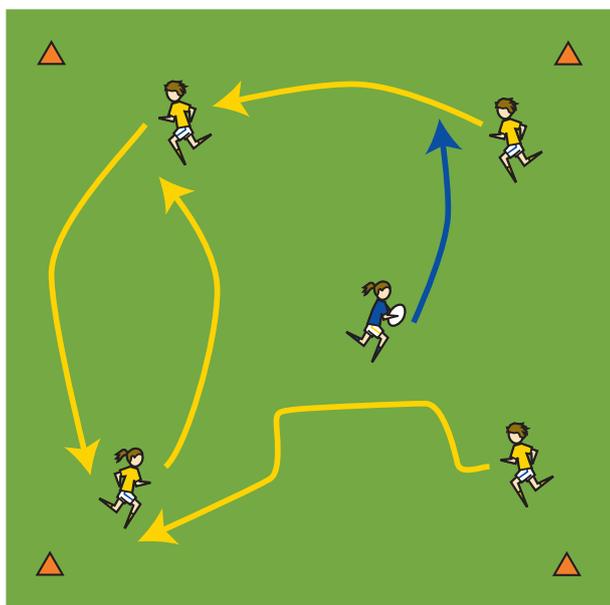
Suggested time allocation:

- 6 minutes

How to play:

- Each channel has 5 players – one is the defender and has the ball – the others are attackers
- The player with the ball attempts to touch as many players as possible with the ball. The other players work individually, running in any direction in the channel, trying to avoid being touched by running into space

- When the teacher or coach calls “Stop!”, each player must be at least one metre from the nearest player
- The ball carrier keeps count of the number of players touched
- Work for 1 minute and then give the ball to a different player



Coaching points:

- Ball carrier must keep both hands on ball
- Look for space
- Dodge other players

Difficulty:

Harder (for the attackers):

- Make the channel smaller

Easier (for the attackers):

- Make the channel larger

30 players

Drill 1

6 groups of 5

Keep Ball

Coaching points:

For the team of four:

- Head up, eyes open
- Look for space
- Hands up, ready to receive pass
- No overhead passes

For the defender:

- No interceptions of passes
- Focus on the tackling of the ball carrier by touching their waist with two hands

Difficulty:

Harder (for the attackers):

- Play two defenders and three attackers
- Play over a smaller area

Easier (for the attackers):

- Defenders are allowed only to walk, not run
- Play over a larger area

30 players

Drill 1

6 groups of 5

Relay Races

Equipment needed:

- 6 Rugby balls • 12 cones

Principles of play:

- Go forward • Score points

Space needed:

- Using 12 cones, make a start and finish point 10 metres apart for each group over a football pitch sized area

Suggested time allocation:

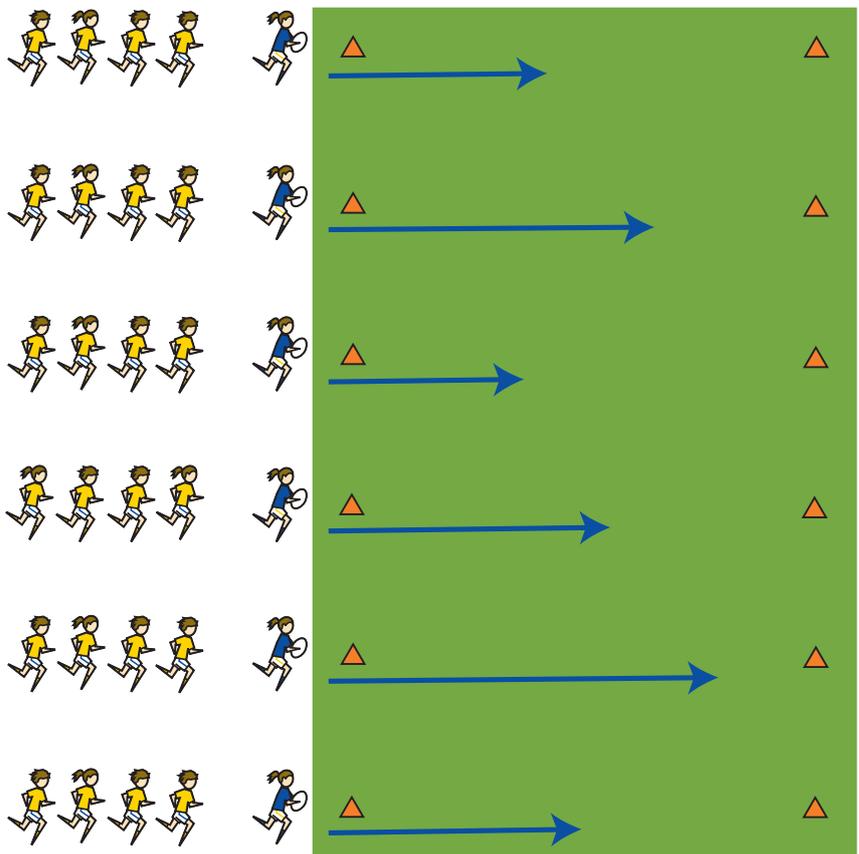
- 12 minutes

How to play:

- 5 players to each start cone
- The groups should line up in single file, with the groups parallel to each other, ready to run across the width of the pitch
- Players race to a line 10 metres away and back to their group, performing skills along the way, and then hand the ball over to the next player in the relay
- The skills to be performed can be built up in terms of complexity:

1. Run to the line and score a try, then run back with the ball in two hands
2. Pass the ball around the body twice while running
3. Throw the ball in the air and clap before catching the ball and returning to the group

There are many more possibilities depending on the capabilities of the players. Keep team sizes small to maximise activity.



30 players

Drill 1

6 groups of 5

Relay Races

Coaching points:

- Perform the skills accurately - no cutting corners just to get back to the group
- Get teams to cheer and encourage their team members (if you get teams to cheer for other teams as well, then you avoid the last team member of one group running in silence - everyone is cheering so they feel okay about being last)
- Carry the ball in two hands so a good pass is easy to make

Difficulty:

Harder (for the attackers):

- Speed up the running

Easier (for the attackers):

- Slow down the running

30 players

Drill 2

6 groups of 5

Score a Try

Equipment needed:

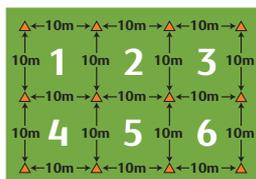
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Apply pressure
- Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

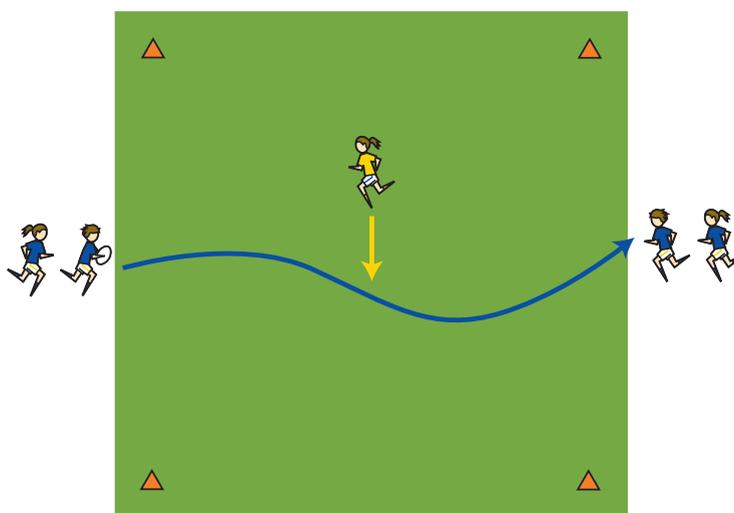


Suggested time allocation:

- 6 minutes

How to play:

- Groups of five with one ball per group
- One player is nominated as the defender and takes up position in the centre of the channel
- One by one, the attackers try to pass the defender and score a try at the far side of the channel, without being tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attacker gains a point if he/she successfully scores a try
- Work for four tag tackles, and then change the nominated defender



30 players

Drill 2

6 groups of 5

Score a Try

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times

For the defender:

- Keep head and shoulder above the waist when going for the two hand touch tackle
- Focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Skill 3a
Carry the ball forward
TRY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

Follow the Leader

Equipment needed:

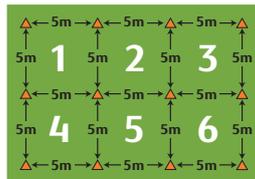
- 6 Rugby balls • 12 cones

Principles of play:

- Provide support

Space needed:

- 6 channels
- 5 metres x 5 metres



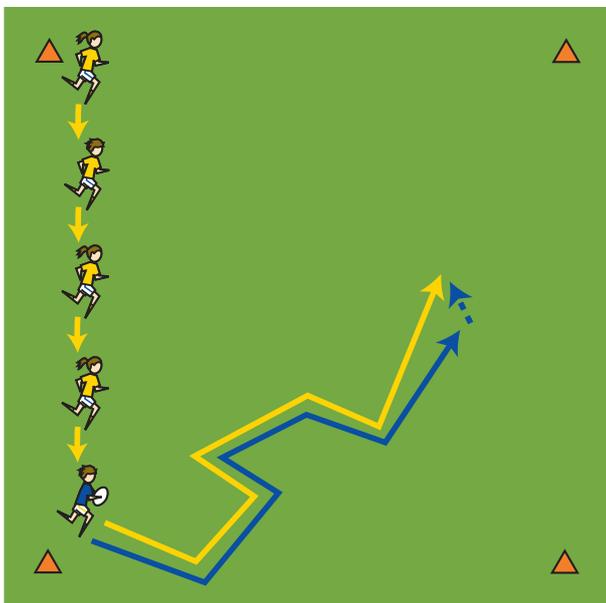
Suggested time allocation:

- 6 minutes

How to play:

- Each channel has 5 players
- The leader - the ball carrier - can run in any direction
- The rest of the group must follow in snake formation
- When the teacher or coach calls "Pass!", the

- leader must stop and hold the ball out to one side so that the next player can take the ball from his/her hand and continue running, becoming the new leader
- The dispossessed leader then joins the back of the group



Coaching points:

- Run into space
- Follow the ball carrier
- Don't follow too closely
- Try to take the ball without slowing down

Difficulty:

Harder (for the attackers):

- Speed up the running

Easier (for the attackers):

- Slow down the running

Skill 3a
Carry the ball forward
TRY

GET INTO RUGBY



30 players

Drill 2

6 groups of 5

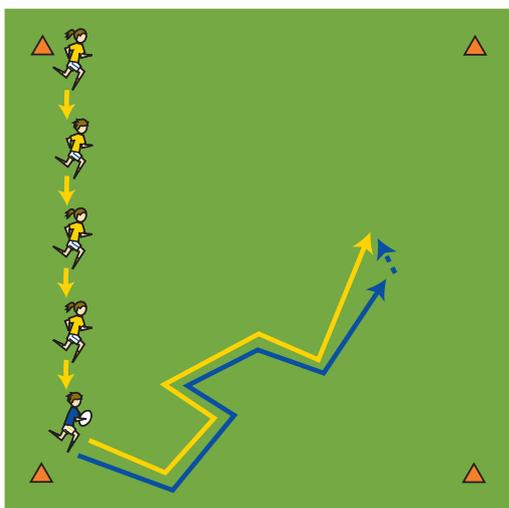
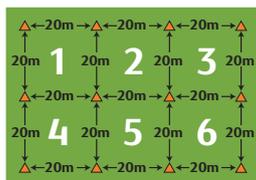
Pass and Support - Follow the Leader

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 20 metres x 20 metres



Principles of play:

- Go forward • Provide support
- Create continuity

Suggested time allocation:

- 6 minutes

How to play:

- The leader - the ball carrier - can run in any direction
- The rest of the group must follow in snake formation
- When the teacher or coach calls "Pass!", the leader must stop, and then either hold the ball to one side, pass, or place the ball on the floor
- The next player must react, collect the ball and continue running, becoming the new leader
- The dispossessed leader then joins the back of the group

Coaching points:

- Run into space
- Follow the ball carrier
- Don't follow too close - support from depth, from about 5 metres back, and try to take the ball without slowing down
- When picking the ball up from the ground, bend the knees. Put one foot over the ball and pick up from between the feet. Keep the head up.

Difficulty:

Harder:

- The players decide for themselves when to pass (thus, the support players can run into space)
- Use more balls if you have them and work in groups of 2 or 3

Easier:

- Slow the pace to a walk or a jog

Skill 3a
Carry the ball forward
TRY

GET INTO RUGBY



30 players

Drill 3

6 groups of 5

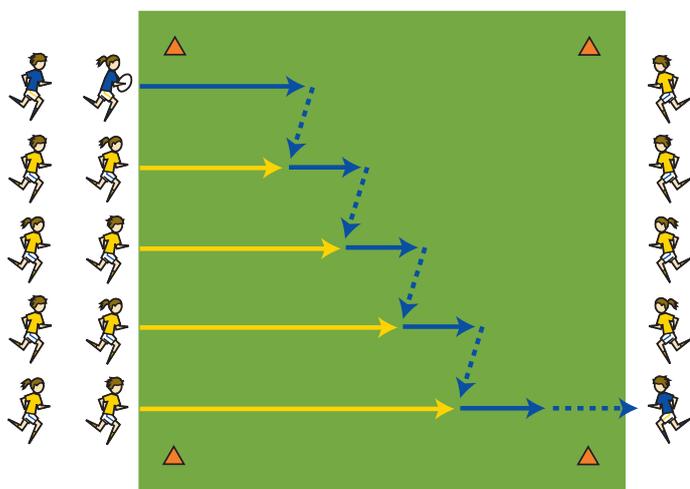
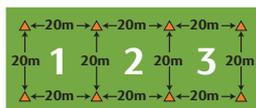
Relays with Passing

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 20 metres x 20 metres



Coaching points:

- Run forward with the ball
- Carry the ball in two hands
- Swing the arms across the body to release the ball towards the receiver
- Support players must stay behind the ball
- Call for the ball
- Receivers should run with their hands out towards the ball carrier and so give a target for the pass

Principles of play:

- Go forward • Provide support
- Create continuity

Suggested time allocation:

- 6 minutes

How to play:

- Three teams of 5 players in each channel
- Two teams (including one with the ball) should position themselves on one side of the channel and the other team on the opposite side of the channel
- Teams stand in a line
- The team with the ball (ball starts at one end of the line) run slowly across the channel passing the ball along the line
- By each receiver staying slightly behind the ball carrier, the ball should be passed backwards
- Once the ball reaches the player at the end of the line, he/she passes it forwards to the next team waiting on the opposite side
- That team then repeats the exercise

Difficulty:

Harder:

- Speed up the running

Easier:

- Slow down the running

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

Pass and Support

Equipment needed:

- 6 Rugby balls • 12 cones

Principles of play:

- Go forward • Provide support
- Create continuity

Space needed:

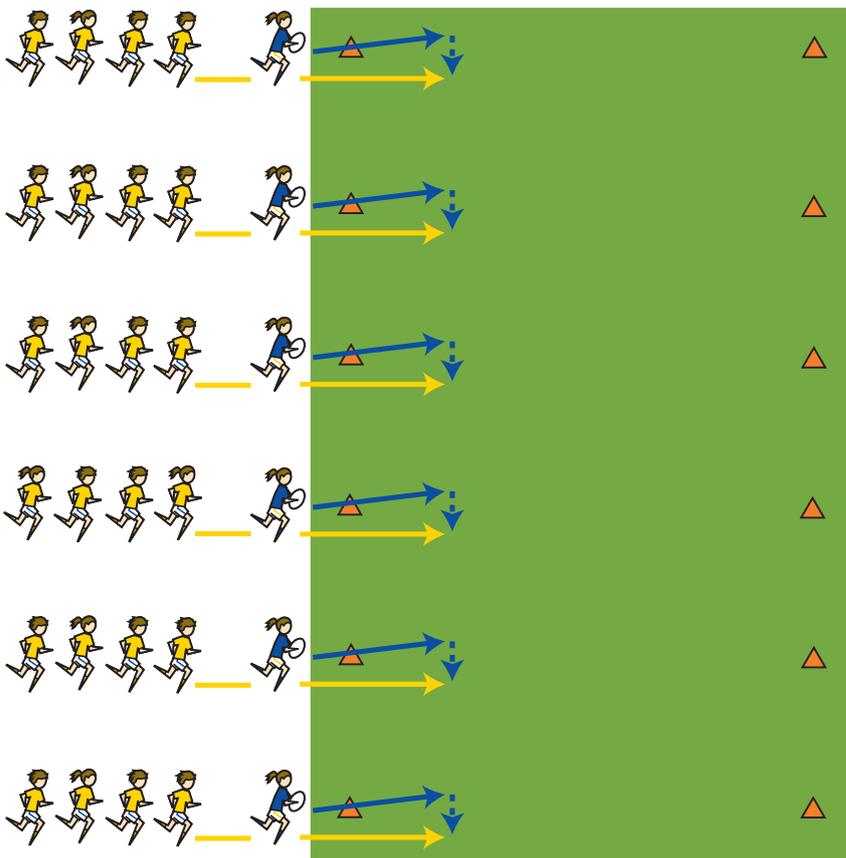
- Using 12 cones, make a start and finish point 25 metres apart for each group over a football pitch sized area

Suggested time allocation:

- 6 minutes

How to play:

- 5 players to each start cone
- The groups should line up in single file, with the groups parallel to each other, ready to run across the full 25 metre width
- The player at the front of each group runs 5 metres with the ball, then stops and holds out the ball for player 2
- Player 2 runs, takes the ball, carries it a further 5 metres and then stops and holds it for player 3, and so on
- When player 5 has taken the ball and run 5 metres with it, a try is scored
- The group will have carried the ball 25 metres in a straight line. They will be standing 5 metres apart across that 25 metre span
- Reset and return in the opposite direction



Skill 3b
Pass the ball backwards
TRY



30 players

Drill 1

6 groups of 5

Pass and Support

Coaching points:

- Try and take the ball without slowing down
- Run on 5 metres and stop
- End up with the players evenly spaced
- Score a try when the other side is reached
- Race against the other teams

Difficulty:

Harder (for the attackers):

- Speed up the running

Easier (for the attackers):

- Slow down the running

Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**



30 players

Drill 2

6 groups of 5

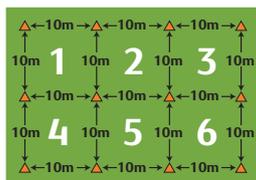
Pass and Support - Formation

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 10 metres x 10 metres



Principles of play:

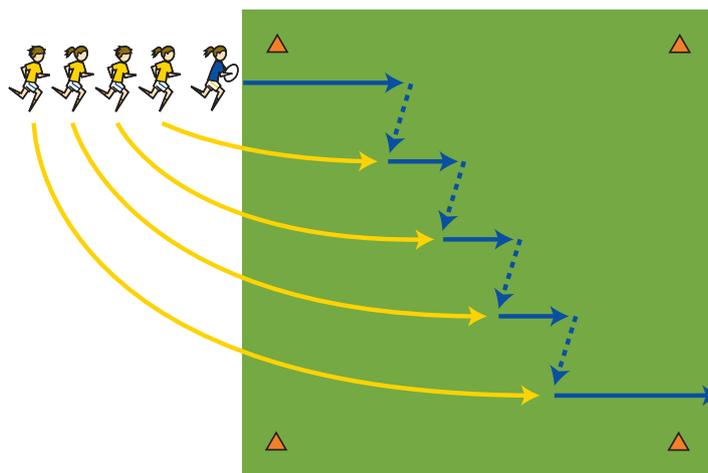
- Go forward • Provide support
- Create continuity • Score points

Suggested time allocation:

- 6 minutes

How to play:

- Groups of five with one ball per group
- Groups line up in single file
- Player 1 runs 2 metres and passes the ball to his/her right. Player 2 catches the ball, runs another 2 metres and passes the ball to the right
- When player 5 completes the exercise, the ball will have travelled 10 metres forwards and 10 metres to the right
- Then repeat the drill, this time passing to the left



Coaching points:

- Two hands on the ball at all times
- Run straight before passing (it may help to give an analogy - imagine they line up single file in lane 1 of an athletics track. When player 2 receives the ball, he/she will be running straight along lane 2 before passing into lane 3, etc.)
- Gentle passes

Difficulty:

- Harder:**
- Reduce the width of the channel
 - Increase the number of players
- Easier:**
- Increase the width of the channel
 - Decrease the number of players
 - Slow the pace to a walk or a jog

Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**



30 players

Drill 3

6 groups of 5

Pass and Support - Chain Reaction

Equipment needed:

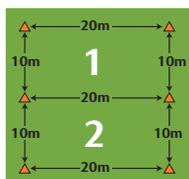
- 3 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Score points

Space needed:

- 2 channels
- 20 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 5 work in each channel
- One ball per group of 5
- The groups take it in turns to practise lateral passing (i.e. in each channel, the three groups take it in turns):
 - Player 1 starts in a standing position with the ball
 - Player 2 is on one knee
 - Player 3 is on both knees
 - Player 4 lies on his/her front
 - Player 5 sits cross-legged
- On the call of the teacher or coach, all players start running forward as quickly as possible, and pass the ball along the line
- The starting positions should mean that every pass is made to a player supporting from behind
- When the drill is finished, repeat it, this time with the players passing to the left
- Players should change position after each run through

Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**

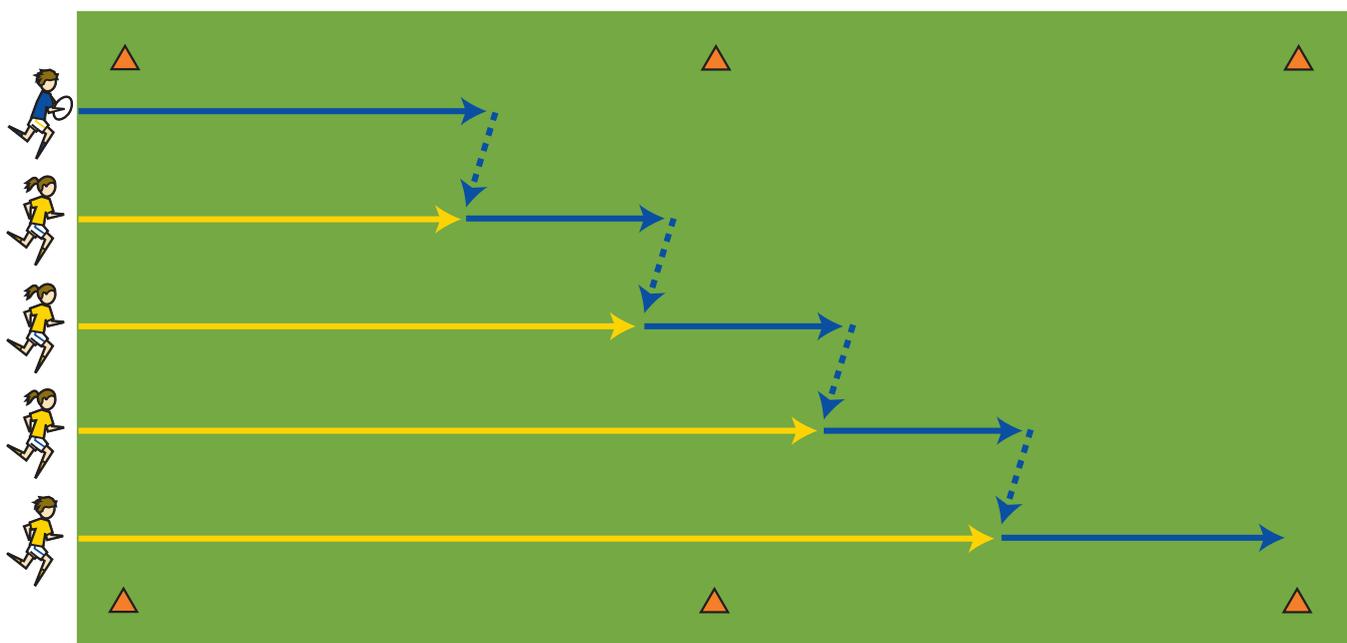


30 players

Drill 3

6 groups of 5

Pass and Support - Chain Reaction



Coaching points:

- Ball carrier must keep both hands on the ball
- Gentle passes, just in front of the support player
- Support players call for the ball
- Support players keep hands up, ready to receive pass
- Always pace the run to stay behind the ball carrier
- Communicate between players

Difficulty:

Harder:

- After passing the ball, player 1 races to the end to touch tackle player 5 when he/she receives the ball

Easier:

- Instead of using different starting positions, teacher can call "1, 2, 3, 4, 5" to create the same effect of staggering the starts
- Players can hand the ball across the line instead of passing it through the air

Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**



30 players

Drill 4

6 groups of 5

Passing - 5 v 1 x 5

Equipment needed:

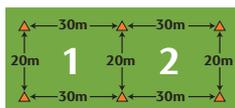
- 6 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure

Space needed:

- 2 channels
- 30 metres x 20 metres

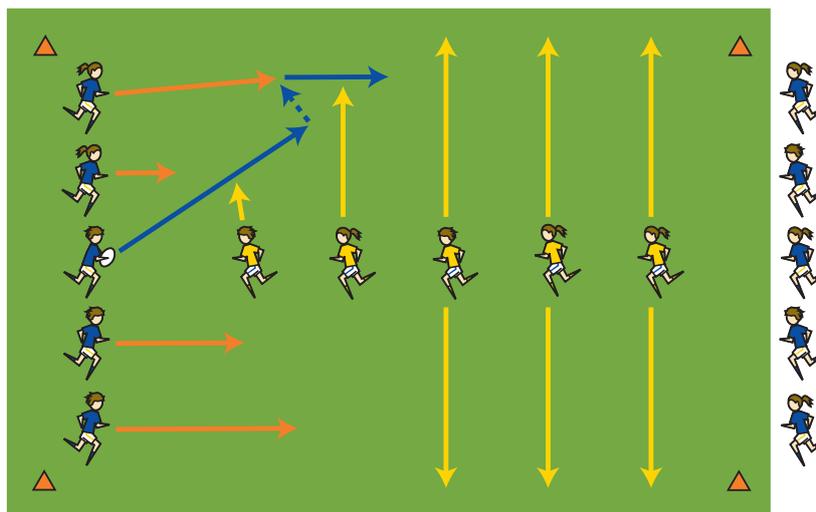


Suggested time allocation:

- 10 minutes

How to play:

- 15 players to each channel - two groups of 5 attackers and one group of 5 defenders - with one ball per group
- The defenders stand one behind the other, 5 metres apart
- One group of attackers to each end of the channel, taking it in turns to attack
- The attacking players must try to run past the defenders by passing the ball to score a try
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- The defenders are only allowed to move sideways
- Any attacker who is tackled can play no further part in the move
- Change the defenders after each of the attacking teams has had a go



Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**



30 players

Drill 4

6 groups of 5

Passing - 5 v 1 x 5

Coaching points:

For the attackers:

- Try to run around the defender but pass if a team mate is in a better position
- Support players stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Allow defenders to move forwards and backwards as well as sideways
- Defenders can make contact tackles – if proficient

Easier (for the attackers):

- Place the defenders further apart (every 10 metres rather than every 5 metres)

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY



30 players

Drill 5

6 groups of 5

Passing - 5 v 2 v 1 v 2

Equipment needed:

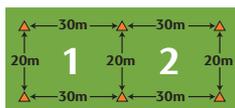
- 6 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure

Space needed:

- 2 channels
- 30 metres x 20 metres

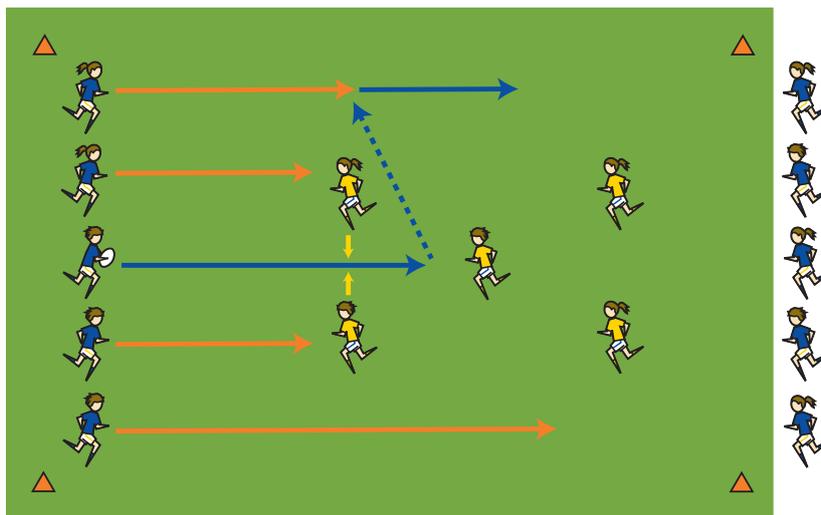


Suggested time allocation:

- 10 minutes

How to play:

- 15 players to each channel - two groups of 5 attackers and one group of 5 defenders - with one ball per group
- The defenders stand in a line - two beside each other, then one and then two, 5 metres apart
- One group of attackers to each end of the channel, taking it in turns to attack
- The attacking players must try to run past the defenders by passing the ball to score a try
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- The defenders are only allowed to move sideways
- Any attacker who is tackled can play no further part in the move
- Change the defenders after each of the attacking teams has had a go



Skill 3b
Pass the ball backwards
TRY

**GET INTO
RUGBY**



30 players

Drill 5

6 groups of 5

Passing - 5 v 2 v 1 v 2

Coaching points:

For the attackers:

- Try to run around the defender but pass if a team mate is in a better position
- Support players stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Defenders can make contact tackles but ONLY if players are proficient

Difficulty:

Harder (for the attackers):

- Allow defenders to move forwards and backwards as well as sideways
- Or, allow defenders to choose their own defensive pattern, so that the attackers cannot predict it

Easier (for the attackers):

- Place the defenders further apart (every 10 metres rather than every 5 metres)
- Only allow defenders to walk or hop)

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

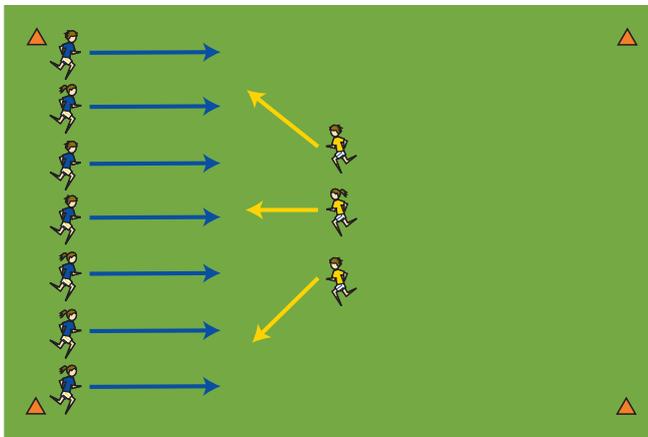
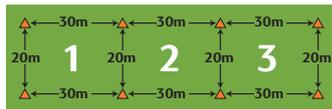
Bulldog

Equipment needed:

- 8 cones

Space needed:

- 3 channels
- 30 metres x 20 metres



Coaching points:

For the attackers:

- Look for space
- Dodge the defenders

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- Try to defend as one line - defend as a team

Principles of play:

- Go forward

Suggested time allocation:

- 5 minutes

How to play:

- 10 players per channel, starting with 3 nominated defenders in a line in the middle of the channel
- The other 7 players line up along one edge of the channel as attackers
- On the coach's call, the attackers try to run past the defenders to reach the opposite edge of the channel
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- Those attackers who are tackled join the defenders and, on the call of the coach or teacher, the remaining attackers try to run back to where they started
- Continue until there are only a few, or no, attackers left

Difficulty:

Harder (for the defenders):

- Defenders have to run and touch the sideline when they have made a tackle

Easier (for the defenders):

- Attackers must hop on one leg

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 2

6 groups of 5

Pass, Defend, Attack

Equipment needed:

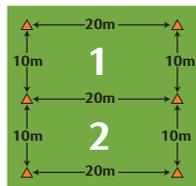
- 3 Rugby balls • 6 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Score points

Space needed:

- 2 channels
- 20 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 5 work in each channel
- One ball per group of 5
- A group of 5 players, including a ball carrier, runs through the channel
- The ball carrier passes the ball and sprints ahead of the group past halfway, turns back towards the group, and becomes a defender
- The rest of the group continue through the channel, attempting to beat the defender by passing
- The defender tries to tag tackle the ball carrier by pulling off a tag
- Each group takes turns to play across

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY

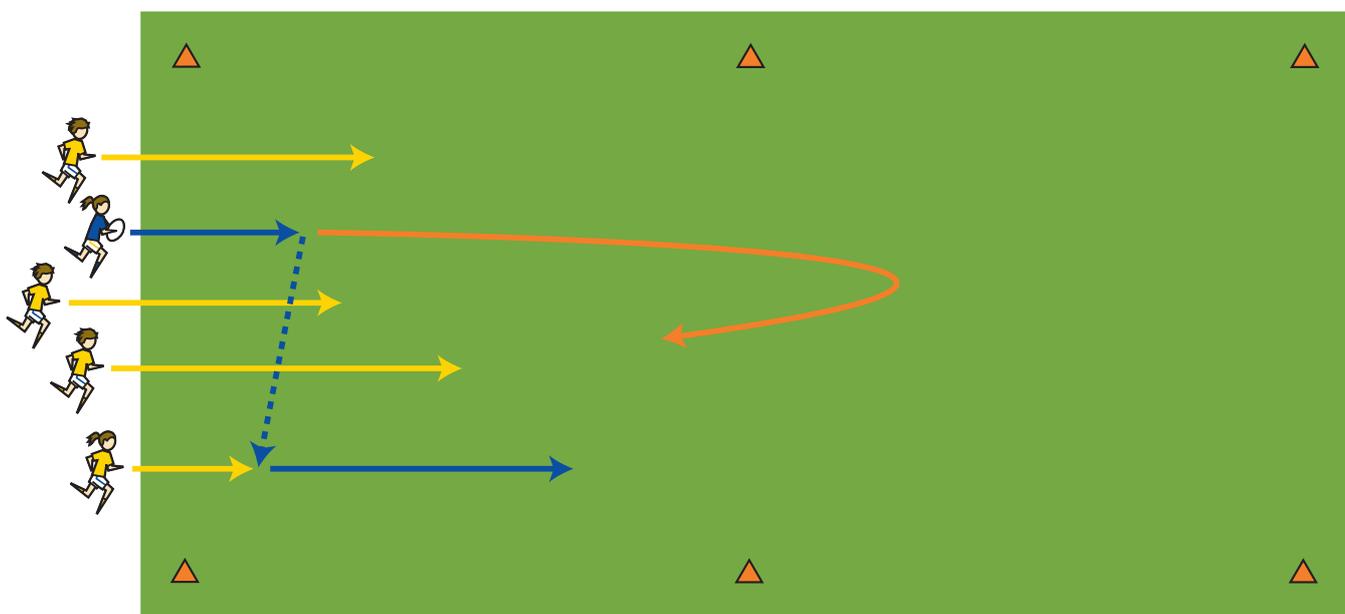


30 players

Drill 2

6 groups of 5

Pass, Defend, Attack



Coaching points:

For the attackers:

- Run forward
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defender:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Players 1 and 2 become defenders rather than just player 1

Harder (for the defenders):

- Limit the defender's movement (for example, he/she can only move sideways)

Skill 4a
Effect a touch or pull a tag
TRY

**GET INTO
RUGBY**



30 players

Drill 3

6 groups of 5

2 v 1

Equipment needed:

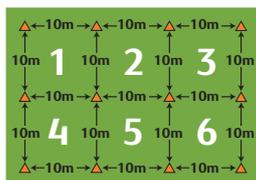
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Apply pressure

Space needed:

- 6 channels
- 10 metres x 10 metres

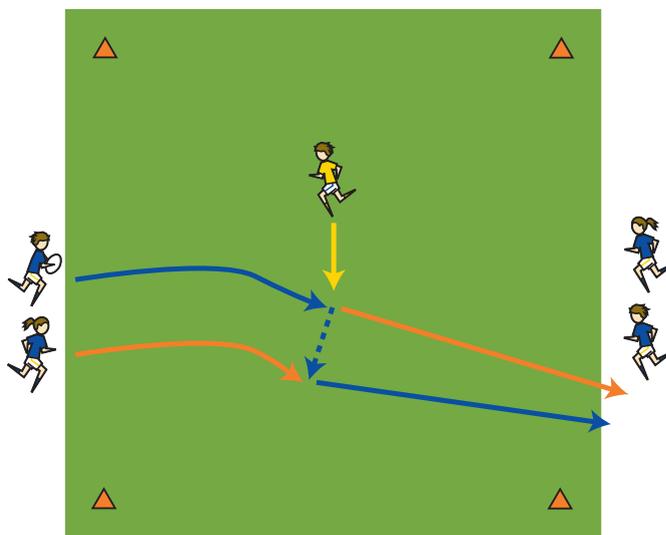


Suggested time allocation:

- 10 minutes

How to play:

- Groups of five with one ball per group
- In pairs, the attackers try to pass the defender and score a try at the far side of the channel, without being tag tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attackers gain a point if they successfully score a try. Attackers should pass the ball without dropping it or the try does not count. To start with, attackers can pass the ball in any direction
- Work for four tag tackles, and then change the nominated defender



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 3

6 groups of 5

2 v 1

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times
- Pass at waist height so team mate can easily catch the ball

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel
- Attackers have to pass the ball backwards

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 4

6 groups of 5

3 v 1

Equipment needed:

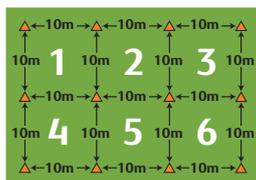
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Apply pressure • Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

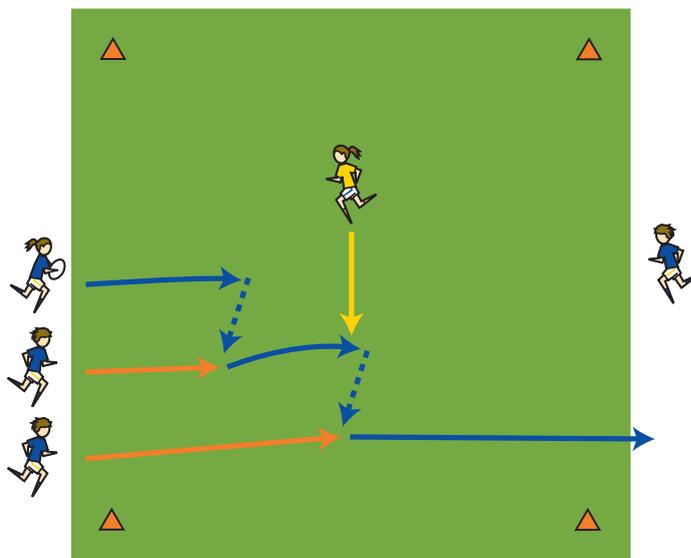


Suggested time allocation:

- 10 minutes

How to play:

- Groups of five with one ball per group
- In threes, the attackers try to pass the defender and score a try at the far side of the channel, without being tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attackers gain a point if they successfully score a try. Attackers should pass the ball without dropping it or the try does not count. To start with, attackers can pass the ball in any direction
- One player is resting each time and should swap with the defender each go



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 4

6 groups of 5

3 v 1

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times
- Pass at waist height so team mate can easily catch the ball

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel
- Attackers have to pass the ball backwards

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 5

6 groups of 5

3 v 2

Equipment needed:

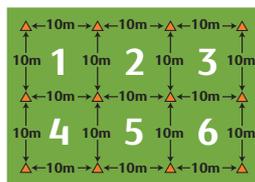
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

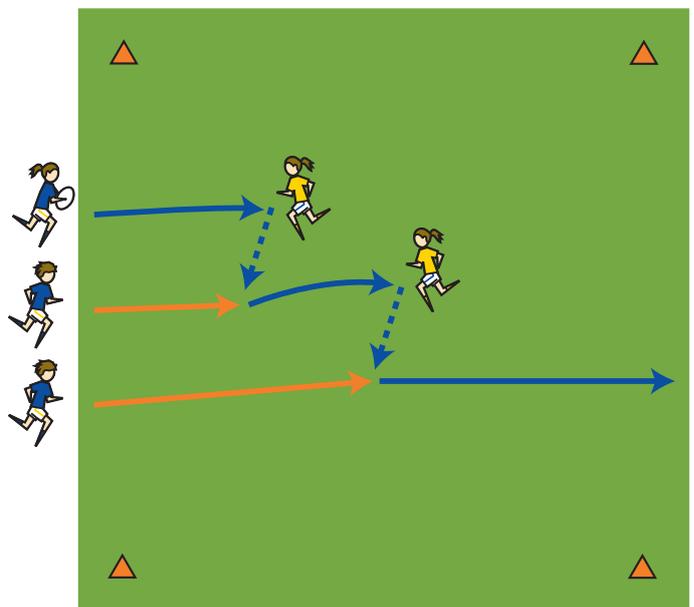


Suggested time allocation:

- 12 minutes

How to play:

- 5 players to each channel
- One ball per each group of five
- Three attackers with the ball have to get past two defenders to score a try on the opposite line to where they start
- Attackers should only pass the ball backwards to a team mate
- Defenders tackle the ball carrier by pulling off a tag
- Attackers should try to pass the ball before they are tag tackled
- One attacker swaps with a defender each time



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 5

6 groups of 5

3 v 2

Coaching points:

For the attackers:

- Run forward
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defender:

- Keep the head up - focus on the waist of the ball carrier
- Communicate with team mate

Difficulty:

Easier (for the attackers):

- Limit the defender's movement (for example, he/she can only move sideways)

Skill 4a
Effect a touch or pull a tag
TRY

**GET INTO
RUGBY**



30 players

Drill 6

6 groups of 5

Decision Making - 4 v 1

Equipment needed:

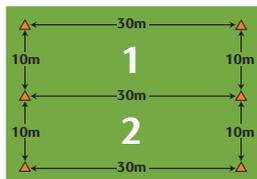
- 6 Rugby balls • 6 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 2 channels
- 30 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Groups of five – one player is a defender
- Three groups to each channel, groups taking turns to work
- One ball per group
- The ball carrier runs and passes the ball to another player. Having passed the ball, he/she becomes a defender and the first defender becomes an attacker
- The ball carrier tries to score a try by running past the defender
- The other three support players flank the ball carrier on either side. If tag tackled, the ball carrier must pass backwards to one of his/her support players



Skill 4a
Effect a touch or pull a tag
TRY



30 players

Drill 6

6 groups of 5

Decision Making - 4 v 1

Coaching points:

For the ball carrier:

- Run into space
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a position to score a try more easily
- Ball carrier must try to pass before he/she is tackled

For the support players:

- Stay on your own side of the ball to be in a position to receive a pass

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Attackers must (backwards) pass the ball at least twice before they can score a try)

Easier (for the attackers):

- Increase the width of the channel

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 7

3 groups of 10

Drift, Cover or Blitz Touch Rugby

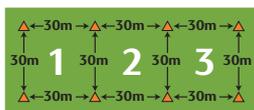
This game is for players who need to practise their attacking skills. It is excellent for improving visual awareness and learning how to attack different defensive alignments.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x 30 metres

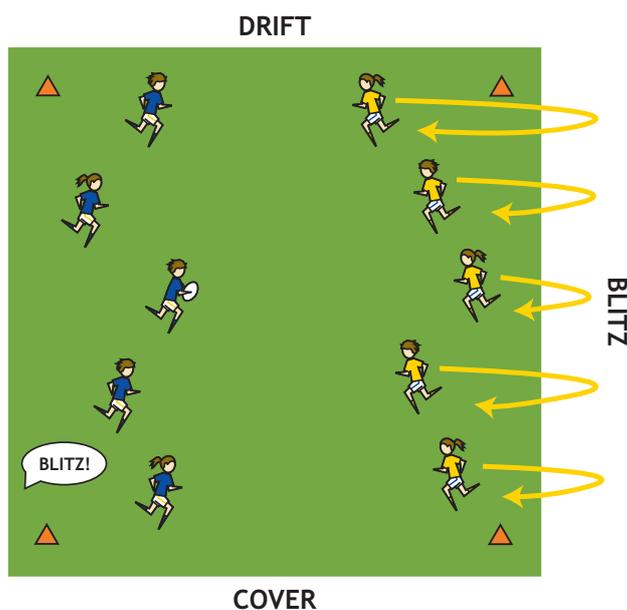


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- Play 5 v 5 touch rugby. The sides of the channels have names: 'Blitz', 'Drift' and 'Cover'
- During the game, the coach/teacher or an attacking player can choose to call "Blitz", "Drift" or "Cover" at any breakdown
- Upon hearing the call, the defenders must run and touch the relevant line before running back to rejoin the game
- When the defenders are running to touch their line, the attackers must turn their back on the defenders and give the ball to the coach/teacher. (If without a coach/teacher, the attacking players should leave the ball on the ground.) When the defenders are almost back in position, the coach/teacher should roll the ball back to the attackers to restart the game (or the attacking players pick up the ball and attack)
- The coach/teacher can later develop the game by introducing a visual cue to the defenders, instead of an audio cue, thus forcing the attackers to react to an unknown type of defence



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 7

3 groups of 10

Drift, Cover or Blitz Touch Rugby

Coaching points:

For the attackers:

- Identify space left by defenders
- Communicate effectively with team mates
- Good handling skills
- 'Look-Think-Do' process

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps

For the coach/teacher:

- Allow players to self-correct before intervention

Difficulty:

Easier (for the defenders):

- Attackers must lie down and only move when defenders are halfway back from the line

Easier (for the attackers):

- Coach/teacher gives individual players numbers to make more attackers versus fewer defenders (especially relevant for cover defence)

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 8

3 groups of 10

Parramatta Touch

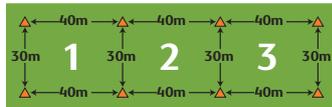
This game is for players who need to practise their supporting skills. It works on players' spatial awareness, communication, decision making, attacking skills into space and overall fitness conditioning.

Equipment needed:

- 3 Rugby balls • 16 cones

Space needed:

- 3 channels
- 40 metres x 30 metres

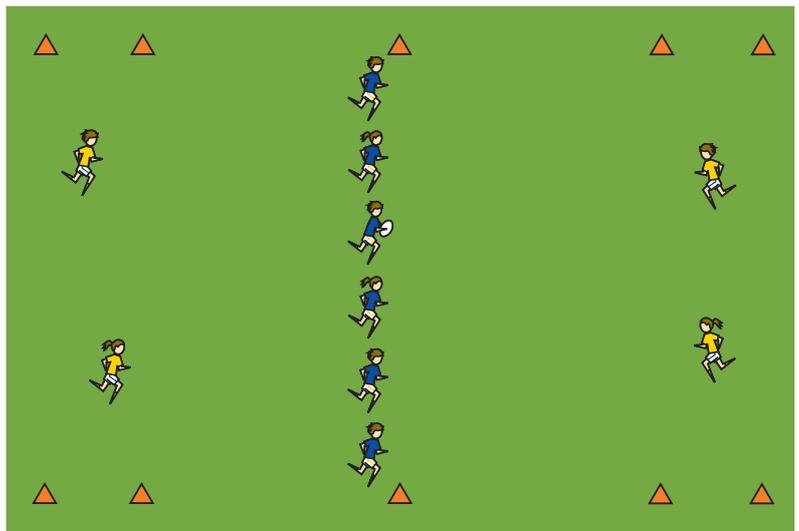


Suggested time allocation:

- 20 minutes

How to play:

- 6 attackers play touch rugby against 2 defenders and then turn and play against another 2 defenders. As players get tired, the game becomes more real
- The attackers start from the centre and attack one of the defensive zones
- If a touch is made on the attacking team or the ball is dropped or a forward pass is played, the attack must turn around and immediately attack the opposite defensive zone
- This continues for a set time dictated by the coach/teacher
- If the attack scores, the defence must run around the centre cones and get back to their defensive zone before the attack starts attacking them again
- The defenders cannot defend outside of their zones
- Each team gets 5 attacks. Add up the scores



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 8

3 groups of 10

Parramatta Touch

Coaching points:

For the attackers:

- Lines of running must be effective in order to score
- Attacking a drift and blitz defence needs good communication and quick thinking
- Realignment is essential in order to be effective continuously

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps
- Defence cover each other and do not give in

Difficulty:

Easier (for the defenders):

- Add one defender from the attacking team

Easier (for the attackers):

- Defenders start at the dead ball line

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 9

3 groups of 10

Quick Ball/Offload

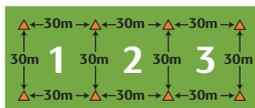
This game is for players who need to practise their attacking skills. It highlights the importance of getting behind the defenders to make more ground in the attack and to keep possession alive.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x 30 metres

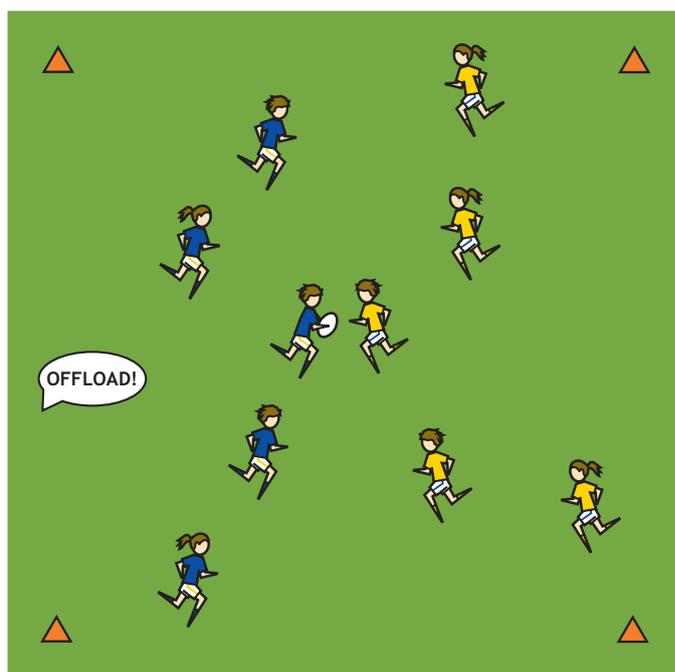


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- Play 5 v 5 touch rugby
- Once an attacker is touched they must offload within one second
- Start the game so that players have to pass the ball in front of defenders and then later progress the drill and ask them to pass from behind the defence, by taking two steps past the defender, before offloading



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 9

3 groups of 10

Quick Ball/Offload

Coaching points:

For the attackers:

- With the touched player having to pass within 1 second, support is the key for keeping possession alive
- Change of speed and direction needed to beat the defender
- Support runner attacking the ball

For the defenders:

- Maintain same space between defenders – no gaps

Difficulty:

Easier (for the defenders):

- Add one defender from the attacking team (6 v 4)

Easier (for the attackers):

- Add one attacker from the defenders (6 v 4)

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

5 v 5

Equipment needed:

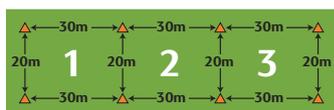
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x
20 metres

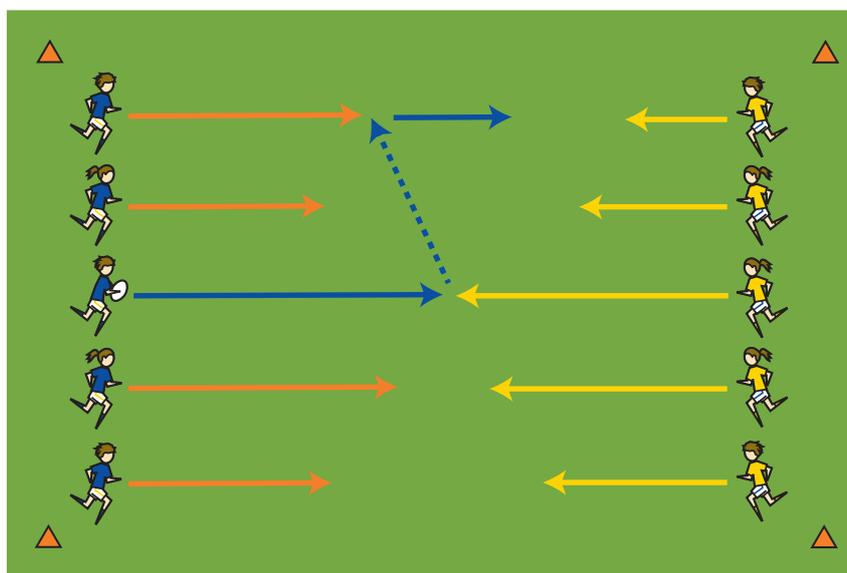


Suggested time allocation:

- 15 minutes

How to play:

- 10 players to each channel - split players into two teams of 5
- Start the drill with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If tackled, the attacker must pass the ball backwards to a team mate
- After a successful tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass
- Play three games, then change teams so all play each other



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 1

3 groups of 10

5 v 5

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the defenders):

- Defenders can make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 2

3 groups of 10

Decision Making 6 v 4

Equipment needed:

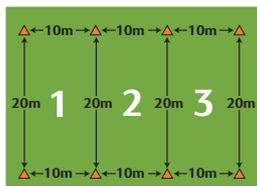
- 3 Rugby balls • 8 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 3 channels
- 20 metres x 10 metres

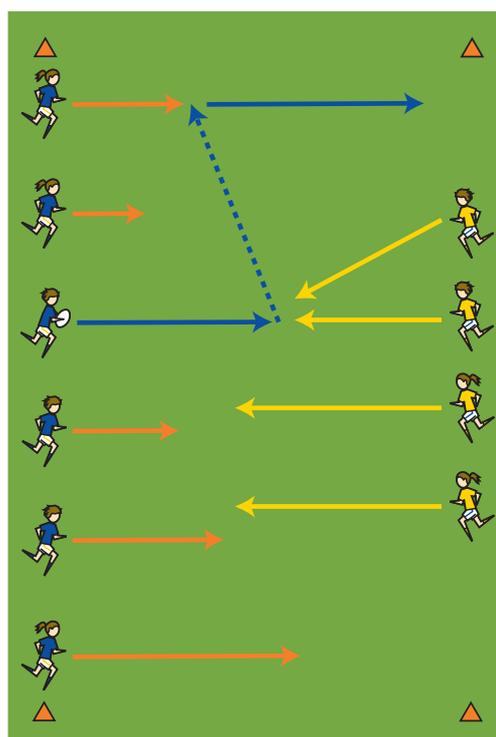


Suggested time allocation:

- 12 minutes

How to play:

- 10 players to each channel - four defenders and six attackers
- Start the drill with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- Defenders tackle by pulling off a tag
- If tag tackled, the attacker must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tag tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 2

3 groups of 10

Decision Making 6 v 4

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

Difficulty:

Harder (for the attackers):

- If the team in possession has not scored a try after seven tackles, possession is awarded to the other team with a free pass

Easier (for the attackers):

- No pass interceptions allowed

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 3

3 groups of 10

Multi-support Touch Rugby

This game is for players who need to practise their supporting skills.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x
30 metres

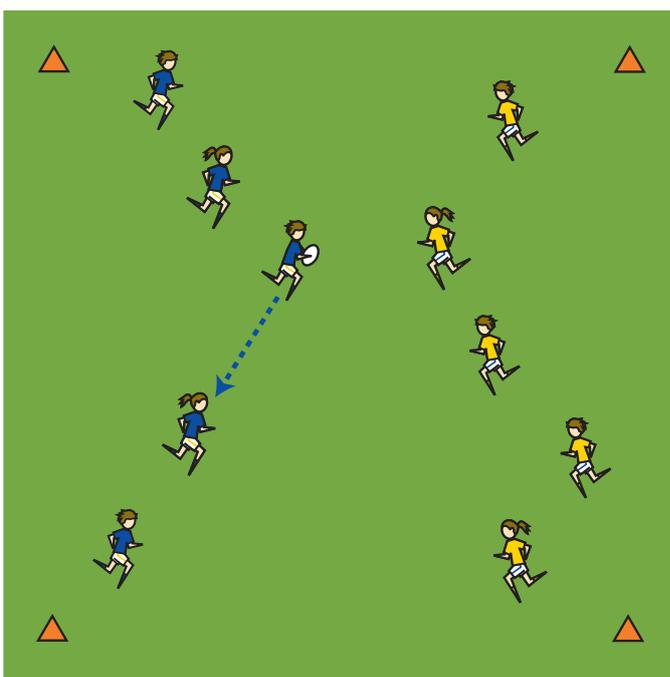


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- The players play a normal game of 5 v 5 touch rugby
- The only difference is with the scoring:
 - 1 point for a try, plus 1 x bonus point for an offload within 10 metres and 2 x bonus points for offload within 5 metres of the try line
 - If no passes within 15 metres of the try line, then the score does not count



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 3

3 groups of 10

Multi-support Touch Rugby

Coaching points:

For the attackers:

- Support runners should try to get behind the defence
- Support the ball carrier closely

For the defenders:

- Communicate
- Maintain same space between defenders – no gaps
- Defence covering each other and not giving in

Difficulty:

Easier (for the defenders):

- Make the channel narrower

Easier (for the attackers):

- Make the channel wider

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 4

2 groups of 15

Backline Attack

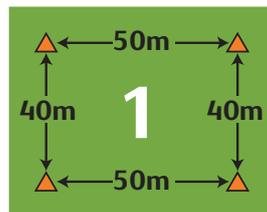
This game is for players who need to practise their attacking skills.

Equipment needed:

- 1 Rugby ball
- 8 cones

Space needed:

- 1 channel
- 50 metres x 40 metres
(half a rugby pitch)



Suggested time allocation:

- 20 minutes

How to play:

- Divide the players into 4 teams – 2 attacking teams of 8 and 2 defending teams of 7
- One team attacks against another defensive team. Two teams rest. Then swap over
- Use this drill, between the try line and 10 metre line, to promote clinical decision-making, execution, passing and running skills
- The objective of this game is to score from first phase. The defence start on the try line and can only advance to the 5 metre line (gain line)
- The attack must start from the 5 metre line, as if simulating a scrum, and vary the starting points, e.g. centre, left side, right side
- If simulating a lineout start, use the 10 metre line to halfway
- If the attack can score from the set piece, they are awarded 5 points
- If they score after one phase, they are awarded four points
- If they score after two phases, they get awarded three points, and so on
- If the attack fails to score after four phases, they turn around and defend
- Kicking options may be introduced

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY

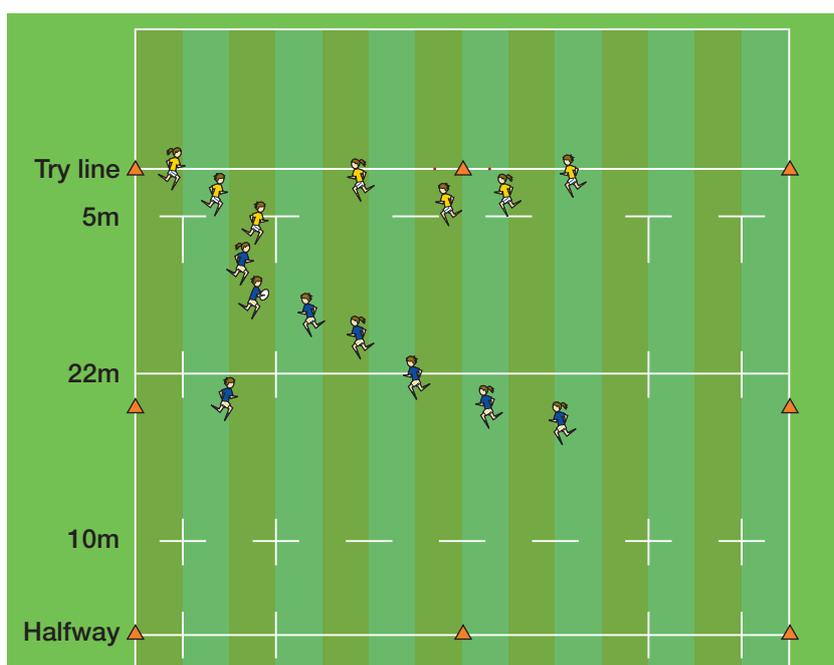


30 players

Drill 4

2 groups of 15

Backline Attack



Coaching points:

For the attackers:

- Decision-making skills are key (strike move, defensive alignment)
- Look for appropriate passing (short, long, flat, deep, etc)
- Make good running lines (decoys/options/creating space)
- Accelerate into space

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps

For the coach/teacher:

- Allow players to self-correct before intervention

Difficulty:

Easier (for the defenders):

- Attackers start 10 metres out

Easier (for the attackers):

- Defenders start 5 metres behind the try line

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 5

6 groups of 5

Try Rugby game

Equipment needed:

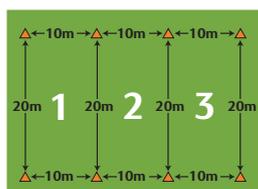
- 3 Rugby balls • 8 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 3 channels
- 20 metres x
10 metres

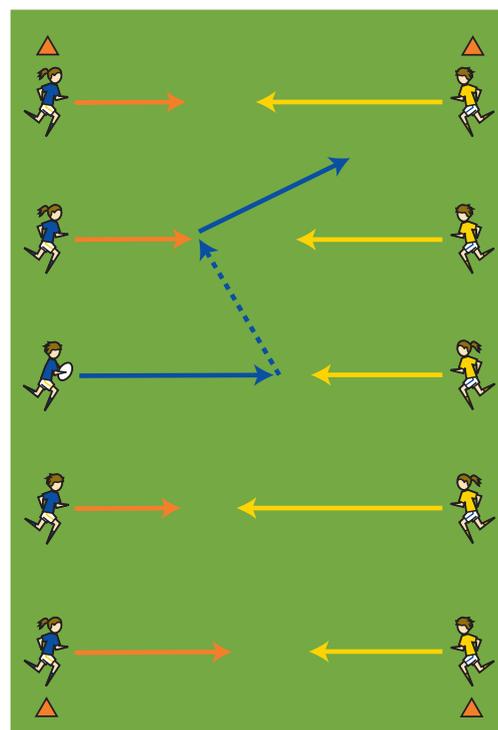


Suggested time allocation:

- 12 minutes

How to play:

- 2 teams of 5 to each channel - one team will defend, one team will attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If tackled by a defender taking off a tag, the ball carrier must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tag tackle, the defender must retreat 5 metres and must not attempt to intercept or obstruct the pass
- Playing 6 v 4 gives the advantage of making it easier to score and this is rewarding for players. Every time a team scores, two attackers (perhaps the player who gave the scoring pass and the scorer) swap over to the defending team that then becomes the six attackers



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 5

6 groups of 5

Try Rugby game

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Initially there may be chaos, but perseverance will ensure that players are given a taste of the game

Difficulty:

Harder (for the attackers):

- After 3 tackles, change possession

Easier (for the attackers):

- Increase the width of the channel