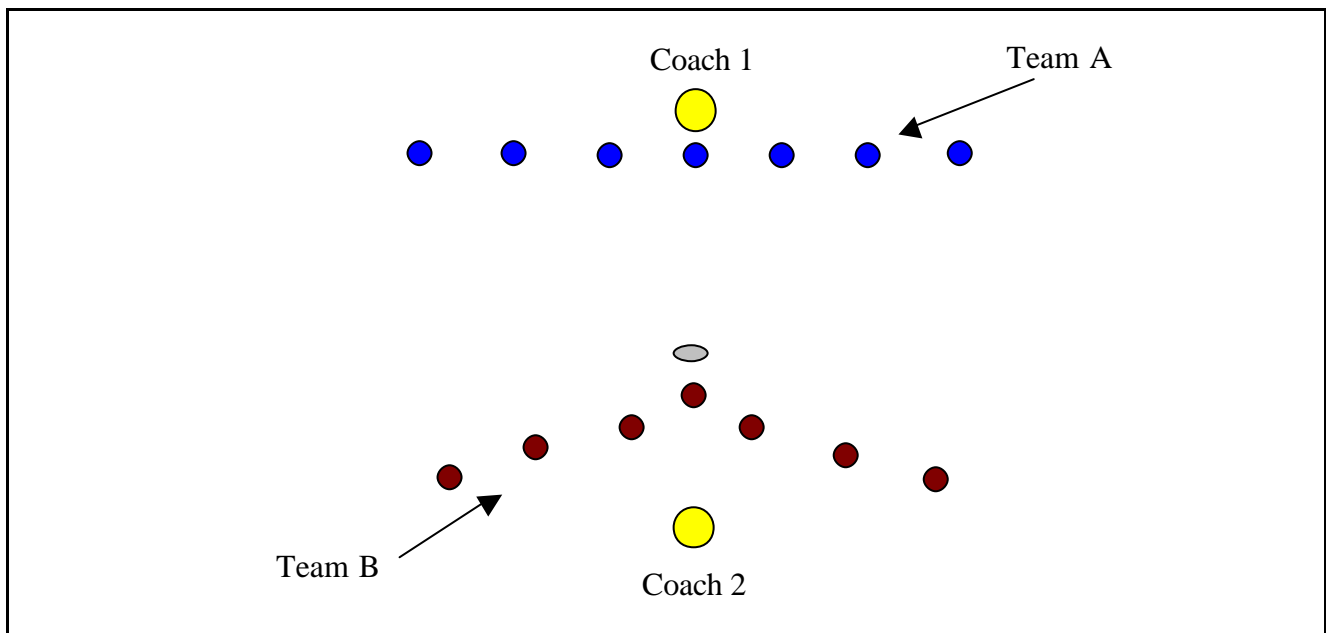


Drill Name		Tag Alignment - Crugby						
Objectives		This drill allows coaches to focus on attacking and defensive play in a true game situation						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
40	Pitch	35 x 60	1	14	20			



Description

1. This is a normal game of tag, but with a difference!
2. Each team has 10 minutes to be in attack. The other team defends for 10 minutes.
3. Team A begins – free pass. They try to score a try. If a player is tagged they pass the ball in the normal way.
4. If the ball is “turned over” – foot in touch, knock-on etc. team A must restart at the centre of the pitch. If they score a try, they keep the possession and restart again.
5. After 10 minutes, Team A and Team B swap over so that now Team B is attacking and Team A is defending.
6. Another 10 minutes is played, and at the end, the team with the highest number of tries wins.

Progression

1. Introduce special rules: pass before tackle, maximum number of tackles, turnover if running backwards etc..

Set-Up

1. Set-up normal pitch.
2. Divide players into 2 teams of 7 – even ability.

Key Factors

1. Avoid turnover. Don't go into touch. Clean passes to avoid knock-on.
2. Support play.
3. Keep position.
4. Move up the defence to keep pressure.
5. Good tagging.

