

OBJECTIVE

To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

GAME SETUP

Space Needed Equipment Needed

30 x 30 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation Group Size

10-15 minutes
Any Group Size
(Groups of 6)

LTAD STAGES

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

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

FUNDAMENTAL MOVEMENT SKILLS

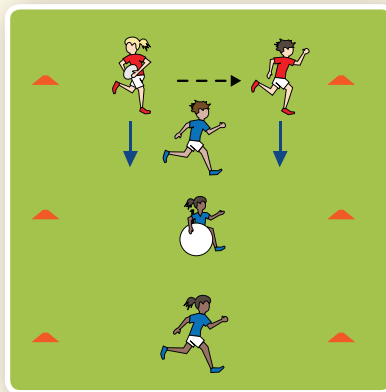
- Agility
- Running
- Passing
- Catching

HOW TO PLAY

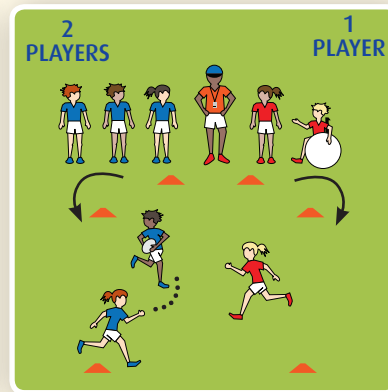
- 1 Start by setting a grid of three squares measuring 10 x 10 metres each.
- 2 Have one defensive player stand in between two cones at each 10 metre mark.
- 3 Have attacking players form two lines at the beginning of the grid facing the defensive players.
- 4 Two attacking players will start by running through the grid and attempting to get passed the defence without having their flags pulled. After passing the first defensive player, the attacking team will continue down the grid to the next defensive player.

- 5 Defensive players can only play within their grid and must try and pull the ball carrier's flag.
- 6 There are no forward passes allowed. If one of the ball carrier's flags are pulled, the pair must go to the back of the line and try again.
- 7 Change up the defenders so that everyone has a chance to attack and defend.

2 V 1



PROGRESSION



MODIFICATIONS

- 1 If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

EXTENSIONS

- 1 Once players have mastered this setup, change the setup to a smaller grid where players will start on the side of the grid and in the centre. On the instructor's signal, two players on the offence and one on the defence move in opposite directions and enter the grid. They then perform a 2 v 1 in a quicker and higher pressure situation. After completing the activity, they return back to the start and the next group continues. Have players change lines each time so that they can play both offence and defence.

CHECK & CORRECT

- 1 To successfully execute the 2v1, players must be able to perform the Draw & Pass skill. Ensure that ball carriers are making the defence commit in their direction before making the pass to their support player.