

30 players

Drill 1

3 groups of 10

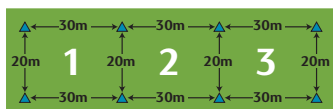
Ruck Touch Rugby - 6 v 4

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x 20 metres



Principles of play:

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

Suggested time allocation:

- 12 minutes

How to play:

In Rugby, when a tackled player falls to the ground, a supporting player can come in and help prevent the defenders from taking the ball by standing over the tackled player. If there are 3 players involved – 2 attackers and 1 defender - it is called a 'ruck'.

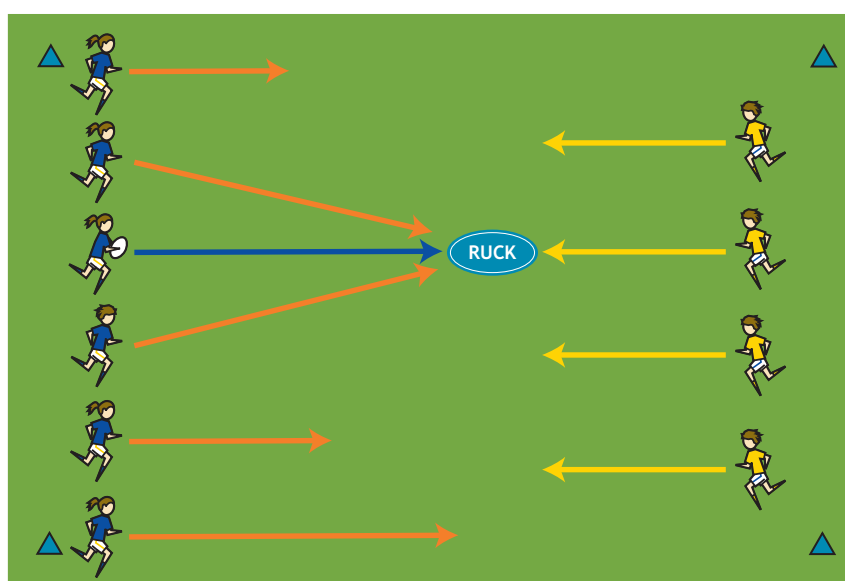
- Split the 10 players in each channel into two teams - 4 players to defend, 6 players to attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If 2-hands-touched / tagged / tackled, the ball carrier must not pass but must hold the ball and slide onto the ground. The ball carrier should lie parallel to the try line with the ball held at arms length away from his/her body towards his/her team mates. Another attacking player must come in and stand over the tackled player to prevent the defenders picking the ball up
- The tackler holds the ball carrier until the next attacking player takes the ball. The tackler only holds the ball carrier – he/she does not wrestle or turn the ball carrier
- After a successful tackle, the defender must stay on his/her own side of the ball (stay outside) and must not attempt to intercept or obstruct the pass
- When a tackle is made, the defending team must retreat 7 metres. Only the tackler can remain with the ball carrier

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Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- When tackled, slide down to the ground and lie flat with the ball held towards team mates. Keep the body between the defenders and the ball
- The second attacker must stand in a crouched position over the tackled player to protect the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- After making the tackle, stay on the feet if possible and allow the second attacker to stand over the tackled player. The defender can hold on to the second attacker

Difficulty:

Harder (for the attackers):

- Tacklers can try to take the ball once it is placed on the ground

Easier (for the attackers):

- All defenders, apart from the tackler, have to retreat 7 metres when a tackle is made