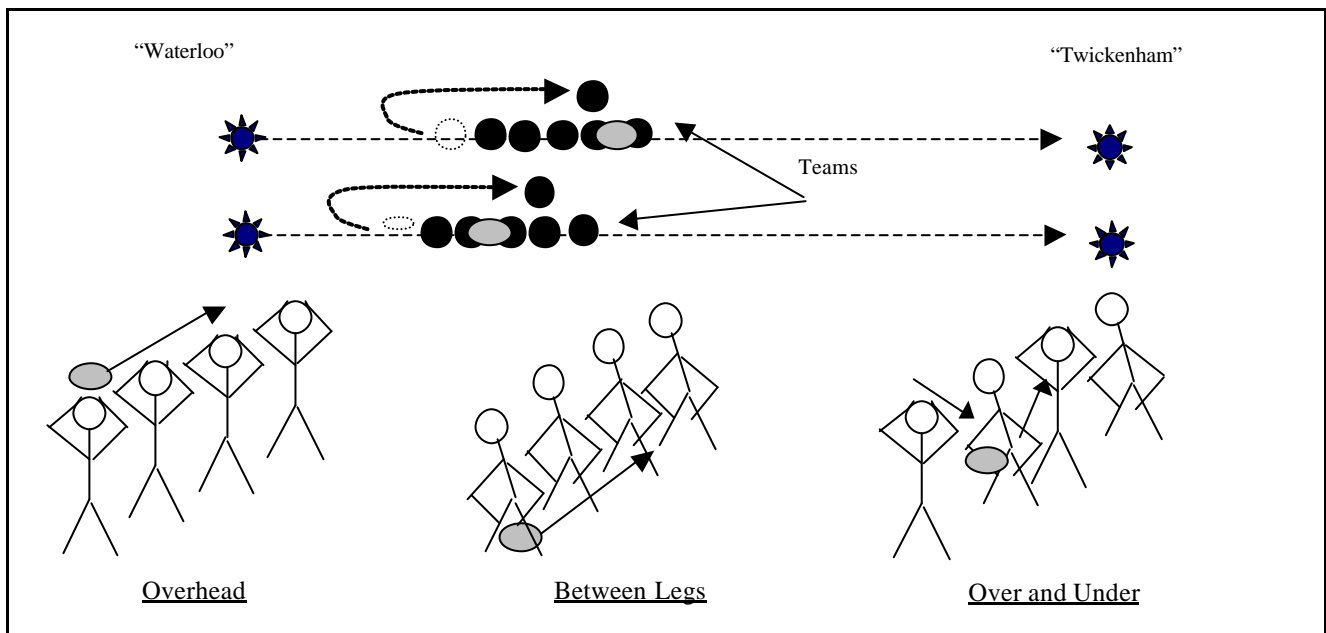


Drill Name		Railway Express						
Objectives		Familiarisation with handling a rugby ball and foster concept of teamwork and communication.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
2 per team	Channel	3 x 15	1	5	5			



Description

1. This is a classic relay race, the winning team being the first to get all players over the finish line
2. The team forms a "train" that moves passing the ball backwards over their heads.
3. As the ball is passed the players circle around to the back of the train ready to receive the next ball.
4. On the coach's signal, the race begins. The players pass the ball overhead and circle around repeatedly until all the players in the team have reached the finish line.

Progression

1. Pass ball between legs
2. First player over,
3. second player under, third player over etc..

Set-Up

1. Mark out a start and end cone for each team.
2. Position teams at one end.
3. First player wears the tag on the tag belt – any side will do – no other tags required.

Key Factors

1. Team work
2. Both hands on ball
3. Communication