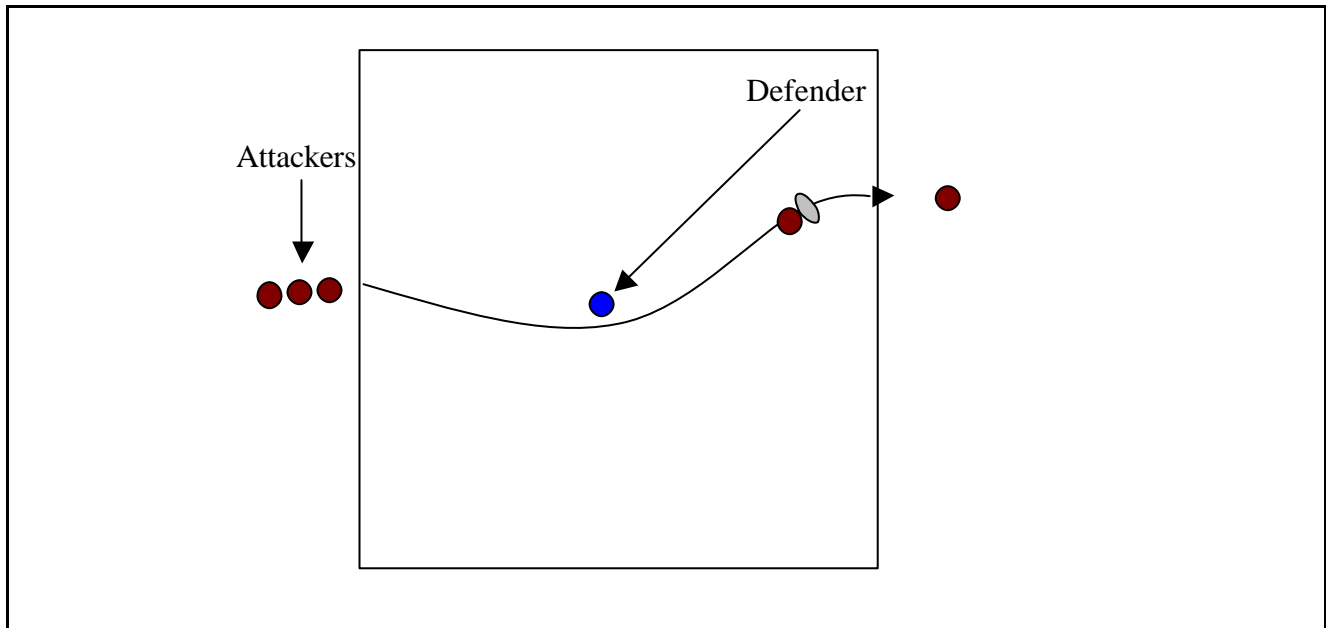


Drill Name		Score A Try						
Objectives		Practice tag tackling as well as running and evasion skills.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10x10	1	5-6	10			



Description

1. One player is selected to be the defender and stands in the centre of the grid.
2. One by one the attackers try to get passed the defender and score a try at the far side of the grid without being tagged along the way.
3. Award a point to the defender if a tag is made or to the attacker if a try scored.
4. After each attacker has had a go, change the defender and start again.

Progression

1. Reducing width.

Set-Up

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

Key Factors

Attacker

1. Run into space
2. Dodge the defender
3. Two hands on balls
4. No protecting of tags
5. Keep running.

Defender

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