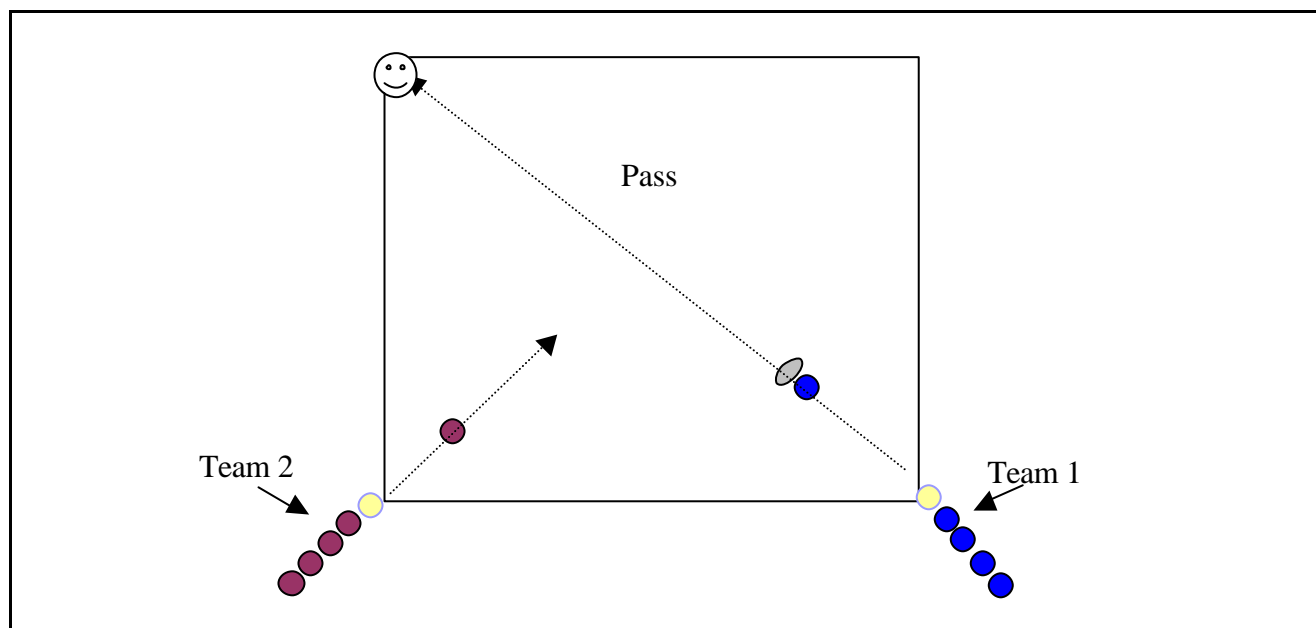


Drill Name		Cross The Grid						
Objectives		One-against-one drill aimed at developing tackling skill when intercepting players at an angle. Has benefit of giving attacking players a committed point of attack.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Grid	10 x 10	1	10	10			



Description

1. Team 1 are “attackers” and Team 2 are the “defenders”.
2. Coach shouts, “go” and the first player in the attacking side runs with the ball to the opposite corner. The player’s objective is to score a try by placing the ball **directly** on the corner cone (“smiley face” above).
3. At the same time, the first player in team 2 must intercept the ball carrier with a tag tackle.
4. If a tackle is made, one point is awarded to the defending team. If a try is scored, a point is awarded to the attacking team.
5. All players have a turn. Then swap the attackers and defenders over.

Progression

1. Number players off, and call “Attack 2”, “Defend 4” etc.
2. Increase to 2vs2.

Set-Up

1. Mark out a grid.
2. Divide group into two teams and situate each team as shown.
- 3.

Key Factors

Attacker

4. Focus on straight running to corner.
5. Both hands on the ball.
6. Wrong foot defender by stepping inside.
7. Stay in touch

Defender

1. Direction of run to intercept player.
2. Focus on tag.
3. Call **Tag** if tackle made.
4. Get in front of player to make attacker go around/go wide.