

OBJECTIVE

To effectively perform the draw and pass skill in a continuous 2 v 1 scenario.

GAME SETUP

Space Needed	20 x 30 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Groups of 3 Players

LTAD STAGES

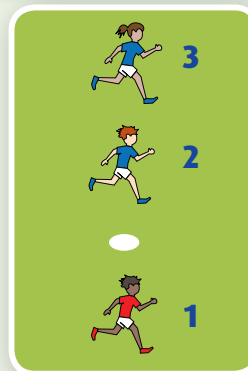
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

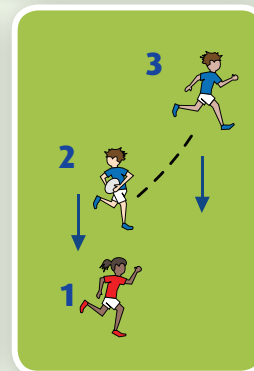
- Agility
- Balance
- Coordination
- Running
- Passing
- Catching

HOW TO PLAY

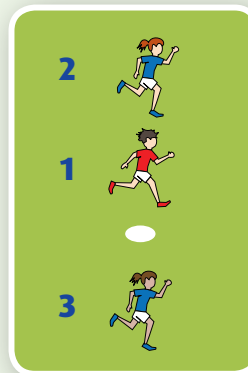
- 1 Set out 4 cones in one line and another 4 cones 30 metres down the field. Create teams of 3 on each cone.
- 2 The first player moves forward five metres and places the ball on the ground and moves five metres further, turning around and becoming a defender.
- 3 The next two players move in a straight line towards the ball. The first player picks up the ball and performs a draw and pass skill. The key here is to pull the defender away from the line of movement and create space for the support player to move through.
- 4 They draw the defence in one direction and pass to the next player who is behind them in support.
- 5 The player who now has the ball places it on the ground 5 metres out and becomes a new defender.
- 6 The player on defence and the ball carrier from the first phase will return to the end of the line.
- 7 Have the group perform 3-4 phases down the field and 3-4 phases returning back to the beginning.
- 8 Players should remain in a straight line while moving down the field. This encourages moving forward in games.



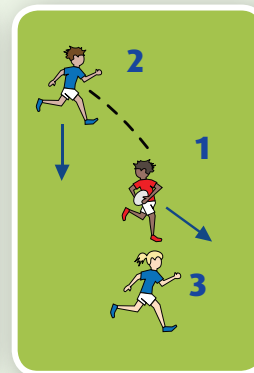
STEPS 1-2



STEPS 3-4



STEPS 5-6



STEPS 7-8

MODIFICATIONS

- 1 Slow down to a walking pace to ensure players are performing the skill correctly.
- 2 Have players work off of marked field/court lines to further emphasize staying in one straight line and creating space for support.

EXTENSIONS

- 1 Advance to incorporate the wiggle skill and flag belts. Have players engage the defence and take a flag pull, continue three steps and offload.

CHECK & CORRECT

- 1 The keys for success for this activity is that the group remains in a straight line going down the field. Help players draw the defence off this line and make sure the support players do not drift off the line in the opposite direction. They should be in support in the same channel that the ball carrier and defence just left.