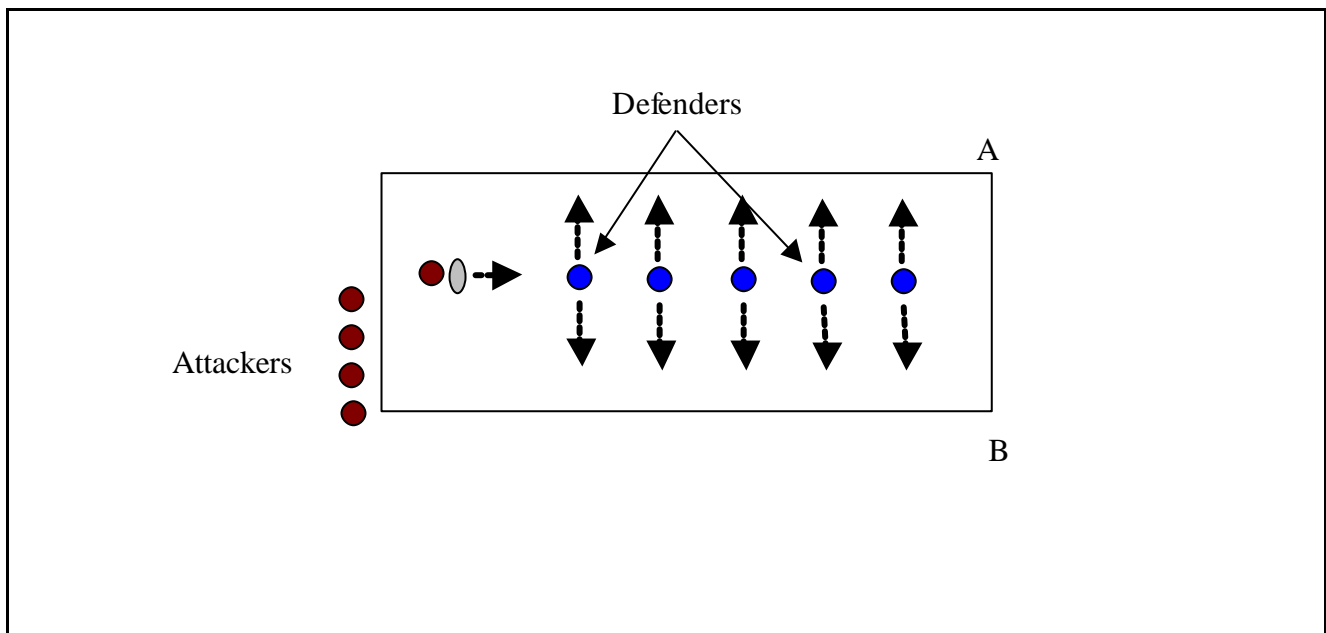


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|-------------------|---------------|--|--------------|----------------|---------------------------|-----------------------|--------------------|-------------------|
| Drill Name | | The Gauntlet | | | | | | |
| Objectives | | Practice defending in a concentrated situation. Fast moving exercise so that all defenders get the opportunity to intercept attackers. | | | | | | |
| Cones | Layout | Dimension (metres) | Balls | Players | Duration (minutes) | Contact Shield | Tackle Bags | Body Suits |
| 24 | Channel | 5 x 20 | 5 | 10 | 10 | | | |



Description

1. Line up defenders in channel. They are only allowed to move from side to side.
2. Attackers are released one at time (can be fairly quick to keep defenders on their toes!) with the objective of scoring at try line A-B.
3. The defenders have to attempt to tackle the attacker as they pass by.
4. If a successful tackle is made, the attacker stops, reclaims tag and returns to end of line.
5. Swap over when all have had a go.

Progression

1. Change to 2 on 1
2. Vary width of tackle zone to make more difficult for defender

Set-Up

1. Mark out a channel.
2. Position cones for each defender in channel.
3. Position defender at each cone.

Key Factors

1. Correct tag tackle – no grabbing of shirts etc.
2. Keep eyes on tag.
3. Move as the ball is released.
4. Close down space and then side to side movement to engage attacker.
5. Attackers: Straight running.
6. No foot in touch.
7. Ball in both hands