

## Skill 5b

Create continuity in attack

# PLAY

# GET INTO RUGBY



30 players

## Drill 1

6 groups of 5

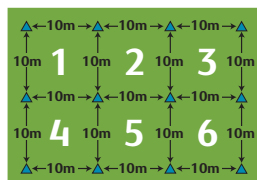
# Move it Wide

### Equipment needed:

- 6 Rugby balls
- 12 cones

### Space needed:

- 6 channels
- 10 metres x 10 metres



### How to play:

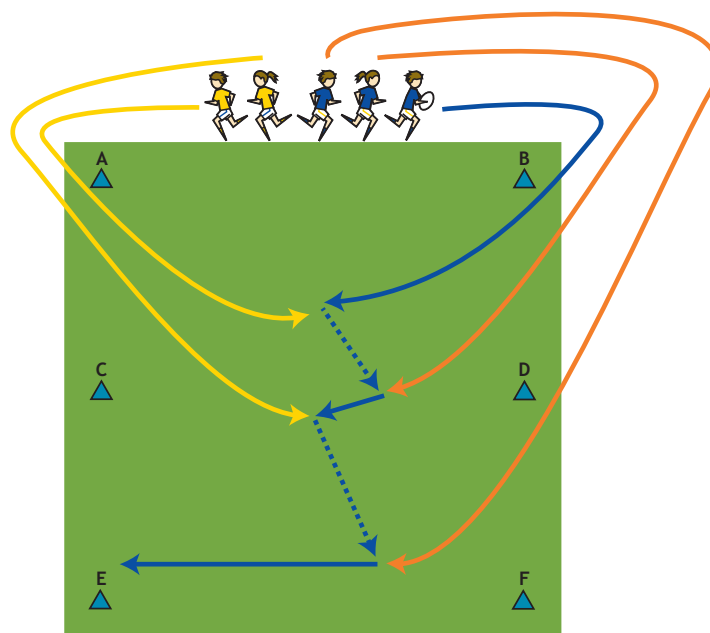
- 5 players to each channel
- 2 defenders and 3 attackers (one of whom has the ball) start on the middle of line A-B
- When the coach calls "Go!", the attackers run around cone B and try to score on line A-E
- The defenders run around cone A and try to prevent the attackers scoring by touching them with both hands, tagging them or tackling them, wrapping them with both arms between their chest and hips but without bringing the ball carrier to ground
- Coaches should encourage attackers to stay close in to draw the defenders and then pass out wide to the outside player
- To increase pressure on either side, the coach can stagger the start of the attackers or defenders

### Principles of play:

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

### Suggested time allocation:

- 10 minutes



## Skill 5b

Create continuity in attack

# PLAY



30 players

## Drill 1

6 groups of 5

# Move it Wide

### 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

### 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