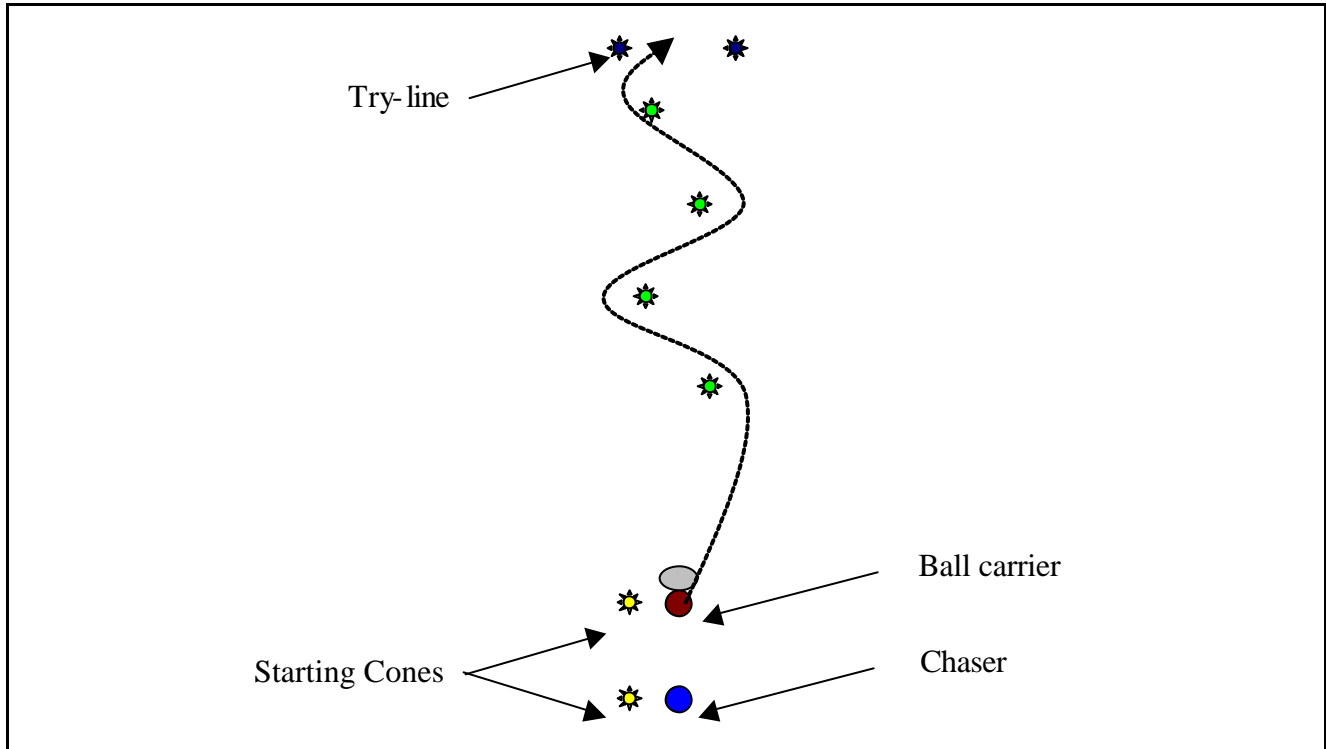


<b>Drill Name</b>		<b>Weave And Chase</b>						
<b>Objectives</b>		Practice evasive running						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
10	Channel	5 x 10	3	10	10			



**Description**

1. First 2 players line up on the starting cones (2 metres apart).
2. Front player carries ball.
3. On coach's signal, front player must zigzag through cones with the objective of scoring a try on try-line at end of channel.
4. On same signal, back player has to tackle front player with a tag-tackle.
5. Try scored or touch tackle determines winner.
6. Repeat with next 2 players etc.
7. When all players have completed drill, repeat but swap the ball carrier 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. Hold ball in both hands.
2. Side-step technique to navigate cones – weight on right foot and drive to left

**Chaser**

1. Correct tag tackle – no grabbing of shirts etc.
2. Keep eyes on tag
3. Call "Tag"

