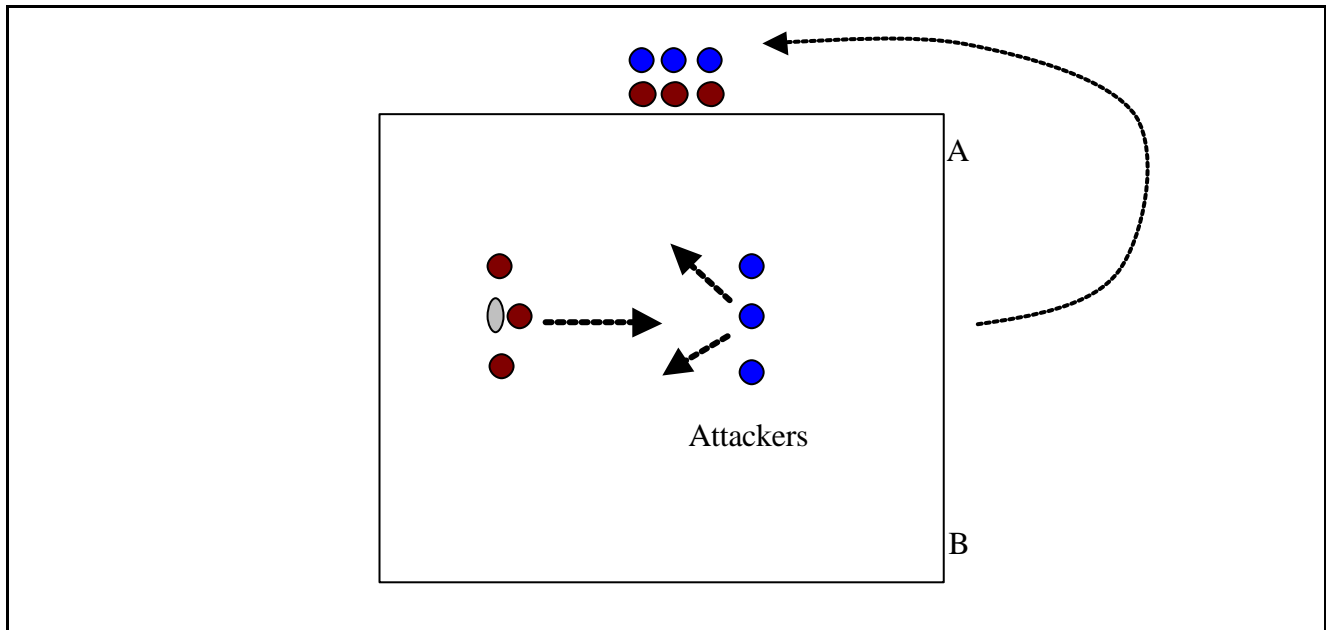


Drill Name		Which Way Tag						
Objectives		Practice defence in a restart or when the ball is being passed following a tackle.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10 x 10	1	9	10			



Description

- 3 players form attack as shown - centre player has ball and faces away from defender.
- Place 3 defenders as shown
- On coaches signal. Central attacker passes the ball to the left or right player. This player then attempts to score a try at try line A-B.
- The defenders attempt to intercept the ball receiver.
- Normal games rules apply or first tag means defenders win.
- Defenders become next attackers and attackers go to back of line. Keep the drill rotating and vary player positions.

Progression

- Spread attackers so there is a longer pass.
- Introduce two defenders.

Set-Up

- Mark out a grid to identify the area of play.
- Group players in 3s.
- First 3 players = attack, second 3 players = defence.

Key Factors

- Correct restart (pass through the air, 2 metres max)
- Attackers can move when ball is passed (not on coach's signal)
- Anticipate attackers line to head off attacker.

