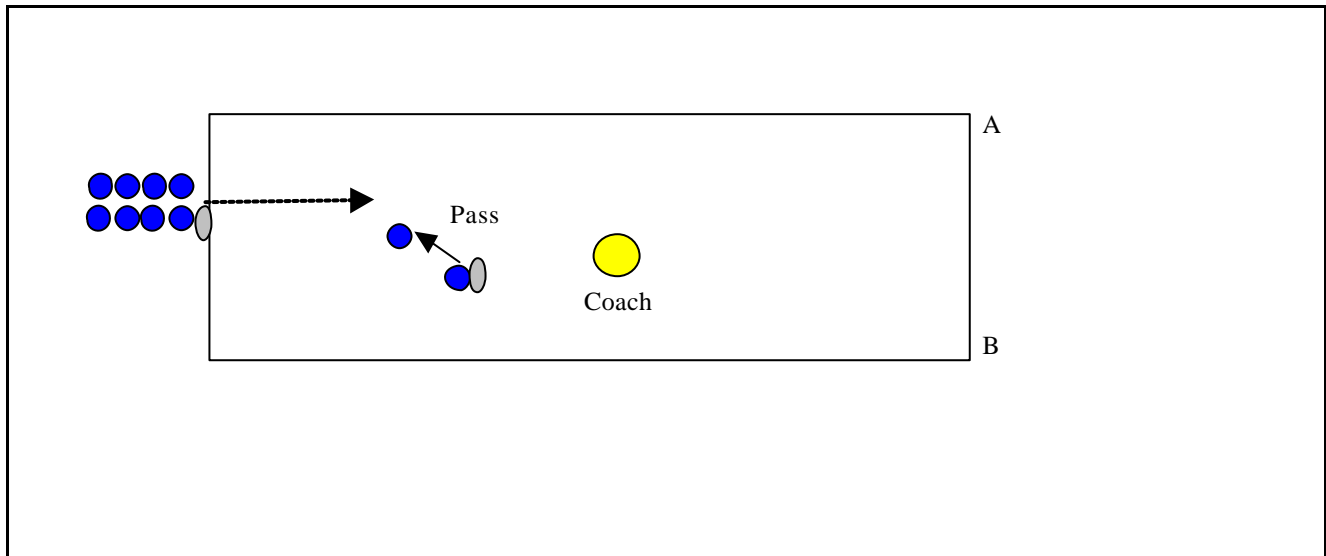


<b>Drill Name</b>		<b>Tag Alignment – Run And Pass</b>						
<b>Objectives</b>		The objective here is to get players used to being in a support role, ready to receive a pass should a teammate need to offload the ball.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
16	Channel	5 x 20	5	10	10			



#### Description

1. First player of the first pair has the ball and runs towards the coach.
2. The second player follows the first player in a support role, ready to receive pass.
3. The coach calls "TAG-PASS" to simulate a tag being made.
4. The ball carrier turns and passes the ball to their team mate, who then completes the course and scores a try at A-B.
5. The next pair has a go and the drill is repeated.
6. Swap ball carrier and receiver over.

#### Progression

1. Introduce a second coach so that there is a second "tag" and pass.
2. Next have 3 players, rather than pairs.

#### Set-Up

1. Organise players into pairs.
2. Set-up Channel
3. Each Pair has a ball.
4. Coach position in channel to represent defence.

#### Key Factors

1. Know in both hands
2. Correct lateral pass.
3. Hands up to catch the ball – targets
4. Alignment/Position
5. Pass backwards/sideways
6. Call for pass – "my ball"
7. Receiver to accelerate when receiving ball.