

OBJECTIVE

To improve the defensive reactions of players based on attacking movements.

GAME SETUP

Space Needed 30 x 30 metre grid
Equipment Needed Cones, Rugby Balls
Sug. Time Allocation 10 minutes
Group Size Any Group Size

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

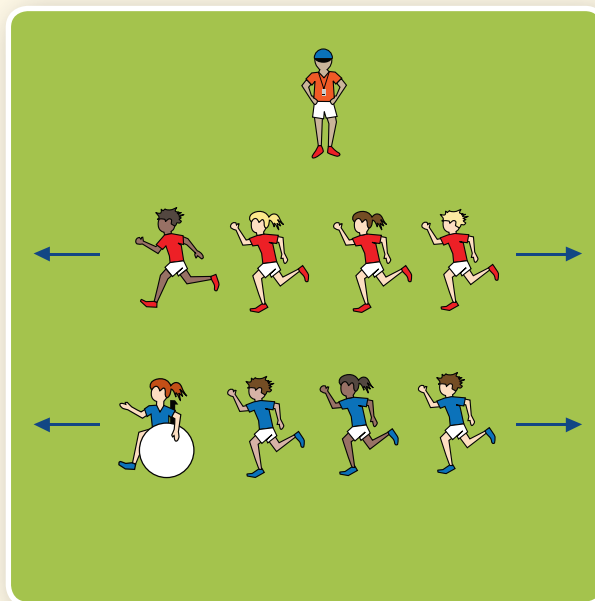
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

HOW TO PLAY

- 1 Split players into two groups of equal numbers. Have one team line up side by side, about an arms-length distance between each other. Have the other team line up a few metres behind the other team.
- 2 The instructor will signal the lines to move right, left, forward, or backward. Focus on the teams moving together as a unit and reacting to the signal given by the coach.
- 3 After a few minutes of working on defensive reaction, have one line turn around and face the other team. The instructor will stand behind one team, facing the now attacking line. The attacking line will move on the instructor's signal by passing the ball between the players.
- 4 The defence will have to react to the movements of the attacking team.



MODIFICATIONS

- 1 If the team is struggling to stay together on defence and maintain space, have them start by holding hands.
- 2 If mistakes are made, have players freeze and move to the correct position.

EXTENSIONS

- 1 Have the attacking lines pass the ball and move on their own without an instructor leading with signals.
- 2 Speed up the signals.
- 3 Add flag belts and call out, "TACKLE!" - the defence must react and pull the flag of the ball carrier in that moment.

CHECK & CORRECT

- 1 Identify movement words to use for the defence to react such as, "Slide Left!", "Slide Right!", "Up!", and "Back!"