

Skill 6a  
Perform a tackle (2)  
**PLAY**

# GET INTO RUGBY



30 players

## Drill 1

3 groups of 10

# Passing and Decision Making - 6 v 4

### Equipment needed:

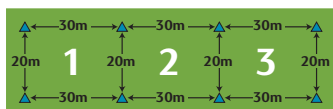
- 3 Rugby balls • 8 cones

### Principles of play:

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

### Space needed:

- 3 channels
- 30 metres x 20 metres

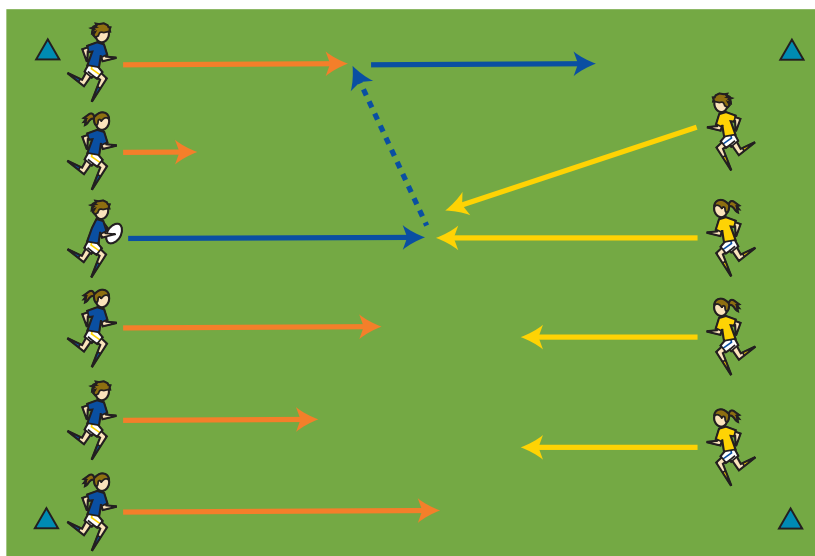


### Suggested time allocation:

- 15 minutes

### How to play:

- 10 players to each channel - four defenders and six attackers
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- Defenders stop the ball carrier by either touching them with both hands on the waist, pulling their tag or tackling them
- If touched / tagged / tackled, the attacker must pass the ball backwards to a team mate
- After a successful touch / tag / tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass
- After a few attempts, change attackers and defenders around but stick to 6 v 4



Skill 6a  
Perform a tackle (2)  
**PLAY**

**GET INTO  
RUGBY**



30 players

## Drill 1

3 groups of 10

# Passing and Decision Making - 6 v 4

### Coaching points:

***For the attackers:***

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

***For the defenders:***

- Keep the head up - focus on the waist of the ball carrier

***Defenders can make contact tackles but ONLY if players are proficient***

### Difficulty:

***Harder (for the attackers):***

- If the team in possession has not scored a try after seven tackles, possession is awarded to the other team with a free pass

***Easier (for the attackers):***

- No pass interceptions allowed