

FREEZE TAG

CORE SKILLS | TEAM ORGANISATION
- ATTACK



9 - WARM UP CARD

AIM

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

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Balls and Cones

CORE SKILLS

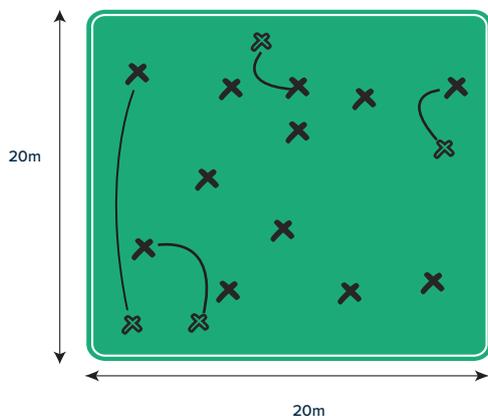
Gripping, carrying, decision making and evasion

EXPLANATION

- Four players (chasers), two players with a football and two players with a rugby ball
- The blue players (freezers), with a football, have to touch the other players with the ball between the shoulder and waist, within the grid, and they become frozen
- If the players without the ball step out of the grid, they are classed as being frozen
- When frozen, the players stand still. The yellow players (defrosters), with a rugby ball, can get them back into the game by touching them with the rugby ball and defrosting them
- The defrosted player then becomes the yellow ball carrier (defroster)
- Play for a certain amount of time or until all players are frozen

VARIATIONS

- Easier (for the freezers) - add more footballs, narrow the grid
- Harder (for the freezers) - add more defrosters, widen the grid
- Once players are frozen they squat down and hold their hand up. They are released back into play by the defrosters touching their arm with the ball



9 - WARM UP
FREEZE TAG
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Ball and Cones
	SET UP 20m x 20m grid
	CORE SKILL Gripping, carrying, decision making and evasion

COACHING OBSERVATIONS	
<ul style="list-style-type: none"> • Are they using various methods to evade the freezer? • Are the players communicating with the defroster? 	

COMMUNICATION	
<ul style="list-style-type: none"> • Weight on front of feet, head up, look for space and move into space using a variety of footwork patterns • Gripping - two hands, centre of ball, thumb and index finger greater than 90°, arched palms • Carrying - centre of body, elbows out 	

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

TERRITORY GAINER

CORE SKILLS | RUCK ORGANISATION



9 - GAME CARD

AIM

To develop organisation around the ruck and go forwards effectively

ORGANISATION

Set up a 60m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

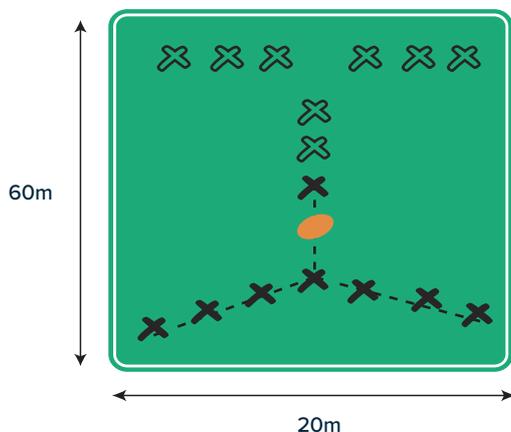
Playing the ball, dummy-half pass, gripping, carrying, catching, passing, decision making, evasion, protective falling and ruck organisation

EXPLANATION

- Eight attackers v eight defenders
- The attackers attack for a set period of time
- The attackers play unlimited tackles
- Any error that occurs, the attackers restart on their try line
- Points are awarded for territory gained from each set of six plays. For example, a set completed with four plays getting over the advantage line would score four points
- Points also awarded for any tries scored

VARIATIONS

- Easier (for the defenders) - narrow the grid, add more defenders
- Harder (for the defenders) - add more attackers, widen the grid
- Play six tackles and, after each set, the attack restart from various field positions as directed by the coach
- Award or deduct points if each play doesn't have any support runners available
- Reward the defence a point each time an error is



9 - GAME CARD

TERRITORY GAINER

20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes



EQUIPMENT
Balls and cones



SET UP
60m x 20m grid



CORE SKILL
Playing the ball, dummy-half pass, gripping, carrying, catching, passing, decision making, evasion, protective falling and ruck organisation

COACHING POINTS - SKILL DEVELOPMENT

- Refer to gripping and carrying; catching and passing; protective falling, playing the ball and dummy-half pass; evasion; and decision making and support technical cards, and team organisation - attack technical card

QUESTIONS

- What do you do to gain territory?
- What do you need to do to create space?
- What can the defence do to prevent either of the above?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

TEAM ORGANISATION -ATTACK



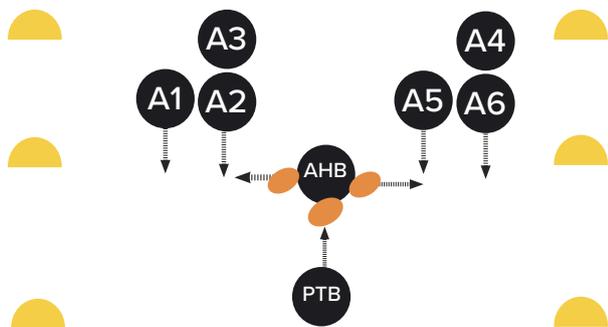
CORE SKILLS | TEAM ORGANISATION
- ATTACK

9 - TECHNICAL CARD

ACTIVITY 1

Ruck Plays

These are designed to advance the ball (establish good go forwards) against a strong defence and to create field position for a clearing kick. The coach can use this framework to develop and practise any variation of ruck play



- Play-the-ball (PTB) technique is important
- Good communication
- A flat pass so the receiver crosses the advantage line with the ball
- Dummy half calls for the play on the way to the ruck
- Optional runners look like they may be receivers
- Runners must work in teams and know what their role is

NB — Progression is to have players calling the plays and the dummy half responding

Basic Ruck Plays

Scoot — run from dummy half with support (based on recognising a quick play-the-ball with defence not set)

Zero — one man taking the ball straight from acting half-back (AHB) with a support runner

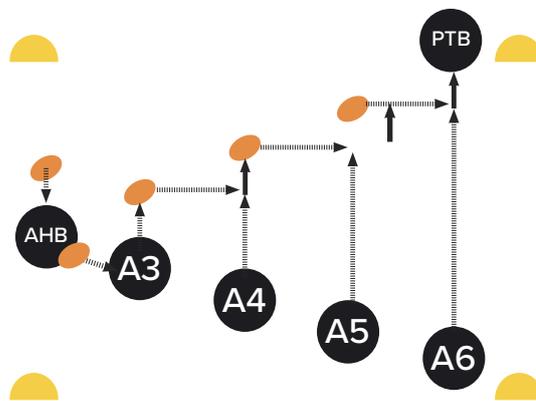
Again — two runners on one side: first runs through and angles into the markers; the second receives the pass

More — two runners on one side: AHB passes the ball across the front of the first runner, hitting the support runner with a flat pass

Practice these ruck plays to both sides with the AHB making the call initially, then develop to the runners calling

Progress to utilising plays off first receiver (all coaching points apply) including that the first receiver should carry the ball forwards to the advantage line or beyond

ACTIVITY 2



Line Passing

- Passing along the line with the same dummy half and first receiver
- In fives or sixes in a 40m x 20m channel
- Set up the practice as shown. The ball is passed along the line one way, a play-the-ball set up and passed back the other
- Dummy half and first receiver stay the same throughout

COACHING POINTS

- Protective falling, play-the-ball, dummy-half pass, catching, carrying, gripping, passing, depth of attacking line and angles of run

Questions

- Why is it important to time your run?
- Why is it important to run as an option runner?
- How can you recognise a quick play-the-ball?

KEY

