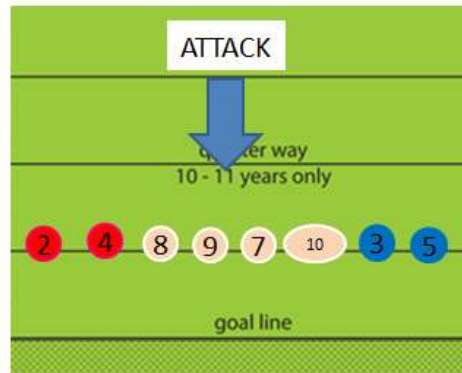


MANLY CHRISTIAN BROTHERS PLAYER and TEAM DEVELOPMENT PLAN

STAGE and AGE	PURPOSE	PHYSICAL	TECHNICAL	TACTICAL	COMPETITION
MINI 6-8	Create the interest, emphasise fun and enjoyment. Introduction to simple rules and ethics of sport.	General gross motor skill development. Agility, balance, coordination, speed and strength. Develop confidence in contact.	Core skills as per requirements of the game: ball carry, catch, pass, run, evade and tackle.	Limited game sense application. Introduction of tactical principle of possession, go forward and pressure.	(6 and 7) No scores kept, no emphasis on winning. Some competition games within training. (8s) scores are kept but emphasis remains on improvement and skill development.

POSITION	NUMBER	STRUCTURE
Prop	8	Centre, Channel 2 White
Prop	10	Centre, Channel 2 White
Half	7	Centre, Channel 2 White
Left Centre	4	Left ,Channel 1 Red
Left Wing	2	Left Channel 1 Red
Right Centre	3	Right, Channel 3 Blue
Right Wing	5	Right, Channel 3 Blue
Hooker	9	Attack All, Defence Channel 2

DEFENCE STRUCTURE

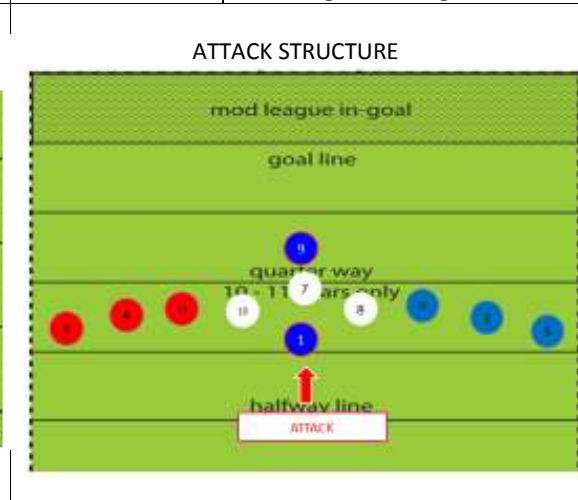
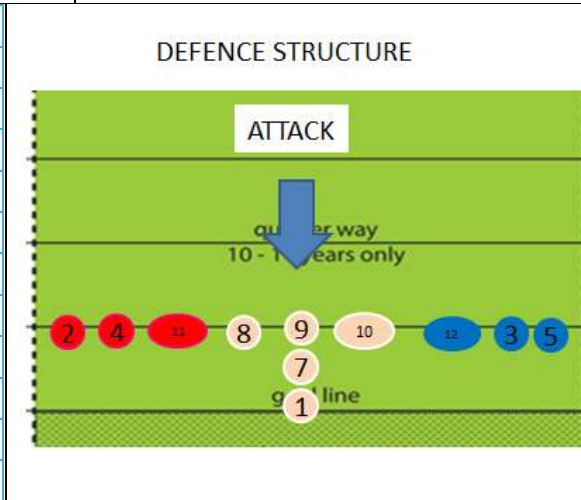


ATTACK STRUCTURE



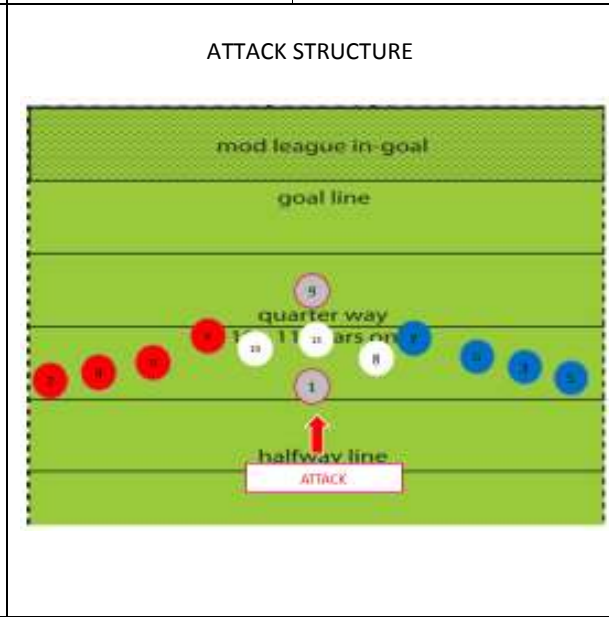
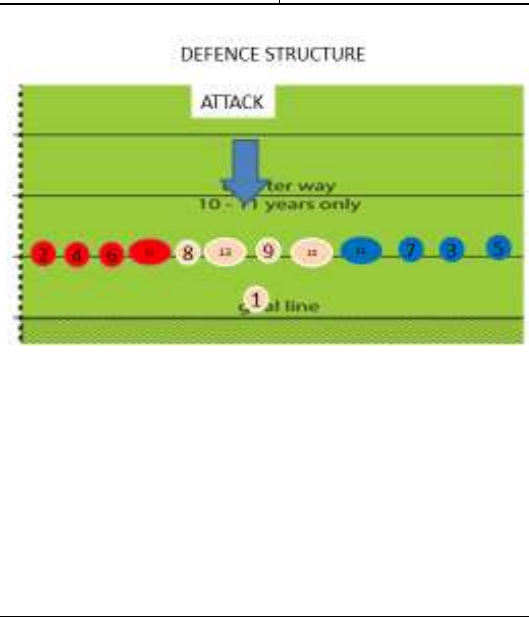
STAGE and AGE	PURPOSE	PHYSICAL	TECHNICAL	TACTICAL	COMPETITION
MOD 9-12	Equal participation for all, good sportsmanship and team values emphasised. Develop relationships with team mates and coaches.	Continue to develop contact confidence. Development of strength, speed, power, agility, balance, coordination, flexibility and aerobic endurance.	Core skill progression simple to complex, closed skills to open skills. Types of pass, types of tackles, evasion, catch, kicking. Position specific skill development.	Increased game sense application via game based drills. Position specific tactical awareness. Principles of field position, simple plays and structure.	Grading of teams based on safety, skills, fitness, attitude and tactical awareness. Teams in competitions compete to win through the application of their individual and teams technical and tactical development. Emphasis not on winning but on effort and the ability to apply knowledge/skills to games.

POSITION	NUMBER	STRUCTURE
Prop	8	Centre, Channel 2 White
Prop	10	Centre, Channel 2 White
Half	7	Centre ,Channel 2 White
Left Back Row	11	Left, Channel 1 Red
Left Centre	4	Left, Channel 1 Red
Left Wing	2	Left , Channel 1 Red
Right Back Row	12	Right , Channel 3 Blue
Right Centre	3	Right, Channel 3 Blue
Right Wing	5	Right , Channel 3 Blue
Fullback	1	All
Hooker	9	Attack All, Defence Channel 2















STAGE and AGE	PURPOSE	PHYSICAL	TECHNICAL	TACTICAL	COMPETITION
INTERNATIONAL 13-16	Encourage participation at all development stages. Players to demonstrate learned sportsmanship and leadership values and continue to develop these. Realise the many benefits of team sports.	Development of game related strength and conditioning training. Position specific physical requirements and education of	Focus on core skills practiced in an open environment. Talent identification and pathways.	Formulation and application of game plans. Develop strength and weakness analysis of opponents. As well as principles of field position, possession, pressure.	Grading of teams based on safety, skills, fitness, attitude and tactical awareness. Teams in competitions compete to win through the application of their individual and teams technical and tactical development.

POSITION	NUMBER	STRUCTURE
Prop	8	Centre, Channel 2 White
Prop	10	Centre, Channel 2 White
Lock	13	Centre, Channel 2 White
5/8	6	Left, Channel 1 Red
Left Back Row	11	Left, Channel 1 Red
Left Centre	4	Left, Channel 1 Red
Left Wing	2	Left , Channel 1 Red
Right Back Row	12	Right , Channel 3 Blue
Right Centre	3	Right, Channel 3 Blue
Right Wing	5	Right , Channel 3 Blue
Half	7	Right , Channel 3 Blue
Fullback	1	All
Hooker	9	Attack All, Defence Channel 2



FIELD SET UP			BASIC PHILOSOPHIES OF PLAY		PLAYS AND CALLS	
ATTACKING			WITH BALL	WITHOUT BALL	CALL	DESCRIPTION
Channel 1 RED	Channel 2 WHITE	Channel 3 BLUE	<ul style="list-style-type: none"> Take the ball to a designated channel on first 2-3 tackles. When arriving at designated channel we move the ball to space through 3-4 sets of hands. Or we call a set play. On the last tackle, first option is to keep ball in hand and attack space, second option we kick for field position, to force a drop out or kick for a contest. Get to our feet quickly to play the ball. Stay in your positions, listen to the calls Do your job the best you can. 	<ul style="list-style-type: none"> Call waiting...UP, as opposition first receiver catches ball, or (Mini/Mod) ball clears the ruck (international) break forward and take the space in one line, no exceptions. Fullback and wingers are the only player to be back on the last tackle. Marker/s run hard at inside shoulder of the first receiver then moves on to next man. Look for repeat efforts. All tackles are first man in low focus, shoulder contact, leg drive, squeeze arms. Second man wrap the ball. Defensive line holds position structure and spread the width of the opposition attack, last man just inside the oppositions last man. 	A ball	Play off dummy half
					B ball	Play off first receiver
					C Ball	Play off second receiver
					JJ	XYZ lines off ball player
					Fizz	Loop on ball player
					Bear	Cut 1
					Slime	Switch in direction by 2 players behind ruck who circle ball off first receiver then block line
					Sing	Wide shift through the hands
					Block	Under line in cross in front of overs line runner
DEFENDING					<ul style="list-style-type: none"> Ball worked to centre field. On the 5th or 6th tackle we kick long away from the full back. (Only nominated kickers) and chase hard in one line. Ball carriers should limit lateral running, run at holes and get over the advantage line. 	<ul style="list-style-type: none"> Defensive line holds position structure and spread the width of the opposition attack, last man just inside the oppositions last man.
			<ul style="list-style-type: none"> Work the ball to channel 2 half way. Run A ball or B ball On the last tackle we kick long away from the full back. (Only nominated kickers) and chase hard in one line. Ball carriers run straight, aim for the gaps between defenders. 	<ul style="list-style-type: none"> Down low NFL stance for ruck defenders on our own try line. Must move off the try line quickly in one line. Fullback to track the ball. Half to sweep behind defensive line. 		

CORE SKILLS COACHING

GRIP	PASS	CATCHING
 <ul style="list-style-type: none"> - Fingers spread around the ball - Thumbs on top - Fingers underneath  <ul style="list-style-type: none"> - As a possible guide for beginners, putting the index finger on the seams helps put the hands in the correct position. - This can be progressed later with the thumbs on top and fingers underneath to create a stronger grip.  <ul style="list-style-type: none"> - The grip should be around the middle of the ball, with the fingers spread for best control. - When not passing – ball at chest height with fingers pointing up.  <ul style="list-style-type: none"> - When about to pass – ball down to waist with fingers down. - Arms and body relaxed. <p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - Thumbs on top - Fingers underneath - Fingers spread - Ball held more in the fingers than the palm of the hand <p style="text-align: center;">Common Faults/Errors</p> <ul style="list-style-type: none"> - Ball held with fingers on top - Ball held too far up the ball towards the end/point 	 <ul style="list-style-type: none"> - Run with the ball in two hands.  <ul style="list-style-type: none"> - As the outside foot is about to land, prepare to pass.  <ul style="list-style-type: none"> - As the outside foot lands, turn the upper body, focus on the target and drop the ball to hip height. - Note that the inside leg has swung out slightly to help keep the body balanced.  <ul style="list-style-type: none"> - Swing the arms through and maintain the running line throughout the pass.  <ul style="list-style-type: none"> - Don't move in the direction of the pass until after the pass is made. <p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - Pass off outside foot. - Allow upper body to turn as the pass is made. - Extend arms in the pass. <p style="text-align: center;">Common Faults/Errors</p> <ul style="list-style-type: none"> - Passing off incorrect foot. - Not turning upper body. - Turning the outside foot inwards too much - Raising outside elbow too high 	 <ul style="list-style-type: none"> - Hands up in early preparation and providing a target for the passer.  <ul style="list-style-type: none"> - Thumb and forefingers forming a "W", other fingers spread. - Hands up to a position at least height of the armpit.  <ul style="list-style-type: none"> - Reach for the ball and catch away from the body. <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - Form 'W' with the thumb and forefingers, with the other fingers spread out. - Elbows away from body. - Look above hands towards ball. </div> <div style="width: 45%;"> <p style="text-align: center;">Common Faults/Errors</p> <ul style="list-style-type: none"> - Hands not prepared to make an early catch away from the body. - Bringing the ball to the body to finish the catch. </div> </div>

FRONT ON TACKLE



- Don't let the ball-carrier come to you.
- Move forward to deny the ball-carrier space and time.
- On approach to tackle, try to remain as upright as possible.



- Drop by bending the knees, keeping shoulders higher than hips.
- Make contact with the shoulder.
- Keep chin up and neck in line with the spine.



- Wrap arms tightly around the ball-carrier.



- Use the ball-carrier's momentum and a strong leg drive to force the ball-carrier to the ground.



- The tackler should finish on top of the ball-carrier.

Key Coaching Points

- Stay upright on approach.
- Drop and target.
- Chin up, head 'straight'.
- Shoulder contact.
- Tight grip and drive.

Common Faults/Errors

- Head not close to the body of the ball-carrier.
- Chin down and/or neck not kept in line with spine – dangerous!
- Bending the back rather than the knees.
- Loose grip.

SIDE ON TACKLE



- On approach to the tackle, try to remain as upright as possible and set up so that the tackle is to be made with the head in behind the ball-carrier.



- Drop by bending the knees.
- Shoulders higher than hips.
- Contact with the shoulder.
- Chin up and neck in line with the spine.
- Eyes on the target.



- Wrap arms and hands tightly around the ball-carrier.
- The tackler's hips should be lower to maintain straighter back, allowing for more powerful contact.



- The ball-carrier's momentum and the tackler's strong leg drive forces the ball-carrier to the ground.



- The tackler should finish on top of the ball-carrier.

Key Coaching Points

- Stay up and determine best line of approach.

Common Faults/Errors

- Committing to the tackle too early.

TACKLE FROM BEHIND



- On approach keep eyes on target area
- Strongly push off appropriate leg to allow solid shoulder contact on the ball-carrier.



- Make contact with the shoulder on or just below the buttocks.
- Ensure that the head is to the side and tucked in tightly.



- Squeeze hard with the arms and hands to decrease ball carriers base of support
- The tacklers weight drags the opponent to the ground.

Key Coaching Points

- Strong push off appropriate leg to allow solid shoulder contact on the ball-carrier.
- Contact on or just below the buttocks.
- Eyes on the target.
- Head to the side.
- Squeeze hard with the arms and hands as the tackler's weight drags opponent to the ground.

Common Faults/Errors

- Tentative execution will lead to ineffective tackles.
- Mis-timing the contact

POSSIBLE DRILLS

WARM UPS	GAMES
<ul style="list-style-type: none"> • Chain passing relays – Groups of even numbers. Ball is transferred from one player to another and then moved back to the front of the group. Vary the way the ball is transferred from one to another eg, pass, roll, grubber. Vary the way the ball is run back to the front eg, run, zig zag, with a grubber, with a play the ball at the end, with a try at the end. • Play the ball relay – Even numbers in groups. Place face same way sideways run 5m play the ball, a dummy half trails and feeds next person in relay. First dummy half takes the place of the first in the line and all have a turn at being the dummy half. • End to End relays – Even numbers in groups. Side steps, agility poles/cones, Agility courses, With try scored, Pick and place, On ground starts, Obstacle (somersaults, backwards, dives), Ball around back, between legs, overhead, touch ground, BALL DOWN , HIT SHIELD, AGILITY POLES etc • Captain ball relays- 1 player out the front passes to each player in turn, they return pass then crouch down, ball passed to each player, last player moves to the front. • Passing circles – Players stands in a circle and pass the ball around the perimeter increasing the number of balls. Or first player to pass the ball races the ball around the circle back to the start. OR 2 Passers in the middle, circle runs around the outside, passers pass to circle as they run past. • Power upper body – Wheelbarrows, Leap frogs, piggy backs, crocodiles, gorillas, monkeys • Flag sprints - with balls or cones • Ball Familiarisation – Round the body, round the legs, figure 8s, throw catch, throw turn catch, bounce catch, throw and clap, alternate hands, over head. Running within a square grid to avoid collisions and improve vision. • Ball familiarisation shuttles – up and back over 20m include sidesteps, chip chase, grubber chase, dummies. Then pair up use switches and loops and then pass then in fours. 	<ul style="list-style-type: none"> • BULLRUSH – with tags in shorts, build ups or stationary build ups, tag or tackle,with balls one each or 1 between 2 or 3 can only tackle ball carrier. • League basketball/netball – can pass ball in any direction to get to a scoring zone with catcher at the other end. • Bugs and spiders - Small square inside big square. Bugs are on the inside and have to get to the outside past the spiders. They then return to the inside once safe. Spiders build up. • Stuck in the mud – Tackler runs around tackling ball carriers, once tackle you must stand stationary. Other runners can unstuck you by going through legs or different ways of releasing • End ball/offside touch – Get ball to opposite end of the field by passing with or without build ups in the end zone. Running or no running with ball, if running then getting tagged is a turn over. • Passing chains – Equal number on two teams, 5 passes equals a point • Passing tennis/volleyball – Over the goal posts, kicking or passing or on a coned out field • Rob the nest – 4 corners , equal numbers in each corner. Pile of balls in the ,middle, players one at a time take ball from middle first then from other players nests. Until a team reaches a certain number of balls.

TACKLING/DEFENCE

- **Tackle basics circles** - tacklers facing in , runners facing out.
- **Around the clock** – A one v one tackle drill. Cones set up in a square. Player with ball runs the diagonal from his cone across the square, player from side on makes tackle then grabs ball, runs back around his cone and runs across the diagonal to be tackled by the next player. Drill continues around the square. Change direction to use both shoulders.
- **Adjacent try line** - 4 corners square set up. 2 players on diagonals of the square. One is a defender the other with a ball. on coaches call Ball carrier can score a try at either of the two opposite sides. Defender completes the tackle.
- **Mini Games** – Rectangular grid. Attackers and defenders start on the side of the grid. On coaches call they run around the cone and enter the grid. Attackers try to score and defenders make the tackle. Can be 1v1, 2v2, 3v3 or any combination. Make it minimum one pass or 1 tackle only or two tackles, change it up.
- **Pass and defend** - Square grid, players start on opposite cones on the same side of the square. Defender throws the ball to the attacker and then moves forward to make tackle, attacker catches the pass and tries to score. Make it 2v2 or 3v3. Change sides that the ball starts on.
- **Tram tracks tackle** – Defenders line up single file down a 3m-5m channel. Attackers with a ball run down the channel. Defenders make tackles. Make two channels, one in each direction with a gap down the middle to avoid collisions.
- **Apples and Oranges** – One team of apples and another team of oranges back to back in the middle of the field. Coach calls apples or oranges, team called has to race to score a try without getting tackled.
- **Stuck in the mud** – Square grid, tacklers chase the ball carriers, when they are tackled they become stuck in the mud and need to be released by the action of a team mate. Ways of release could be catch and pass, through the legs, play the ball.
- **Wrestles** - 1v1 one player on ground other lying on top the bottom player tries to stand up, both players on feet one player tries to get to the ground the other holds them up, knee wrestles onto back, push out of grid or over end line, or out of a circle sumo style.
- **Bull rush** – Players run from one end of grid to the other without being tackled by the bull. Use a ball for each player or vary the number of balls and the bull can only tackle the player with the ball.
- **Continuous defence** - left and right passes from dummy half, 2 defenders on each side of the ruck, 3 attackers on each side of the ruck (1st receiver and 2 running options).
- **Shield hit and pop** – Ball carriers in a line opposite shield, run with ball in two hands hit shield switch pass to a runner at right angles into another shield. Drill is continuous. Shields staggered in single file line, runners in pairs hit then pop to support runner. Shields in pairs, runners push through gap then offload to support. Once through the shields lateral pass back down an adjacent channel to the start.
- **Channel tackles** – Four channels, defenders stay in their channel, one attacker per channel with a ball tries to score in their channel on coaches call. Attackers swap channels each time.
- **Coloured cones** – Attackers run out to their coloured cone and return to grab a football, defenders run to their coloured cone and return to defend the attackers.
- **Out backs** – Attackers at one end of rectangular grid, defenders at the other end. On coaches call they run to opposite end where attackers pick up a ball, defenders touch the tryline then turn and take space to defend. Play however many tackles you want.
- **Triangle defence** - Defenders line up on point of triangle on cone. Attackers with ball line up on one end of straight edge of triangle and must run straight line to other corner of straight edge of triangle. Tackler makes side on tackle then returns to line. Attackers line up at other end.
- **4 corners defending** - Defender in middle of square. 1 attackers on each of 2 cones at same end, they must run the edge of the square 1 at a time and defender makes side on tackle. Then side on tackle on the attacker on the other side, then attackers wait at other end. Repeat from other end then switch defender
- **Mini game** - 4 corner mini field. 4 attackers 3 defenders. Start with play the ball and try to score at other end of grid. Tackled player plays the ball then resets for next play. Same dummy half all the time and same first receiver.
- **Reaction 1v1 tackles** - 6 cones in a rectangle, 1 player per cone. Ball on one side passed along the line and back and forth. On coach call player with ball and opposing defender run around last player and enter the rectangle field trying to score. Defender makes tackle. Defender run to same end as attacker and tackle from behind/side/ or defender runs to opposite end as attacker and makes head on tackle. (the diagonal opposite defender enters grid on coaches call)
- **Continuous 1v1** - 4 corner mini field. 2 players one with ball and one defender. 1 tackle footy then hand over. Continuous.
- **One line defence** – 3 channels groups of 3 or 4 in each channel. On coaches signal or trigger players move up in one line. Channel one hits shield with leg drive, channel 3 hits tackle bag, channel 3 tackles head on. Or vary tackling activities. Groups can shift along channels.
- **Point Gates** – 3 gates, 2 markers at each gate. 2 gates on the side of the grid and one at the end of the grid. Attackers have to get through a gate for 1 point on the sides or 3 points on the end. Swap defenders after 5 tackles or alternate each tackle.
- **Union Jack Tackling** – 6 players stationed around cones in a rectangle. One side of rectangle are tacklers the other are runners. 1st runner heads diagonal to be met by tackler, 2nd runner runs straight across and met by tackler, 3rd runner head diagonal and is met by tackler.
- **Behind Tackle** – 3 cones on one end of grid players at each cone. Centre cone slightly set back. Try line at the other end. Middle players are the tackler others are runners. Players pass the ball between each other, when coach calls go player with ball runs to other end and is tackled from behind by the centre player.
- **Side tackle** – 2 cones at start point. Defender on one attacker on the other. On coach call players run around cones and then ball carrier tries to score. Vary the distance of the attacker and defenders cone to change the angle of the tackle.
- **Tap and go** – narrow channel 1v1 or 2v2, tap ball on foot and run trying to get to other end, turnover if knock on or tackled out or 6 tackles made.

BALL HANDLING

- **4 Corners diagonals** – Even numbers each corner. Players run the diagonal and perform a ball transfer then join opposite line. Ball transfers include, Pass straight, pass left, pass right, roll ball, high pass, low ball, chip, grubber. 1v1 strip, switch left, switch right.
- **4 Corners perimeter** - Even numbers each corner. Players run the side of the square and perform a ball transfer then join next cone line. Ball transfers include, Pass straight, pass left, pass right, roll ball, high pass, low ball, chip, grubber. 1v1 strip, switch left, switch right.
- **8 cones** – Even numbers on each cone. Ball is passed left around the perimeter, players pass then run to opposite side or diagonal. Change direction of passes or add balls.
- **Pass Follow Return** – One player per cone. Pass left, follow to that cone and then return to your original cone to receive the next pass. Change direction of pass.
- **Piggy in the middle** – Piggies try to get the ball off the attackers. 2 v1 or 3 v 1 or 4 v 1. Make it electric piggy by not allowing the attackers to get tagged by the piggy.
- **Single file 2 v 1** - Defenders on 4 cones in a single file line. 2 lines of attackers. 2 v 1 draw and pass along the single file line of defenders. Defenders return to cone after each group of attackers goes through. Or stagger the defenders that are in a line. Attackers wait at the other end and return doing the same thing. Or return down a channel passing the ball back and forth or switching.
- **Tag Ball** - 4 corner square grid, play inside the square, 2 or 3 taggers 2 or 3 balls, runners must keep the ball away from taggers by creating 2 v 1 situations. Or using evasive skills. Add up times they are tagged or drop ball, taggers score points.
- **Lateral Pass and Rotate** - 4 corner grid, groups of 3 or 4 on each side. Lateral pass once across then place ball next to cone on other side. Move to adjacent side of square and lateral pass again. Move around the square. Or lateral pass once across on way out, lateral pass once across on way back, then place ball and move around the square.
- **Continuous Draw Pass** - 4 corners 4 players one player on each cone. Player on the opposite diagonal of the ball carrier becomes the defender, moves to ball carrier who passes to one of the two available supporters. Drill is continuous.
- **Dummyhalves** – 4-6 Balls lined up in single file. Groups of 3- 5 pass laterally and dummy half loops to the end placing the ball on the ground.
- **Dummy half square** - 4 corners 5 players, one player per cone and a dummy half. Dummy half passes to each player around the square follows, dummy half pass to next player. All players have a turn as dummy half.
- **Figure 8's** – 6 cones in a channel. 2 groups start on first two cones and run diagonal switching continuously between each player. They then head to other diagonal and around side of square popping in front continuously between each player, last player places ball. First player picks up the ball and switches on way back across the diagonal before getting around the last corner for straight pop passes. 4 balls needed ball on middle 2 cones and diagonal end cones.
- **Hexagon out backs** - 6 corners with cone in middle. Player on each cone, pass left then run and touch centre cone, return to your cone or next cone.
- **Zig Zag** – alternating staggered cones, 1 player per cone, pass along the cones, last player runs to front and all shuffle down.
- **5 man passing** - Group of 5 dice shape. Lateral pass from front to back through the middle player. Then back players gives ball back to the front. Stationary then moving down the field.
- **Continuous 2v1** - 4 corners 3 players, continuous 2v 1 towards one end then turn around and attack other end upon scoring try or make mistake.
- **Side entry 2v1** - 2v1 3v2. both attackers and defenders start on cones at side of grid. Run around cones pick up ball draw pass.
- **Off the deck passing** - 4 corners 5 players. 2 players on one corner that starts with the ball. Ball on ground pass to next corner and follow pass to wait on the cone, receiver place ball on ground or play the ball then pass to next corner and follow.
- **Pass and back** - 4 corners, 4 players pass to next cone follow, touch cone then return. Switch directions.
- **Lateral Pass and Rotate** - 4 corners groups of 4 players on each side. Each group has a ball. Lateral pass once across to the other side then return, then swap sides of the square when you return and repeat to go all the way around the square.
- **Switch pass channel** - In pairs d. 8 cones in a channel, one player on each cone at end of channel. Players run diagonals and switch in middle around next cones then switch on diagonal. Return down one side passing back and forth.
- **2 v 1 and continue** – 2 v1 situation up a channel then continue up channel passing back and forth, 3 v 2 same.
- **Ball familiarisation** - 1 ball each drills, throw catch, hand to hand, around body, around legs, figure 8s, throw between legs and alternate hand catches.
- **Passing pairs** - 5 m channel, pass left right, high, low, roll ball
- **RUGBY ROUNDERS** – NUMBER OF PASSES V RELAY AROUND PERIMETER
- **KICK BASEBALL** – Home plate and 3 bases, must kick within foul lines and make a home run before the catching team returns the ball to home base once all players have touched it. Can also be caught out on full
- **LATERAL PASS realign** - in 4's UP and around cone and return
- **Lateral pass 2 man work** – Line of four players lateral pass and hand off at opposite end, the middle players continue end players drop out and join end of the line.
- **Lateral Pass and outside support** – Group of 4 with deep alignment, lateral pass and players loop for a second touch. Or inside support for second touch.
- **Adjacent lateral pass** – Four corners, four on each two adjacent sides of square, lateral pass and hand off to the adjacent side.
- **Continuous pull backs** – 3 or 4 cones, lines behind each cone, balls is passed continuously from left to right and back. Once players pass they fold around outside and head to back of line. Introduce a switch on the end or a loop or XY play.

BALL HANDLING CONTINUED

- **2v1 out and backs** – Ball is at one end with one player, 2 players at other end of grid. On coaches call 2 players run and retrieve ball from other end, defender runs and touches other end of grid before defending a 2 v1.
- **2v1 draw pass channel** - In pairs move down channel draw and passing with players or agility poles as the defenders.
- **3v2 draw pass channel** – In threes with tackle bags/agility poles/players as defenders move down the channel drawing and passing.
- **Tag Ball** - Passing Tag Ball or running tag ball where each “tagger” has a ball and tagged players sit out or time limit of how many kids get tagged.
- **Pullbacks and fold** - Continuous pullback drill with a fold outside or inside support on the fold.
- **Square grid mini games** – 3v2, 4v3, 4v4, attackers each with ball, around cones and attack and defend, progress touch to tackle, vary number attacker, vary number of balls, vary 1 tackle only to more tackles or a full set til you score
- **Dummy half passing** - 2 x 6 balls in a line, pass left then run to other balls pass right until all balls are gone
- **Dummy half work** – Groups of 4(dummy half, first receiver and 2 runners) continuous up the field hit ups off first receiver then dummy half in. (increase size of group to have two runners off first receiver and practice XY or Block plays.
- **Play the ball see saw** -3 lines, 1 runner into shield dummy half follows, play the ball hit first receiver and 2nd receiver into shield and repeat going back other way
- **Lateral pass shorts and long** – Groups of 4 lateral pass up a narrow channel then return down a wide channel which straddles the narrow channel.
- **Constant attack 6 balls** - Two teams even numbers, attack teams uses each ball one at a time until score or mistake then get other ball. Once all 6 ball are used then swap over.
- **Timed 2v1v1** – time limit to score as many tries as you can in a 2v1 then 2v1 situation then swap possession.