

OBJECTIVE

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

GAMESETUP

Space Needed	30 x 30 metres
Equipment Needed	Cones, Rugby Balls , Flag Belts
Sug. Time Allocation	10-15 minutes
Group Size	Groups of 9 Players

LTAD STAGES

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

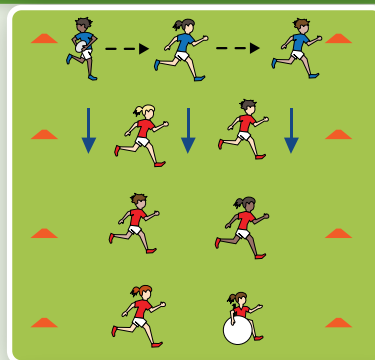
FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Passing
- Catching

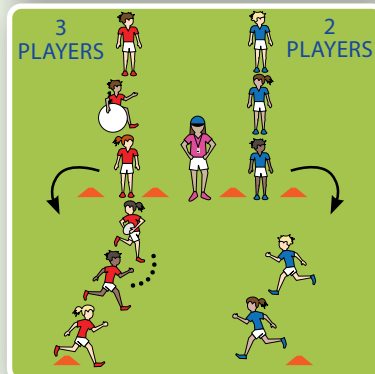
HOW TO PLAY

- 1 Start by setting a grid of three squares measuring 10 x 10 metres each.
- 2 Have three pairs of defensive players stand in between two cones at each 10 metre mark.
- 3 Have attacking players form three lines at the beginning of the grid facing the defensive players.
- 4 Three attacking players will start by moving through the grid and attempting to get passed the defence without having their flags pulled. After passing the first defensive pair, the attacking team will continue down the grid to the next pair.
- 5 Defensive players can only play within their square 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 team 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.

3 V 2



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, three players on the offence and two on the defence move in opposite directions and enter the grid. They then perform a 3 v 2 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 3v2, 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.