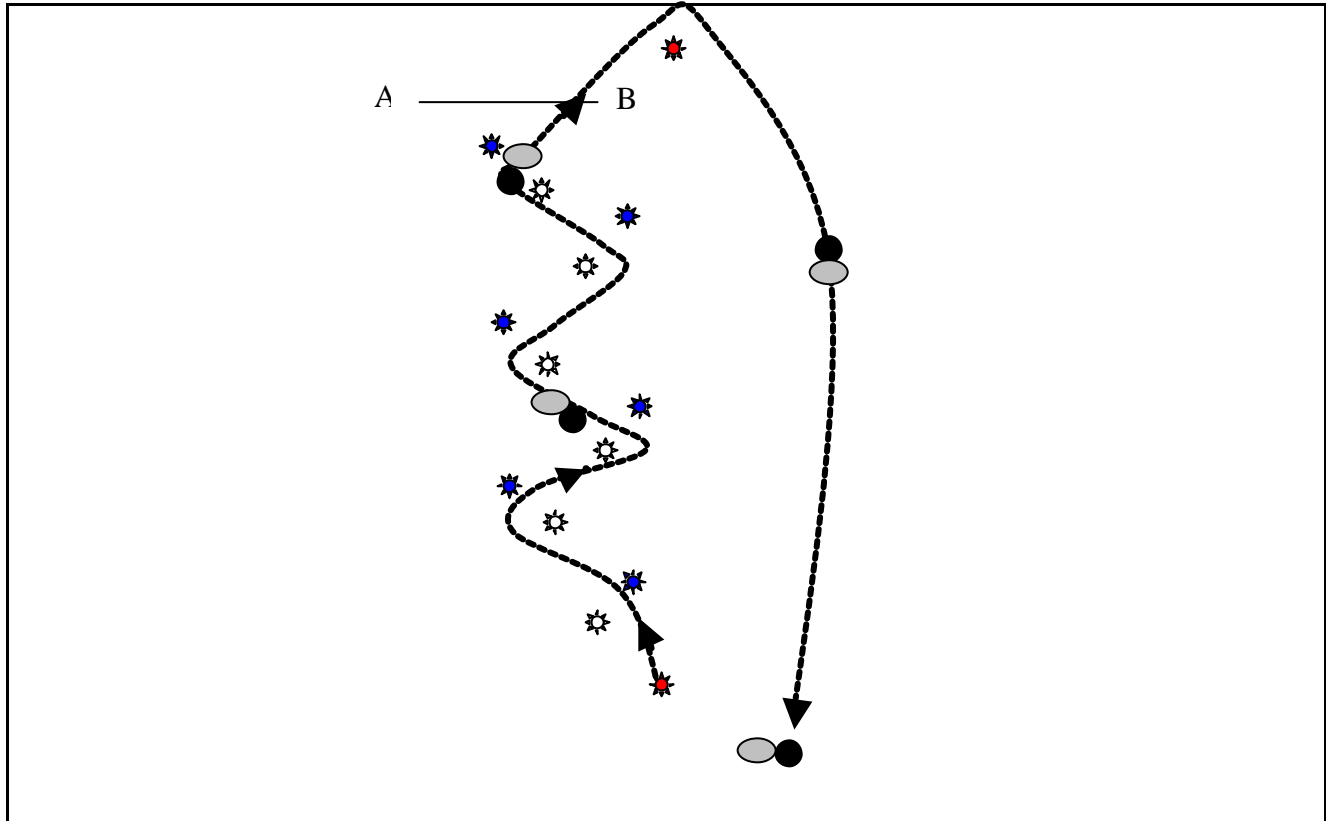


Drill Name		Weaving Drill						
Objectives		Improve the agile running of players and introduce/practice the “side step”.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
15	Channel	5 x 10	10	10	10			



Description

1. Continuous circuit drill.
2. Players released at intervals to complete circuit.
3. Each player, carrying a ball, must sidestep past each “defender” – blue cones above - until they reach the score line at A-B.
4. A try is scored and the player then sprints back to the beginning.
5. This is then repeated

Progression

1. Start with cones close together and fairly slow
2. Spread cones to make course more challenging
3. Speed-up Running
4. Develop into Weave And Chase activity

Set-Up

1. Layout cones for player to weave around.
2. White cones are guides to force players to confront and side step the blue cones.

Key Factors

1. Balance, pace.
2. Side-step technique to navigate cones – weight on right foot and drive to left
3. Hold ball in both hands
4. Place ball on ground – no drop