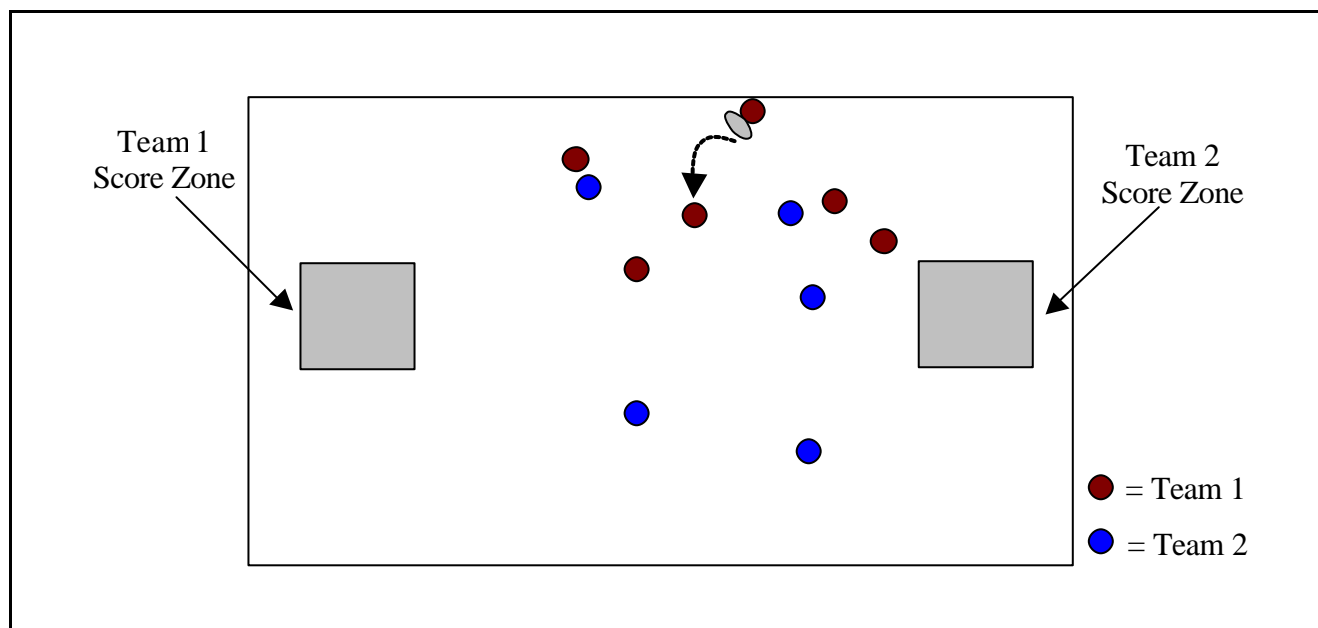


Drill Name		Swedish Rugby						
Objectives		Practice passing, space awareness and team play in a fun, competitive game format. Develop space awareness. Practice dealing with loose balls, passing from the ground.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
24	Channel	10 x 20	1	10	10			



Description

- Objective is for the team to score a try within the score zone of the other team.
- Coach starts game by bouncing ball in centre of pitch.
- Any player may pick up ball.
- When ball is picked-up or received, ball carrier is allowed 2 steps. They must then touch the ball on the ground and pass to another player in their team.
- Ball may be passed in any direction.
- Other team may intercept passes or pick-up loose balls.
- If ball goes out of play, opposing team gets a free pass.
- Players must stay on their feet.
- No player may step in the score zone.
- Try is scored when ball is placed on ground in the attacking teams score zone.
- Other rules can be added as required.

Progression

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Set-Up

- Mark out a pitch to identify the area of play.
- At each end mark out a score zone – 4 cones – allow playing area around each score zone.
- Organise group into two teams – use coloured vests.

Key Factors

- Both hands on ball.
- Call for ball – “My Ball”
- Clean, accurate passing.
- Hands-up – targets
- Look for space
- Correct try – place ball on ground with pressure.