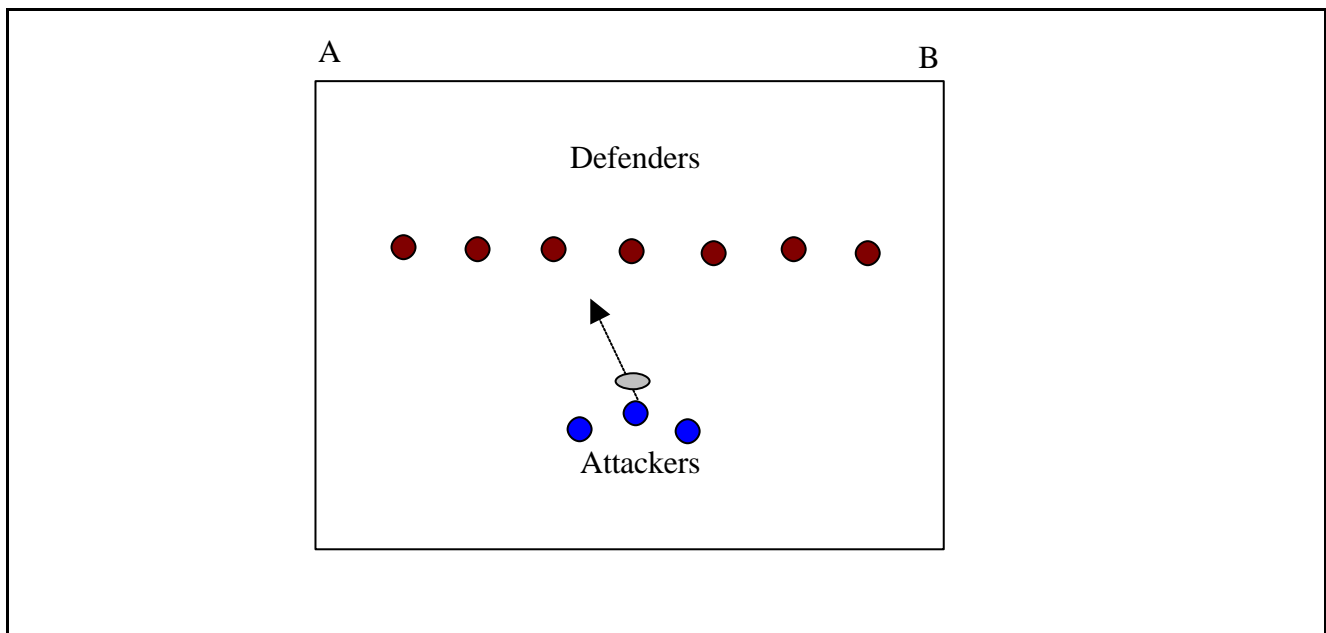


Drill Name		The Wall						
Objectives		The basic idea here is to practice defence, in particular keeping position and keeping on-side						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Channel	20 x 20	1	10	10			



Description

1. The objective here is to practice an organised defence.
2. 3 players are selected to form the attack.
3. The attackers' objective is to get past the defence and score a try at the try line A-B.
4. The defenders must stop the attack by tackling the attacking players (tag tackle). The defence must follow standard rules and must retire after making the tackle.
5. The attackers pass the ball when tackled. Attackers must stay in area.
6. At any time, the coach can freeze the play (all players freeze their position) in order to highlight where players have gone out of position.
7. Rotate the attackers so that all players have a chance to be in attack.

Progression

1. Wingers in defence where bibs. Attackers cannot go around the defence – only gaps in the defence. Allows focus to remain on keeping defence positions.
2. Vary width and spread of players.

Set-Up

1. Nominate side of grid to be try line
2. Select 3 attacking players
3. Organise the rest of the plays into a defence.

Key Factors

1. Stay in line, together.
2. Keep facing forward.
3. Offside line – the ball.
4. Move back after tackle. Correct tag tackle – call “Tag”.

