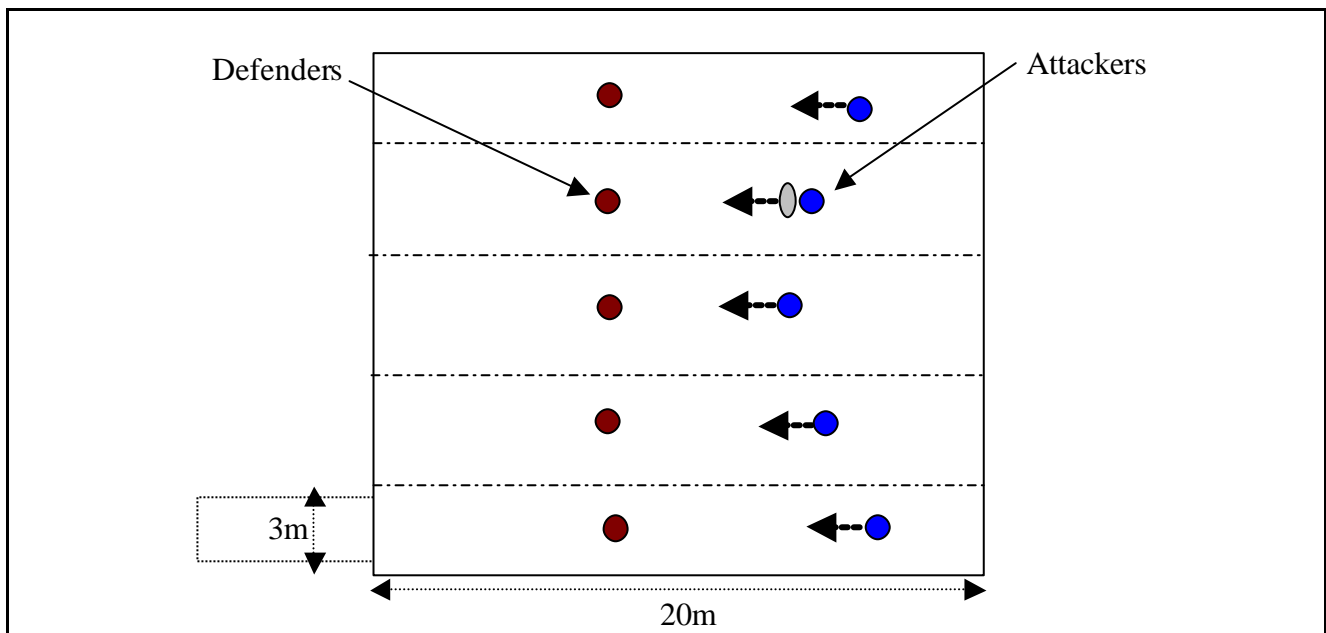


Drill Name		Railway Rugby						
Objectives		The objective is to get players used to playing in a fixed position, both in attack and in defence.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
76	Pitch	20 * 15	5	10	15			



Description

1. Normal games rules apply, however, each player must stay in their allotted lane.
2. If a player leaves their lane the ball is turned over to the other side.
3. Play 5 minutes each way.

Progression

1. Introduce pass before tackle move. If tackle made, ball is turned over.
2. Allow attacking team to move freely.
3. Develop into "crugby" – i.e. 5 minutes attacking, 5 minutes defending – turnover = restart.

Set-Up

1. Mark out Pitch (20 metres line * 15 metres wide)
2. Mark out 4 length way lines, 3 metres apart (cone every 2 metres).
3. Divide players into two teams of 5.
4. Place a player from each team into lanes as shown.

Key Factors

1. Correct tag tackle – no grabbing of shirts etc.
2. Keep eyes on tag.
3. Move as the ball is released.
4. Defenders close down space and then side-to-side movement to engage attacker.
5. Attackers: Straight running.
6. No foot in touch.
7. Ball in both hands
8. **Keep position**

