

LINK TAG

CORE SKILLS | TEAM ORGANISATION- DEFENCE



10 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practice communication, evasion and teamwork

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Cones

CORE SKILLS

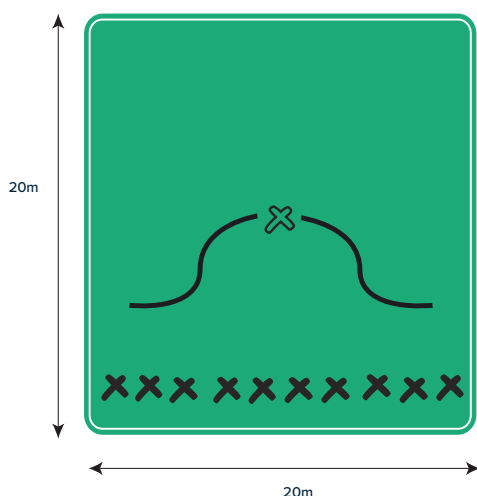
Defensive line movement and decision making

EXPLANATION

- Players must run from one side of the grid to the other side without being caught (touched)
- One player is in the middle and they are the catcher
- When a player is touched by the catcher, they hold hands with the catcher
- The two linked catchers then try to touch another attacker
- If the link breaks when the attacker is touched, the touch is void
- Attackers can't go through the line, they must go around it
- Only the two end players are able to touch the attackers
- Game ends when everyone is touched

VARIATIONS

- **Easier (for the attackers)** - increase the size of the grid
- **Harder (for the attackers)** - decrease the size of the grid
- When you get six defenders, break into two groups of three to touch the attackers
- Start with two defenders



10 - WARM UP
LINK TAG
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Cones
	SET UP 20m x 20m grid
	CORE SKILL Defensive line movement and decision making

COACHING OBSERVATIONS
<ul style="list-style-type: none"> • Communication, teamwork and footwork patterns • Keep a cohesive line • Move out together (go forwards) • Maintain spaces • Communication

QUESTIONS
Can defenders work together to steer attackers into positions where they are more likely to be caught?

KEY									
	CONE	TEAM A LEADER	TEAM B LEADER	BALL	BALL TRAVEL	PLAYER DIRECTION OF TRAVEL	NO-GO AREA	GATE	ZONE

TEAM ORGANISATION - DEFENCE



CORE SKILLS | DECISION MAKING,
TACKLE SELECTION AND MARKER
DEFENCE & DUMMY-HALF PASS

10 - TECHNICAL CARD

ACTIVITY 1

BUILDING A DEFENSIVE LINE

LATERAL MOVEMENT

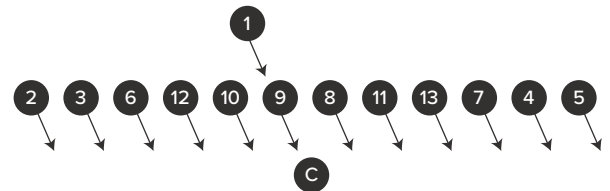
Set up a defensive line. The coach controls the movement of the line by using arm signals (eg forwards, backwards, slide)

The tackle is communicated by putting the ball on the floor. This will stop the line, which will then retreat 10m.

Repeat for six tackles

COACHING POINTS

- Keep a cohesive line, maintain spaces, communication, reset efficiently and always be aware of the opposition



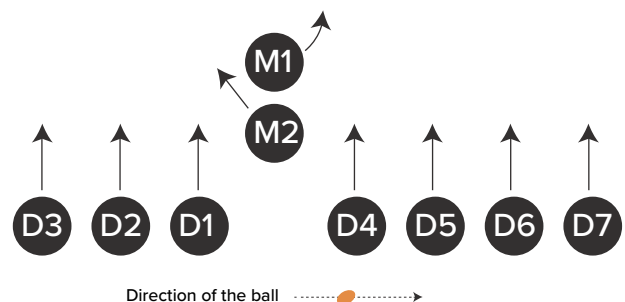
ACTIVITY 2

UNISON MOVEMENT

Marker instructions/direction/tying in
Begin by setting up the above situation — two markers with defenders either side of the play-the-ball. The coach rolls the ball and the team moves forward as a line, tying in the markers (no marker chase). Continue the practice by rotating all defenders until they have experienced every position (clockwise rotation) M1 to D7; D3 to M2

COACHING POINTS

- Communication, move out together (go forwards), cohesive line, move as a unit, forwards, and in the direction of the signal and advance to the level of the ball



Questions

- Whose responsibility is it to take the line forwards?
- What happens if the line isn't cohesive?

KEY



CONE



PLAYER



BALL



BALL DIRECTION
OF TRAVEL

STOP THE CHARGE

CORE SKILLS | DEFENCE



10 - GAME CARD

AIM

To develop a marker system and ruck defence

ORGANISATION

Set up a 60m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

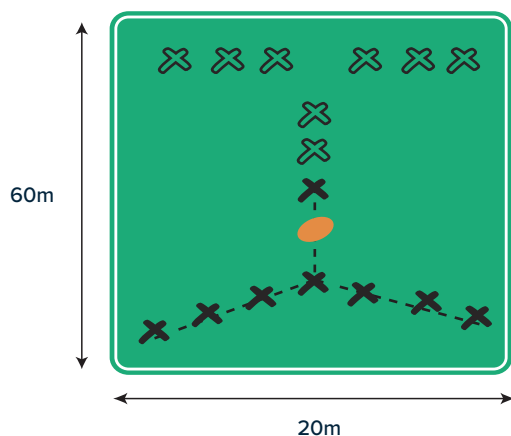
Front block and side tackling, decision making and marker defence

EXPLANATION

- Eight attackers v eight defenders - contact
- The defenders defend for a set period of time
- Any error that occurs, the attackers restart on their try line
- Points are awarded to the defence for territory not gained by the attack for each set of six plays. For example, a set completed with the attacking team getting over the advantage line four times would give the defence two points

VARIATIONS

- **Easier (for the defenders)** - narrow the grid, add more defenders
- **Harder (for the defenders)** - add more attackers, widen the grid
- Award points to the defence for numbers in the tackle.
- stopping the offload and/or dominating the tackle
- Coach to control speed of the play- the- ball



10 - GAME CARD

STOP THE CHARGE

20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes



EQUIPMENT
Balls and cones



SET UP
60m x 20m grid



CORE SKILL
Front block and side tackling, decision making and marker defence

COACHING POINTS - SKILL DEVELOPMENT

- Refer to front block and side tackling technical cards and team organisation - defence technical card

QUESTIONS

- Are you going to mark individuals or cover a space?
- How can you stop the offload?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL DIRECTION OF TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD