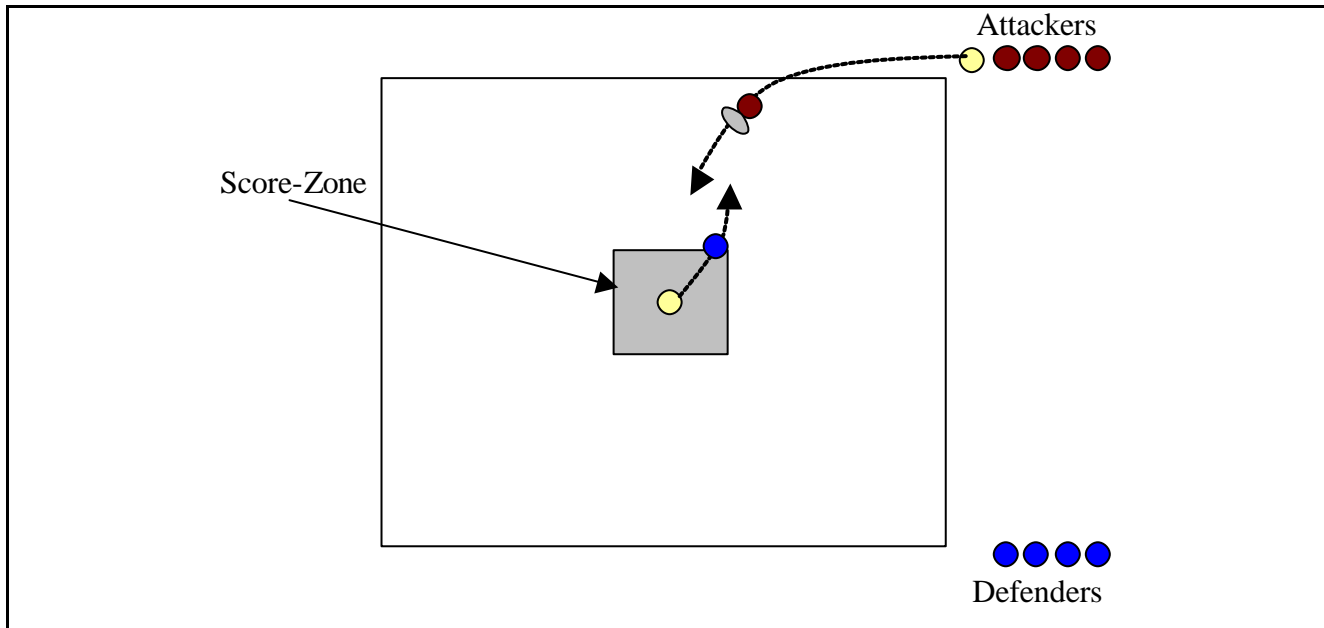


Drill Name		Shark Attack						
Objectives		One on one practice to develop both evasion and tackling skills.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Grid	10 x 10	1	10	10			



Description

1. The first player from the defending team (the shark) takes up position inside the score-zone (the island).
2. The first attacking player takes the ball.
3. When the coach gives the instruction, the attacking player attempts to score a try in the score-zone.
4. The defender is permitted come out side of the score zone in order to tackle the attacking player.
5. Both players must stay inside the grid/area.
6. Keep a score of tries scored vs tackles made.
7. Switch over attackers and defenders when all players have had a turn.

Progression

1. Develop into 2 against 1.
2. Increase size of area.
3. Decrease/Increase target zone.
4. Move score zone back to back of grid.

Set-Up

1. Mark out a grid or circle to identify the area of play.
2. In the centre of the playing area mark out a score zone of about one metre square.
3. Organise group into two teams. One team of attackers and the others of defenders (sharks).

Key Factors

1. Both hands on ball.
2. Stay in area
3. Correct tag tackle (belt only – no contact)
4. Move FORWARD.
5. Correct try – place ball on ground with pressure.

