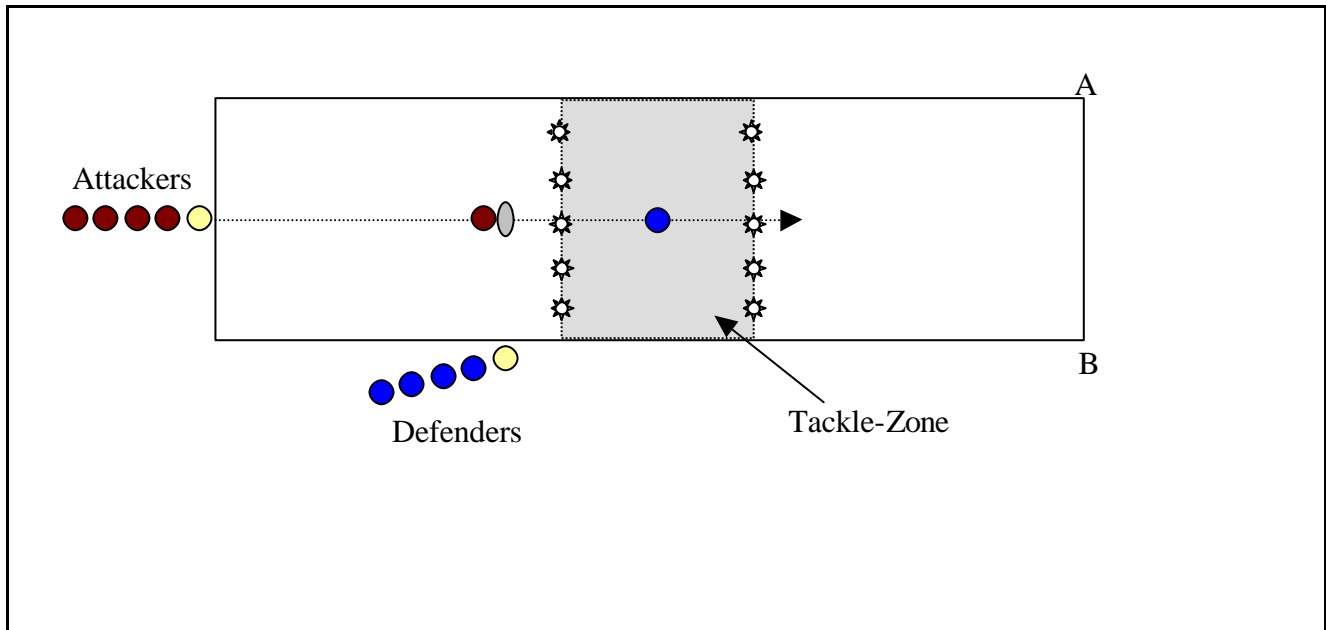


<b>Drill Name</b>		<b>Straight Intercept</b>						
<b>Objectives</b>		Practice tackling in a one on one situation. This exercise forces defenders to make tackles upon advancing attackers.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
22	Channel	5 x 20	1	10	10			



**Description**

1. Player from defending team enters the tackle zone and waits. The defender cannot leave this area.
2. On the coach's signal, the player at the head of the attacking line must attempt to run with the ball and cross the tackle zone without being tackled.
3. If successful, the attacker scores a try at A-B. Once the attacker is inside the tackle zone, the attacker can only escape by crossing the second line.
4. If the attacker goes back over the first line or goes "into touch", they have lost.
5. Next attacker and next defender in quick succession. Swap defender and attacker roles.

**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. Mark out the tackle-zone
3. Divide group evenly into a team of attackers and a team of defenders
4. Situate attackers at the start of the channel.
5. Situate defenders adjacent to tackle-zone.
6. Coach with each team.

**Key Factors**

1. Correct tag tackle – no grabbing of shirts etc.
2. Keep eyes on tag.
3. Close down space and then side to side movement to engage attacker.
4. Attackers: Straight running.
5. No foot in touch.
6. Ball in both hands
7. Use momentum - don't stop and don't go backwards.

