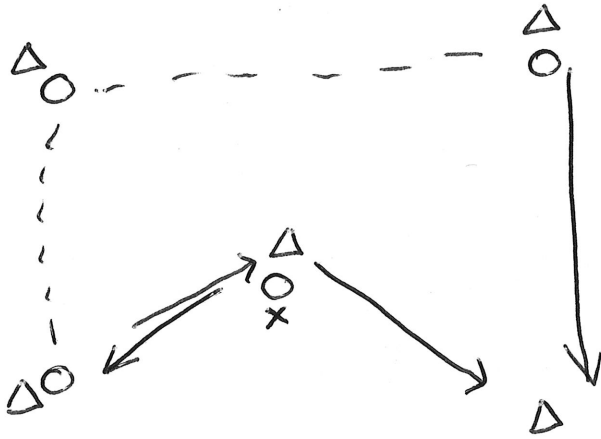


DRILL CHASE OUT

LEVEL BEGINNER ↑



look to adapt to Adv.

EQUIPMENT

4 x Hats

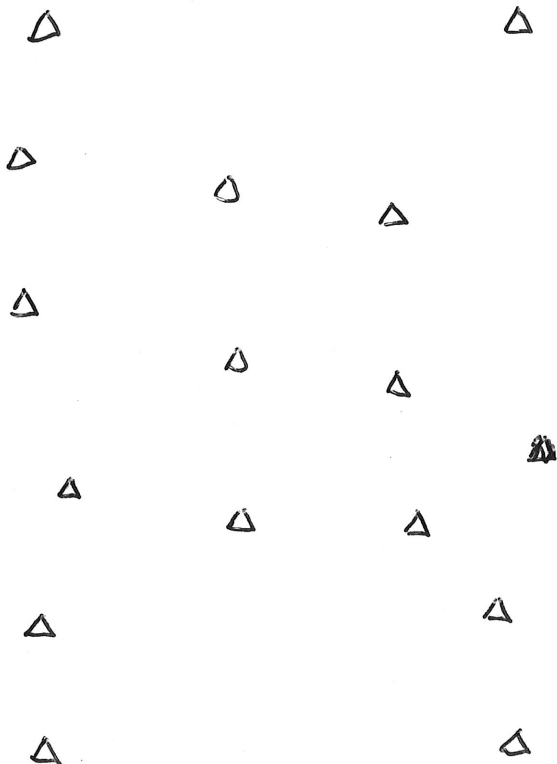
1 x Ball

EXPLANATION

- Players on hats pass ball
- 3rd player sprints through to hat.
- 2 runs to hat on 1st pass then back & chase out to touch

DRILL A Drill.

LEVEL High



EQUIPMENT

EXPLANATION

DRILL CHANGE OVER

LEVEL ADVANCED

EQUIPMENT

Numerous Hats

1 Ball

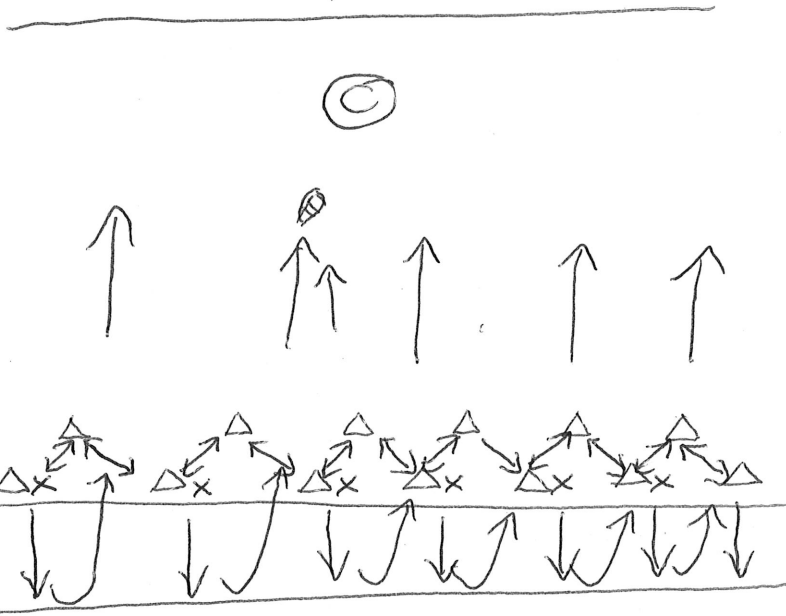
Whistle

EXPLANATION

Set Hats in triangle format & players line up on hat on scoreline ensure at least 2 Δ configs extra

Coach calls players right & they go fwd then back right or left vice versa on call by coach

Players turn & sprint to Dead ball recover ball & Ruck length of field.



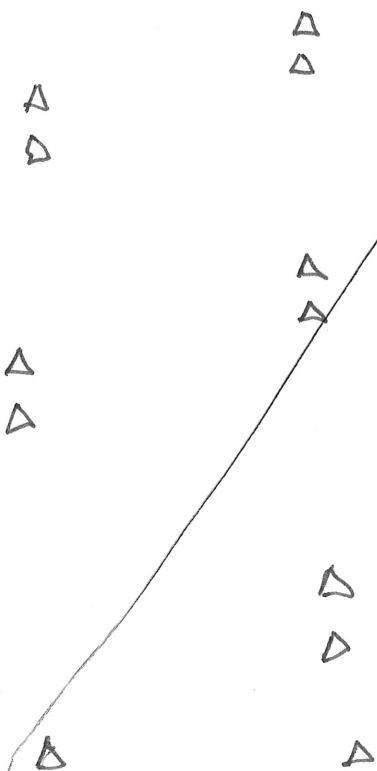
* Drop Ball in different Spots

DRILL

LEVEL

EQUIPMENT

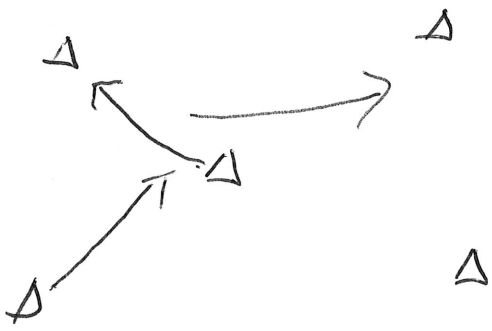
WRITE UP



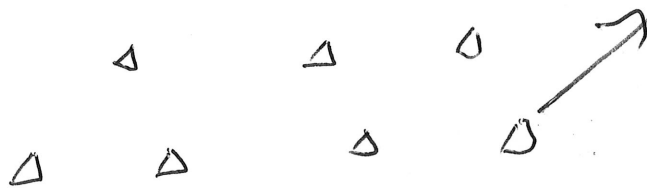
PASS FITNESS DRILL

EXPLANATION

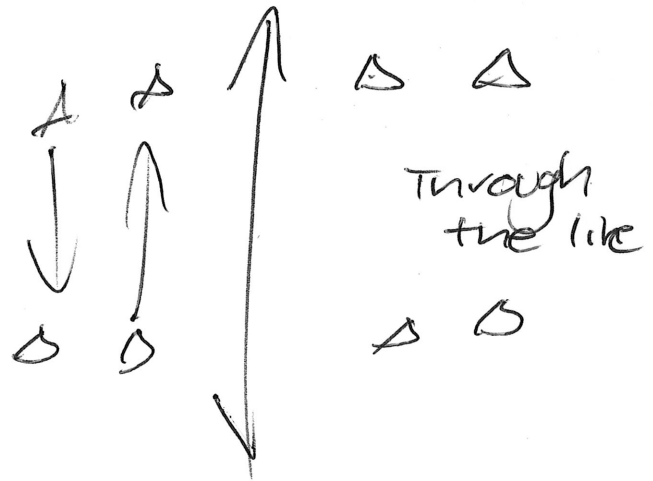
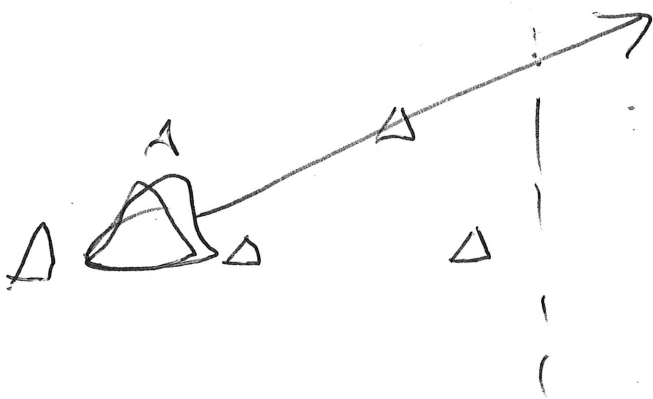
Pop Play



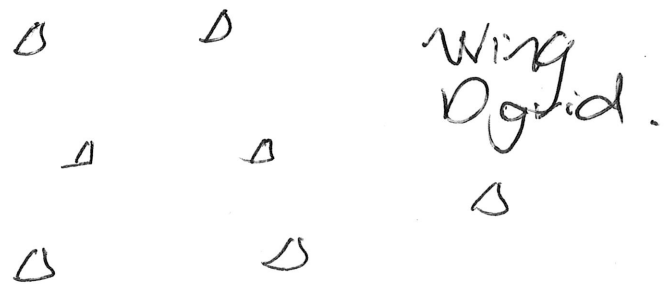
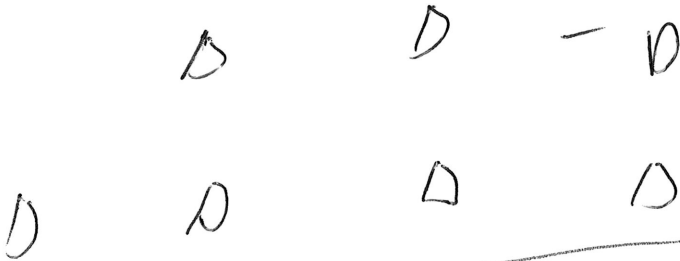
CHASE



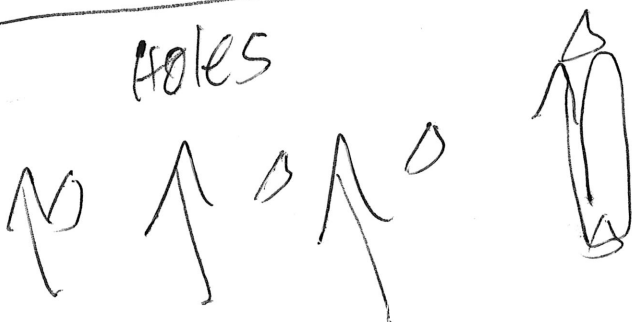
CHASE out



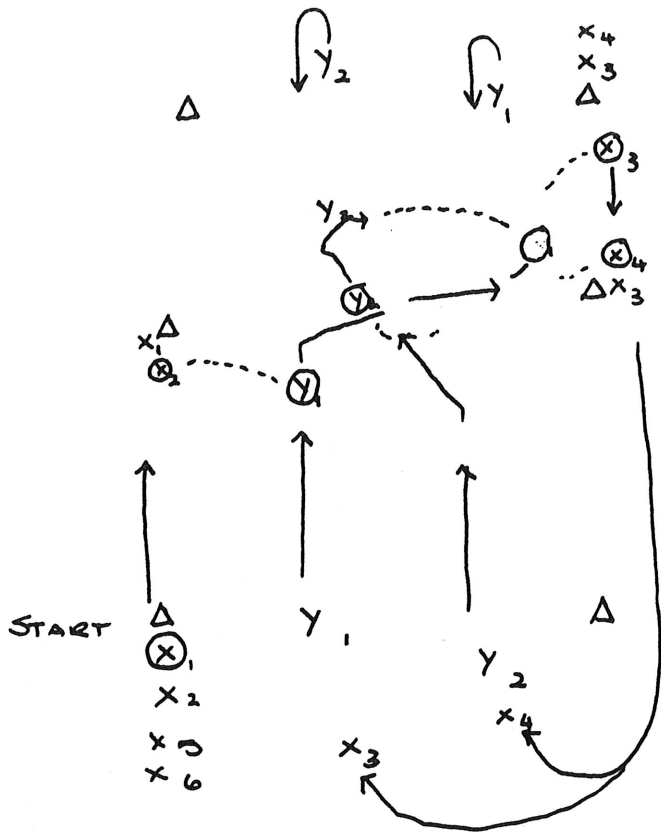
Mid line



Holes



③ PROGRESSION - SWITCH OUT OR S ③

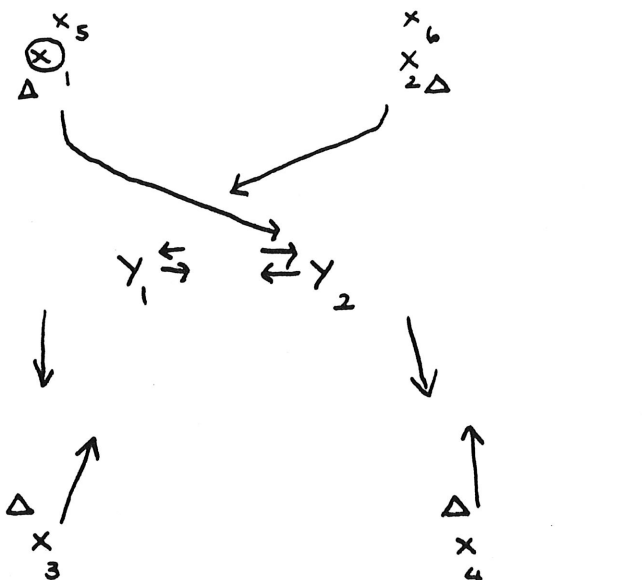


- * 2 lines at opposite corners
- * 2 players Y_1 & Y_2 in the middle perform a switch out or S in the middle after receiving an acting Y_2 pass from X_1 & X_2 who perform a rollball at HAT.
- * Y_1 & Y_2 turn around after handing off to X_3 & X_4 who perform rollball
- * Switch out is performed in middle again & Y_1 & Y_2 join line at start
- * X_3 & X_4 perform switch out or S drill X_1 & X_2 have replaced them
- * Drill is continuous.

4. Using diagrams, design & create 3 of your own drills for one Sub-unit skill (defence) of your own choice. The drills should go from the simple to the complex. Again you should set the scene & use the format of the ATA Technical publications & be prepared to present them at the course (Time limit 20 min).

① THE FOLLOWING DRILLS CAN BE USED FOR INTERMEDIATE TO ADVANCED PLAYERS

SUB-UNIT DEFENCE

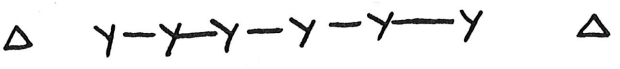


- * SIMPLE SUB-UNIT DEFENSIVE DRILL
- * PLAYER'S Y_1 & Y_2 MUST DEFEND PLAYER'S AS THEY PERFORM SWITCHES WRAPS etc IN THE MIDDLE
- * COMMUNICATION MUST BE EMPHASISED ON THE CHANGE OF RESPONSIBILITY
- * CONTINUOUS

②

PROGRESSION - DEFENSIVE COMMUNICATION

②



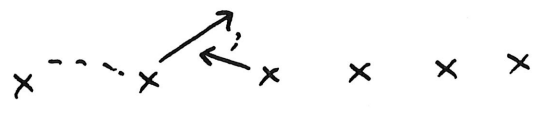
* PLAYERS JOIN HANDS & MUST KEEP THE BALL IN THE MIDDLE OF THE PACK AS PLAYERS PASS THE BALL IN 1 DIRECTION THEN BACK AGAIN



* IN THE SECOND STAGE ATTACKING PLAYERS CAN THROW DUMMIES & CHANGE THE PASSING DIRECTION AT ANY TIME

③

PROGRESSION - DEFENSIVE COMMUNICATION
INTRO TO LINE DEFENCE



* USING THE PRINCIPLES LEARNT IN PREVIOUS DRILLS WE CAN NOW USE THE SQUEEZE TECHNIQUE TO DEFEND THE

* ALLOW PLAYERS TO SWITCH etc BUT DO NOT INTRODUCE DUMPING UNTIL CONFIDENT.

* ENSURE TALK IS LOUD SAME PRINCIPLE AS WHEN THEY WERE HOLDING HANDS.

believe the most important factor is the use of the Touch count. A team that is fully aware of the touch count & sets its patterns & plays around this will be able to use each phase of play to their advantage. This will result in having the defence where you actually want them.

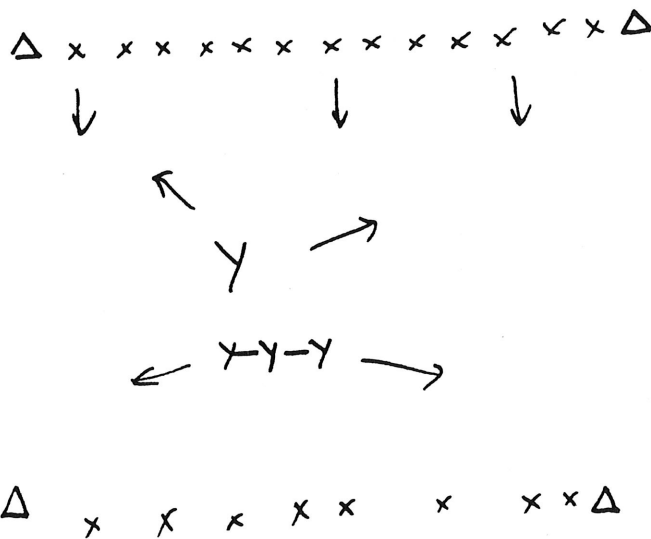
6. Give an example of how you would use a change in the speed of play as an attacking play.

A. You may set the team up by primarily shaping to run a dummy switch at a slow pace which will relax the defender on the first switch but then after the 1st player has past the ball carrier may increase his running speed, committing the defender to chase hard & over commit at which you perform a second switch (2 D).

7. Give an example of a drill you would use to improve defensive communication within your team. Describe 2 other drills you would use to improve your defensive pattern & be prepared to present them at the course. (time 20 min)

① THESE DRILLS WOULD BE USED FOR JUNIOR PARTICIPANTS OR BEGINNERS

DEFENSIVE COMMUNICATION - GAME SENCE



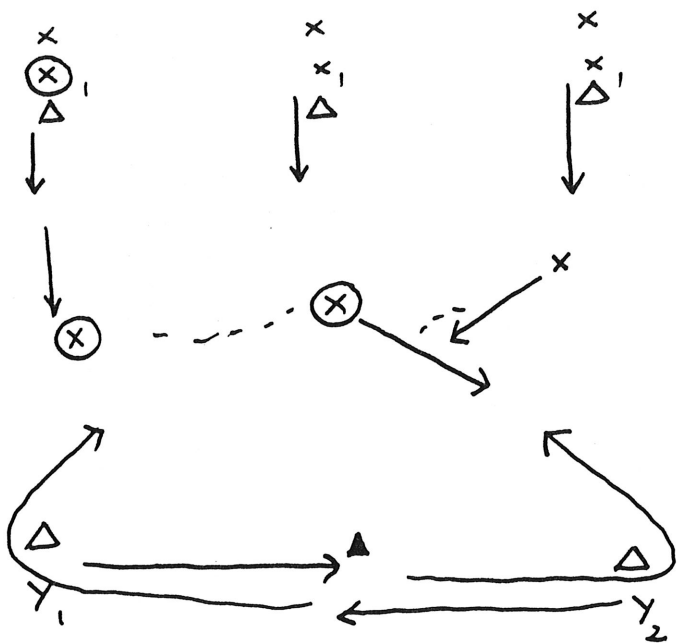
- * BULL RUSH
- * ATTACKING PLAYERS LINE UP BETWEEN HATS & MUST TRANSVERSE THE SQUARE WITHOUT GETTING TOUCHED BY Y
- * IF TOUCHED PLAYERS MUST JOIN HANDS WITH Y & TRY TO CATCH MORE WITHOUT BREAKING LINE
- * Break in line results in no catch.

DEBRIEFING POINTS

- * TALKING TO EACH OTHER ON WAYS TO GO
- * SIMILAR TO LINE DEFENCE
- * MISCOMMUNICATION MEANT A HOLE
- * MOVING FORWARD

②

PROGRESSION - SUB - UNIT DEFENCE ②

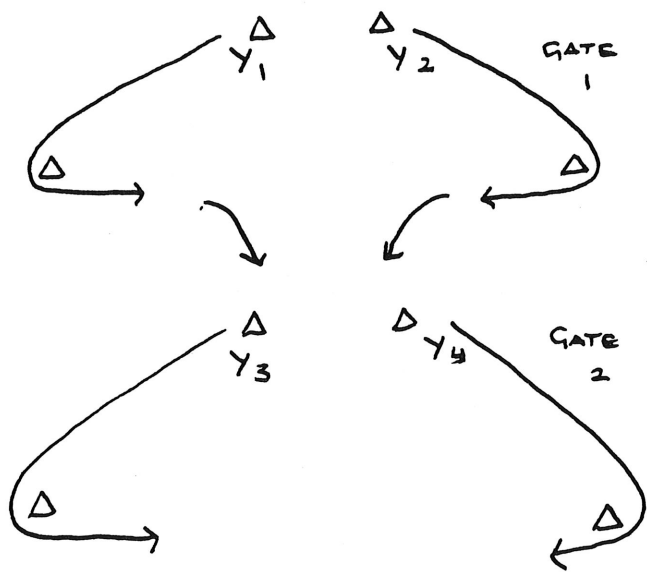


- * 3 ON 2 DRILL
- * PLAYER'S Y₁ & Y₂ RUN TO THE MIDDLE HAT & CROSS & CONTINUE RUNNING TO OPPOSITE HAT.
- * WHEN Y₁ & Y₂ CROSS GROUP X₁ START & TRY TO GET PAST THE DEFENCE OF Y₁ & Y₂ USING PASSING, SWITCH & WRAPS.
- * EMPHASISE COMMUNICATION

- * MAKE SURE THE GRID IS A GOOD SIZE TO ALLOW DEFENCE TO COMPLETE
- * Y₁ & Y₂ WORK FOR A PREDETERMINED TIME

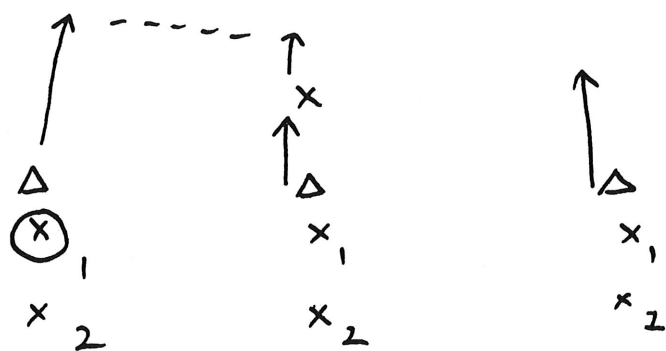
③

PROGRESSION - SUB UNIT DEFENCE ③



- * X₁ GROUP START AS PLAYERS RUN FROM START HATS & TRY TO GET THROUGH BOTH DEFENCES

- * Y₁ & Y₂ AFTER DEFENDING GATE 1 MOVE ON 2 GATE 2 & REPEAT WITH 2 MEMBERS OF THE X₁ GROUP TAKING THEIR PLACE AT GATE 1

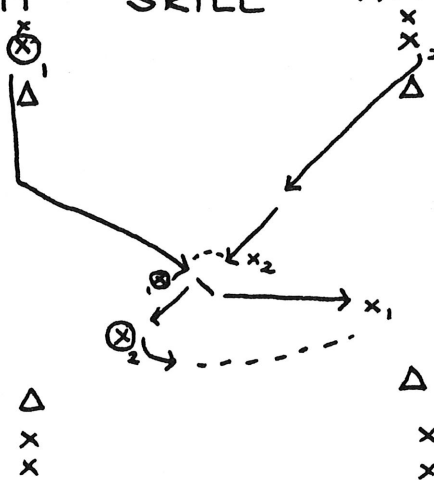


- * Y₃ & Y₄ DEFEND 1 THEN JOIN ATTACK
- * DRILL IS CONTINUOUS.

3. Using diagrams, design & create 3 of your own drills for one Sub-unit skill (attacking) of your own choice. The drills should go from the simple to the complex. Again you should set the scene & use the format of the ATA Technical publications & be prepared to present them at the course (Time limit 20 min).

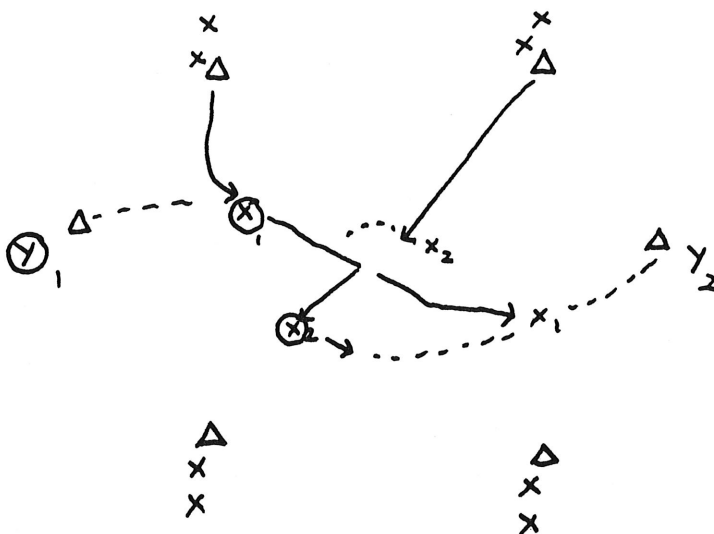
① THESE DRILLS ARE TO BE USED WITH AN ADVANCED GROUP - POSSIBLY A REV SIDE

SUB-UNIT SKILL ATTACK - SWITCH OUT OR S ①



- * PLAYERS IN 2 GROUPS
- * 2 RUN FWD & PERFORM A SWITCH (LAZY) IN THE MIDDLE OF THE HATS
- * NEW BALL CARRIER CONTINUES WITH THE SWITCH, THEN CHANGES DIRECTION & PASSES BACK TO ORIGINAL CARRIER
- * ORIGINAL PLAYER WITH BALL GOES HARD SIDEWAY AFTER RELEASE, THEN GETS BALL BACK
- * HAND OFF & REPEAT.

② PROGRESSION - SWITCH OUT OR S ②



- * AS PER DRILL 1
- * PLAYER Y₁ STARTS WITH THE BALL & X₁ RECEIVES IT IN THE MIDDLE
- * SWITCH OUT IS PERFORMED AS PER DRILL 1
- * BALL IS THEN PASSED TO Y₂ & THE DRILL CONTINUES WITH THE NEXT GROUP.