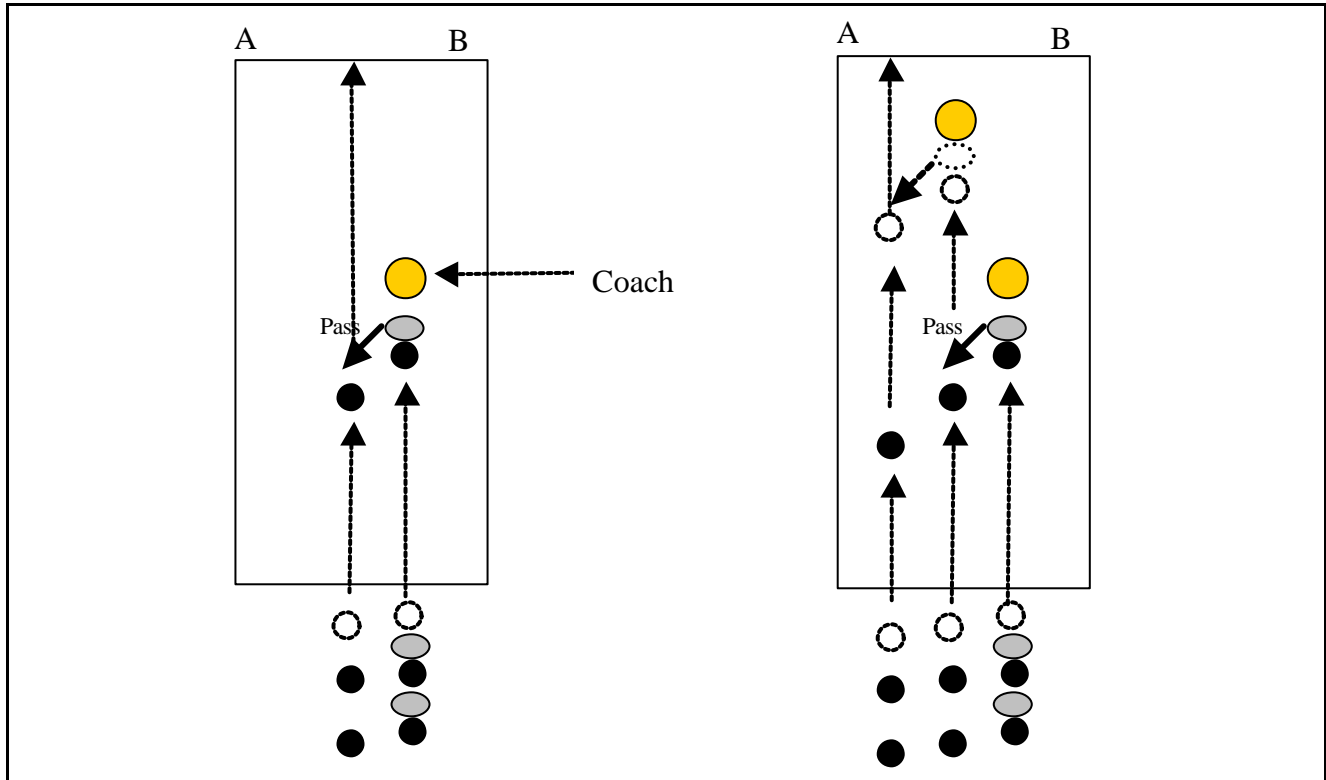


Drill Name		Tackle Pass Drill						
Objectives		Develop support play.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
10	Channel	5 x 10	5	10	10			



Description

1. Coach stands as shown (left diagram).
2. First player runs towards coach.
3. Coach calls "TAG-PASS" no evasion for this exercise.
4. Second player should be in a support position, ready to receive pass.
5. Ball carrier turns and passes ball quickly to second player who runs to try line A-B to score a try.
6. Both players circle back round to beginning and swap positions for next practice.

Progression

1. Back Organise into groups of three. Two coaches are positioned in channel as shown in right diagram. Second player receives ball and runs to second coach, is "tackled" and passes to 3rd player who receives pass and scores try.

Set-Up

1. Create channel.
2. Organise players into pairs.
3. Coach positioned as shown (or another player).

Key Factors

1. Support player stays behind, but close to ball carrier.
2. Both hands on ball.
3. Quick pass
4. Hands up to form target to receive pass
5. Call "My Ball"
6. Move forward and keep moving
7. Accelerate on to passed ball
8. No forward passes
9. Correct try – place ball over line, with pressure.