

Skill 5a

Perform a tackle (1)

PLAY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

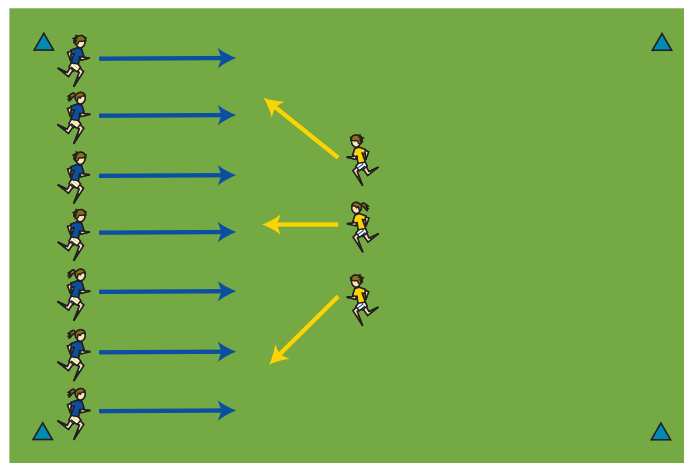
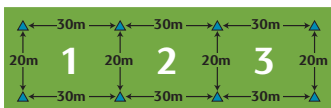
Bulldog

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 touch with both hands, tag or tackle the attackers by wrapping them with both arms between his/her chest and hips but without bringing the ball carrier to ground
- 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

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Drill 2

6 groups of 5

Attack the Space

Equipment needed:

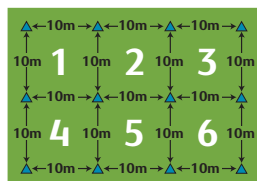
- 6 Rugby balls • 12 cones

Principles of play:

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

Space needed:

- 6 channels
- 10 metres x 10 metres



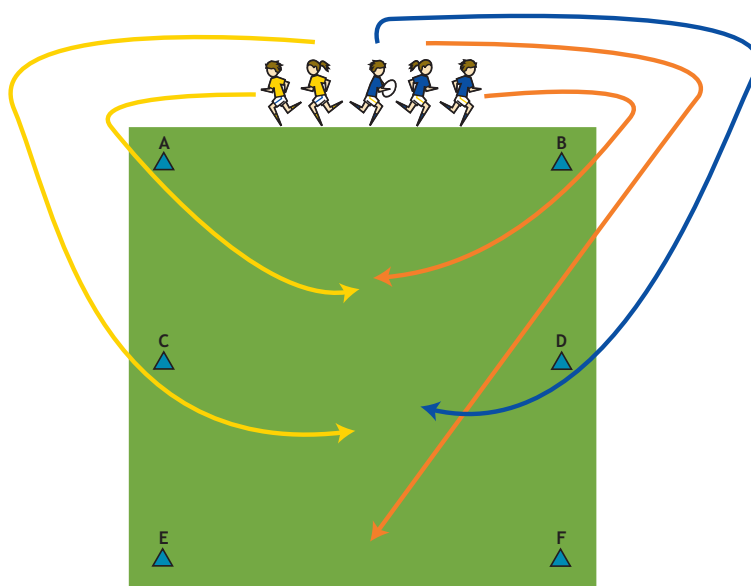
Suggested time allocation:

- 10 minutes

How to play:

- The ball carrier must run around cone D and one of the defenders could be asked to run around cone C
- 5 players to each channel
- 2 defenders and 3 attackers (one of whom has the ball) start on the middle of line A-B
- When the coach calls “Go!”, the attackers run around cone B (but the ball carrier must run around cone D) and try to score on line A-E
- The defenders run around cone A (but one could run around cone C) and try to prevent the attackers scoring by touching them with both hands, tagging them or tackling them, wrapping them with both arms between the chest and hips but without bringing the ball carrier to ground
- Coaches should encourage attackers to draw defenders wide and look to produce gaps in the middle of the channel

- Attackers will need to move around and pass quickly
- To increase pressure on either side, the coach can stagger the start of the attackers or defenders



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Attack the Space

Coaching points:

For the attackers:

- Two hands on the ball at all times
- Gentle passes in front of the support player
- Support players call for the ball
- Support players keep hands up, ready to receive pass
- Run wide
- Pass when a team mate is in a better position
- 'Fix' the defender

Difficulty:

Harder (for the defenders):

- Defenders can make contact tackles – if players are sufficiently proficient

Easier (for the defenders):

- Allow defenders to enter the channel earlier