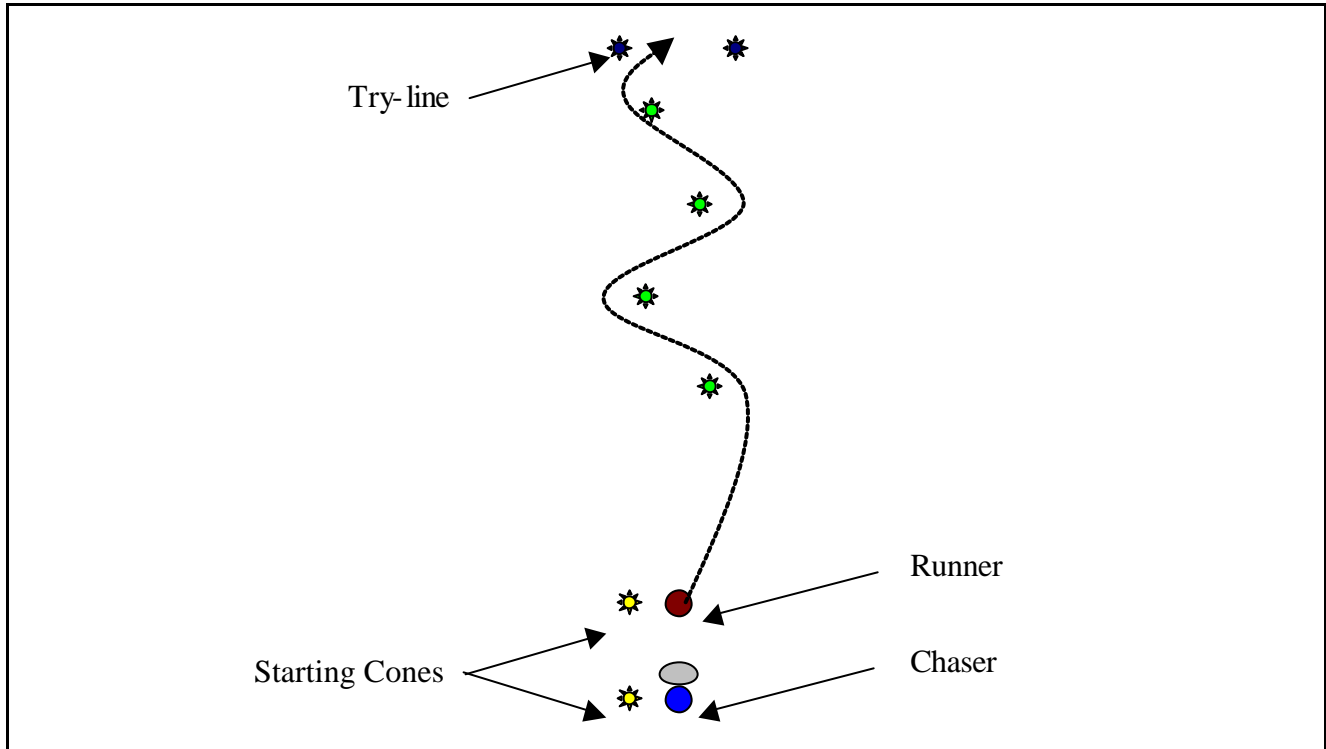


<b>Drill Name</b>		<b>Weave And Ball Tag</b>						
<b>Objectives</b>		To practice running with agility and pace.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
10	Channel	5 x 10	3	10	10			



#### Description

1. First 2 players line up on the starting cones (2 metres apart).
2. Back player, the “chaser”, carries the ball.
3. On coach’s signal, front player, the “runner”, must zigzag through cones with the objective of running to the try-line with out being “ball-tagged”.
4. On same signal, chaser has to try and “ball-tag” – i.e. touch player with ball.
5. If a successful tag is made, the chaser must touch the ground with ball and then continue chasing. The runner keeps running.
6. Winner is most tags obtained or least times tagged.
7. Repeat with next 2 players etc.
8. When all players have completed drill, repeat but swap the runner and chaser around.

#### Progression

1. Back player starts closer or further away from front player.
2. Change distance between cones.
3. Move cones further apart laterally – i.e. exaggerate weave
4. Increase length of course

#### Set-Up

1. Layout cones for player to weave around.
2. 2 cones at the end to mark a try-line
3. 2 cones at the beginning, about 2 metres apart to mark the start positions for the ball carrier and the chaser.

#### Key Factors

##### Ball Carrier

1. Balance, pace.
2. Side-step technique to navigate cones – weight on right foot and drive to left

##### Chaser

1. Hold ball in both hands.
2. Keep eyes on tag
3. Call “Tag”