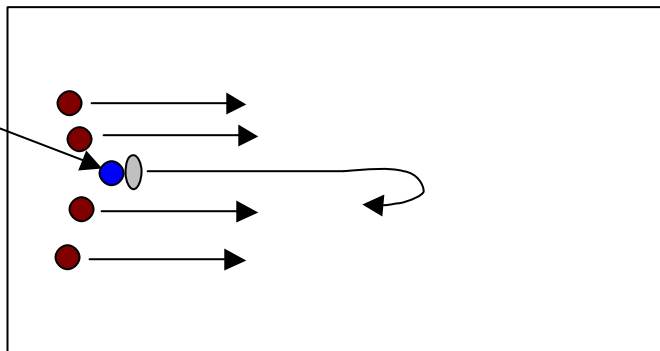


Drill Name		Pass Defend Attack						
Objectives		Practice attacking as a team and defending. Creates pressure on the defender especially if they make a tag and have to quickly try and defend the next ball carrier.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
24	Channel	20x10	1	5-6	10			

Ball carrier/defender



Description

1. The group of five players, including the ball carrier, run through the channel.
2. The ball carrier passes the ball and then sprints to the half-way point, turns towards the group and becomes a defender.
3. The rest of the group continue down the channel attempting to beat the defender by passing.
4. The defender tries to tag the ball carrier.
5. Alternate the ball carrier/defender.

Progression

1. Players 1 and 2 become defenders.

Set-Up

1. Groups of 5-6
2. Mark out channel
3. All players with tag belts.
4. One ball per group.

Key Factors

Attackers

1. Run forward
2. Dodge the defender
3. Pass if tagged
4. Support player stay behind ball.
5. Communicate between players

Defender

1. Focus on the tag of the ball carrier
2. Keep head and shoulders above waist when going for tag.
3. Call "Tag"
4. Hand back tag belt.