



Relay Races

Age Grade: U4-8

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

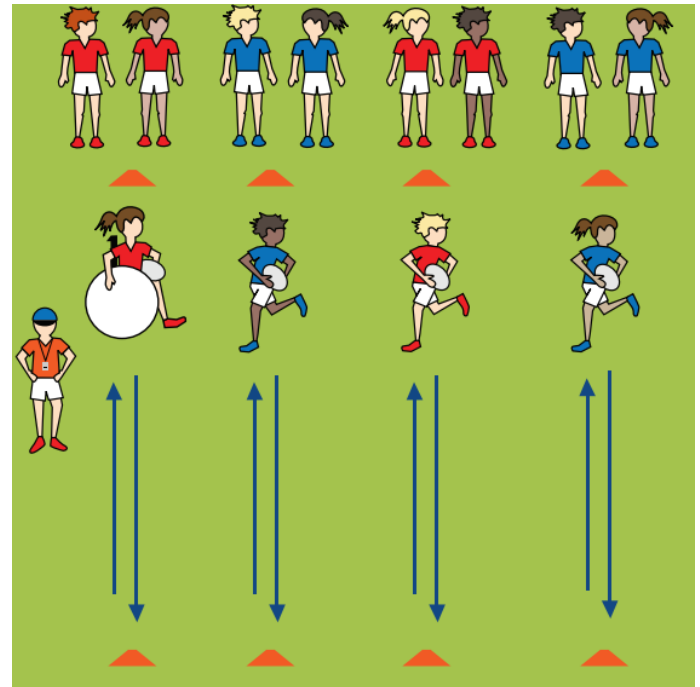
Become comfortable with ball-in-hand and various rugby skills (scoring a try, passing and receiving the ball).

SET UP:

- 10 m x 15 m space
- unlimited players
- 2 cones 15 m apart for each relay team
- rugby ball (1 per relay team)

HOW TO PLAY:

1. Separate players into equal relay teams of two or more players.
2. Teams line up behind a cone with one ball per line.
3. Teams complete a series of relay races:
 - a. Run to the far cone while carrying the ball, 'score the try' by touching the ball to ground and yell 'TRY.' Run back towards line and pass to next player.
 - b. Pass the ball around your waist before scoring the try, run back and pass.
 - c. Toss the ball up and catch as many times as possible before scoring the try, run back and pass.
 - d. Have two players go at once and pass back and forth before scoring the try, run back and pass.



Link to video: [insert video link here]

MODIFICATIONS:

- Move the far cone further away with each race
- Add defenders in the middle to evade
- Award the first team to finish points for competition



Circle Passing

Age Grade: U4-8

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

To improve passing and receiving skills

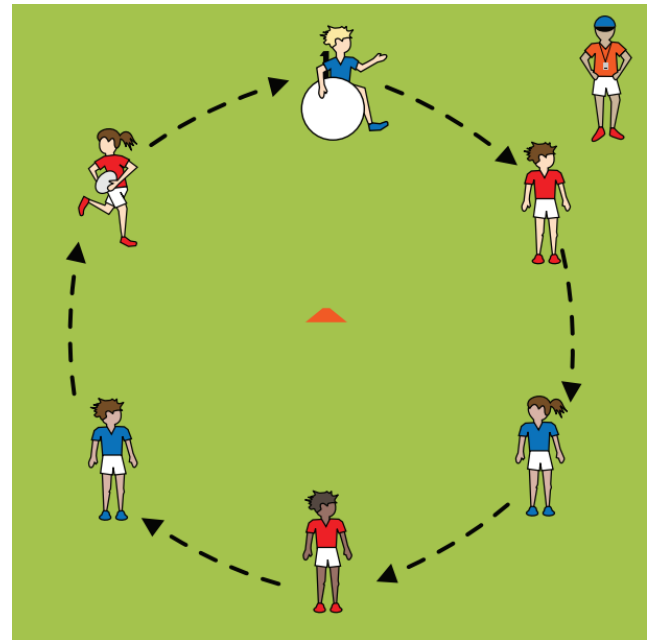
SET UP:

- 10 m x 10 m space
- rugby ball (1 per circle)
- unlimited players

HOW TO PLAY:

1. Have players form a circle with 2 m between each player.
2. Players will pass around the circle in both directions without dropping the ball.
3. Once finished, make the game harder by adding a time limit.
4. After the time limit, play a game of "Rugby Duck, Duck, Goose" with the circle. Instead of racing another person around the circle, players will race the ball around.
5. Have one player begin with the ball and pass to the person on their right or left then begin running around the circle in the same direction while players continue to pass the ball around.
6. Goal is to beat the rugby ball around the circle. Allow each player to have a chance to race the ball

Link to video: [insert video link here]



MODIFICATIONS:

- Make the circle smaller/larger
- With more players, create multiple circles and have them race
- Use multiple balls in the circle



Raven's Nest

Age Grade: U4-8

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

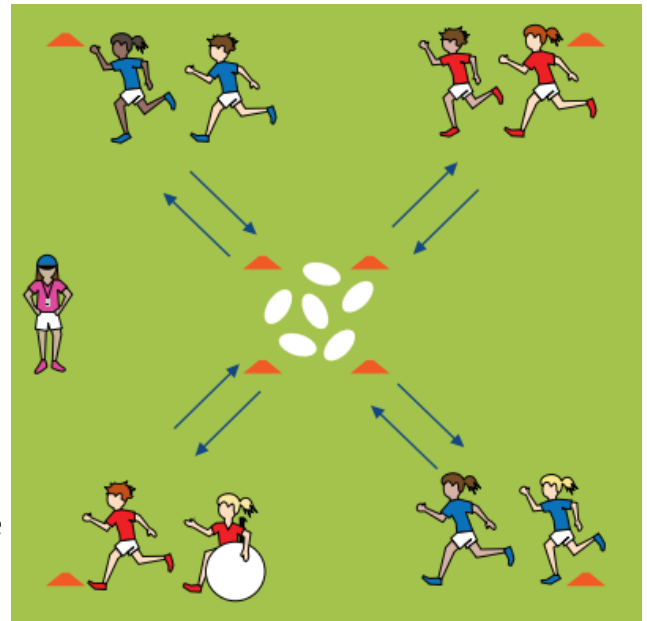
To encourage teamwork while working on running, passing and receiving in a fun, competitive game.

SET UP:

- 10 m x 20 m space
- unlimited players
- cones
- 10 rugby balls

HOW TO PLAY:

1. Create a large grid with cones.
2. Have players pair up and station at one of the outside cones.
3. Set up a small square grid in the centre of the larger grid with rugby balls inside it.
4. On the coach's signal, one player from each team will move to the centre grid and grab a ball.
5. Goal for each team is to get the greatest number of balls back to their cone.
6. Only one teammate can move at a time. One player will retrieve a ball, and run it back to their cone. Once ball is placed at their cone, the next player can move.
7. Game ends when all balls are gone from the centre.



Link to video: <https://youtu.be/huwPb0TeCk0>

MODIFICATIONS:

- Players must pass the ball to their teammate waiting at the cone
- Decrease/increase the distance to the centre grid
- Use time limits
- Allow players to steal balls from other teams
- Have players waiting at cones perform fitness moves to keep moving until their turn



2 v 1

Age Grade: U4-8

Rugby Canada Key Theme: Ball out of Contact

OBJECTIVE:

To apply skills in a mini-game-like situation where offence can overload the defence.

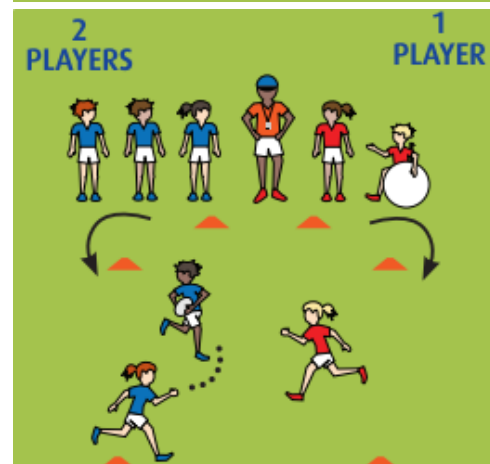
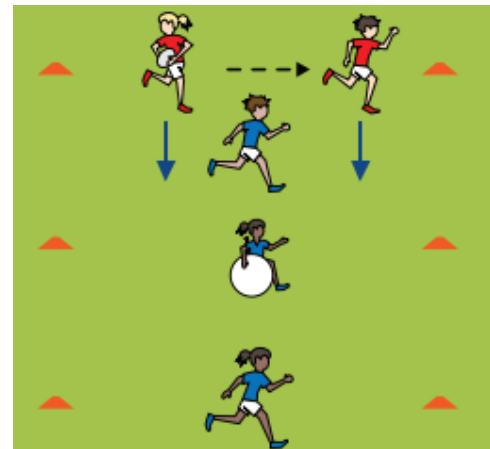
SET UP:

- 30 m x 30 m space
- unlimited players
- cones
- flag belts
- rugby balls

HOW TO PLAY:

1. Start by setting a grid of three squares measuring 10 m x 10 m.
2. Have one defensive player stand in between two cones at each 10 m mark.
3. Attacking players form two lines at the beginning of the grid facing the defensive players.
4. Two attacking players start by running through the grid and attempting to get past the defence without having their flags pulled.
5. After passing first defensive player, attacking team continues down the grid to the next defensive player
6. Defensive players can only play within their grid, trying to pull the ball carrier's flag.
7. If ball carrier's flag is pulled, pair must go to back of the line.
8. Switch defenders so everyone has the chance to attack and defend.

Link to video: [insert video link here]



MODIFICATIONS:

- If attack struggles, limit defenders so they can only move laterally
- Change the set-up once players master the task (see second image) where two players on offence and one on defence move in opposite directions around cones to enter the grid. Play 2 v 1



Just Score Eh?

Age Grade: U4-8

Rugby Canada Key Theme: Ball out of Contact

OBJECTIVE:

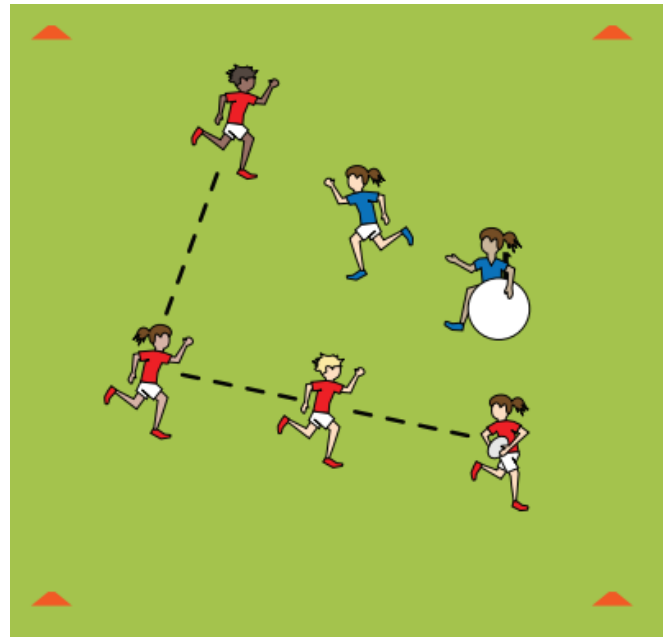
To increase the chance of scoring by taking advantage of open space.

SET UP:

- 20 m x 10 m space
- group of 6 players
- cones
- flag belts
- rugby balls

HOW TO PLAY:

1. One team of four players starts behind the try line. Two defenders start in the middle of the grid.
2. Object of the game is for offence to get the ball from one end of the grid to the other and score as many tries as possible.
3. Attack has five phases/attacks to score.
4. A flag pull, interception or dropped pass ends a phase/attack.
5. Players are not allowed to move with the ball. Support players are encouraged to get into open space to receive the ball.
6. Passes can travel in any direction.
7. Offence stays in possession after scoring and reverses direction of attack after a try is scored.
8. Defensive players change with offence afterwards.



Link to video: <https://youtu.be/mSBCS-N87rY>

MODIFICATIONS:

- Introduce time limits for ball carrier
- Make a rule that each player must receive a pass before the team can score
- Create equal size teams and whenever a tag is made, the defence joins the offence to create an overload
- Adjust the ratio of offence/defence, grid size and time limits



Rugby Rover

Age Grade: U4-8 Rugby Canada Key Theme: Tackle Technique and Tracking

OBJECTIVE:

Work on flag pulling skills in a defensive line.

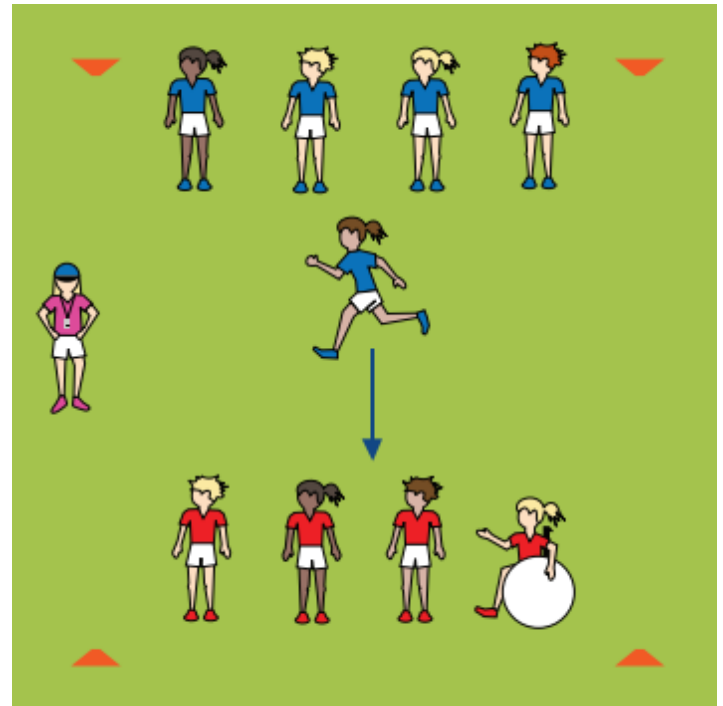
SET UP:

- 10 m x 10 m
- unlimited players
- cones
- rugby balls
- flag belts

HOW TO PLAY:

1. Create two teams of equal numbers. Put one team at each end of the grid and have them line up shoulder to shoulder at arms-lengths distance.
2. Start with one team on defence and other on offence. Each attacker should have a ball and a flag belt.
3. Defensive team starts the game by calling, "Rugby Rover, Rugby Rover, send [insert child's name] over!" That player then runs with their ball towards the line and tries to get past the defensive line without having their flag pulled. Players on defensive line attempt to grab flag.
4. If player makes it through without having their flag removed, they rejoin their original team. If their flag is removed, they join the defence.
5. Continue until all attacking players are on the defensive team and then start a new game, switching offence and defence.

Link to video: [insert video link here]



MODIFICATIONS:

- Add more than two flags on belts to increase chances of defence pulling flag
- Coach can call out multiple players at once to move across the grid



Pairs Tag

Age Grade: U4-8 Rugby Canada Key Theme: Tackle Technique and Tracking

OBJECTIVE:

To work together with a partner in order to track and tag attacking players.

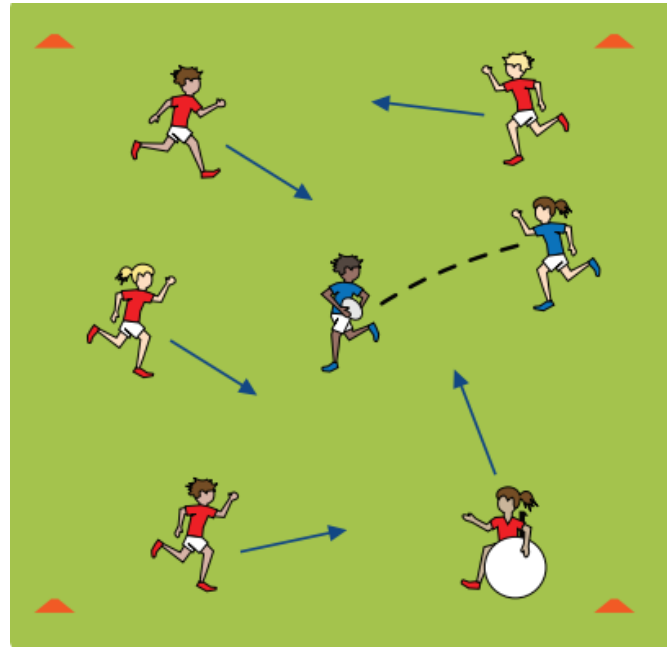
SET UP:

- 15 m x 15 m
- unlimited players
- cones
- rugby balls
- flag belts

HOW TO PLAY:

1. Create a grid and have players pair up. Designate one pair of partners as defensive taggers.
2. Defensive taggers must tag the attacking players by touching them with the ball. A defender cannot move with the ball, but can pass to their partner who can move to get near an attacker.
3. Passes can be in any direction. Once an attacker is tagged, the player and their partner become the new taggers.

Link to video: [insert video link here]



MODIFICATIONS:

- Make the grid smaller or larger
- Change the speed by having players walk, jog or run
- Start with one pair of defensive taggers and when they tag and attacker, that player joins the defence. Continue until all attacking players are tagged



Bulls & Dogs

Age Grade: U4-8 Rugby Canada Key Theme: Tackle Technique and Tracking

OBJECTIVE:

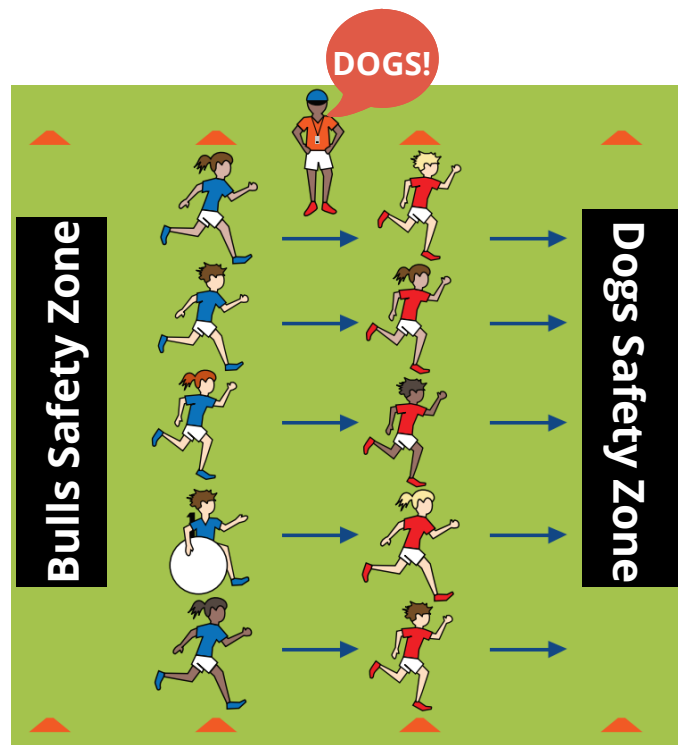
To improve player reaction time when switching from offence to defence.

SET UP:

- 30 m x 15 m
- unlimited players
- cones
- rugby balls
- flag belts

HOW TO PLAY:

1. Have players pair up and designate one partner as a 'Bull' and one partner as a 'Dog'
2. One team (Dogs) lines up to the right of the centre line, Bulls line up to the left of the centre line. Teams stand the coach at one end of the field, shoulder to shoulder, about an arms-length apart.
3. Coach yells either "BULLS," or "DOGS." The team being called is on offence and tries to run to their safe zone (behind them) before having their flag pulled by the other team. The team not called is on defence and must react to pull the offence's flags before they reach their safe zone.



Link to video: <https://youtu.be/5ejHCcicg20>

MODIFICATIONS:

- Increase or decrease the distance to the safety zone
- Change speed of game by having players walk, jog or run
- Make multiple calls in one round, forcing players to react and quickly change direction
- Vary the starting position of players (start sitting down, on knees, on stomach or back)
- Incorporate fitness activities (l.e. jumping jacks) before calling a team



Depth Running

Age Grade: U9-12

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

To help players build depth and space into the attacking line

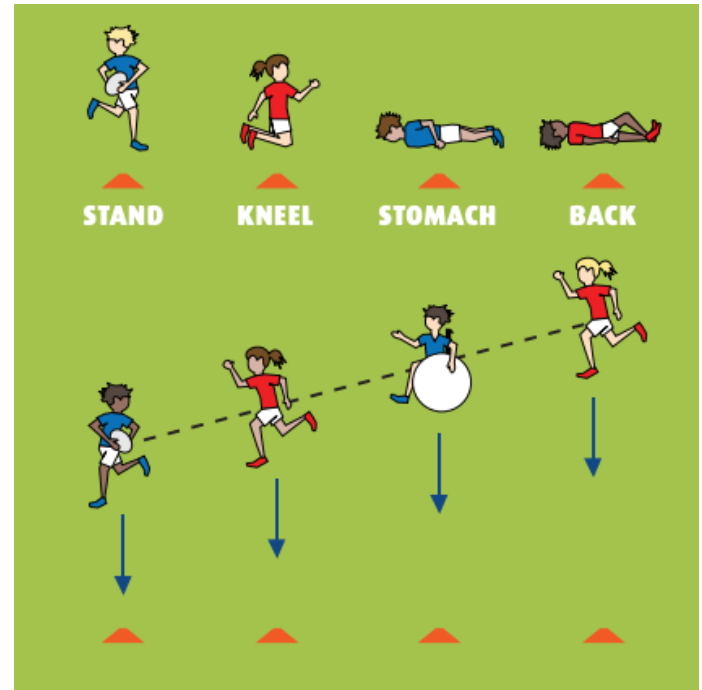
SET UP:

- 20 m x 20 m
- unlimited players
- cones
- rugby balls

HOW TO PLAY:

1. Set up four cones, 2 m apart, and other four cones down the field. Have players line up behind each cone in equal lines.
2. The first players in each line will work together to form a passing line. The player in the first line will start standing with the ball. The second line will start kneeling. The third line will start on their stomach. The fourth line will start on their back.
3. On the Coach's signal, the first player in each line will get up and start moving forward. The player in the first line should move about 5 m before passing to allow time for the other players to get up.
4. The last receiver score the try at the opposite end of the grid.
5. Players should rotate through the game by joining a different line after every turn.

Link to video: <https://youtu.be/RrJ9Ff005Rw>



MODIFICATIONS:

- If the players are struggling to maintain depth, stagger the starting cones to help create the depth from the beginning
- Change the starting location of the ball so players pass from the right and left sides
- Increase the distance between the cones
- Have all players standing, but make sure they maintain depth



Canadian Goose Egg

Age Grade: U9-12

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

To become familiar with the ball-in-hand and and flag pulling while working on evasion skills.

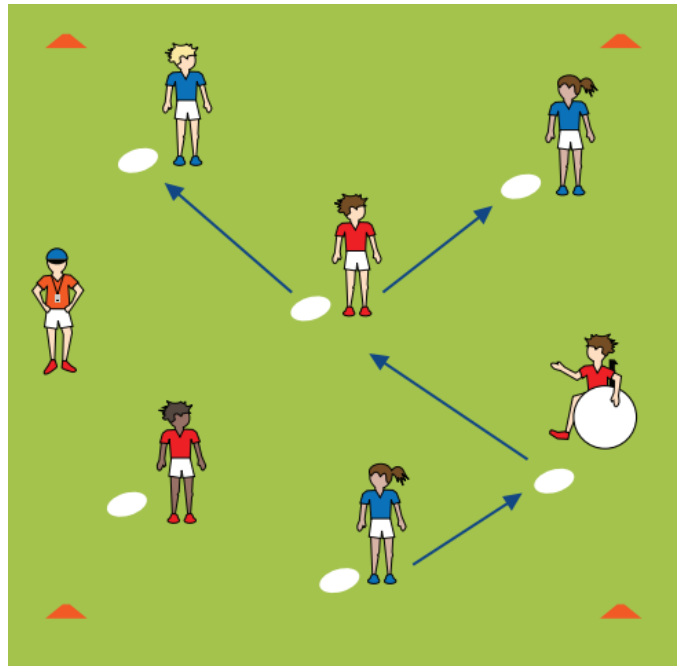
SET UP:

- 20 m x 20 m
- unlimited players
- cones
- flag belts
- rugby balls (1 per player)

HOW TO PLAY:

1. Players, "Canadian Geese," start the game with one egg (rugby ball) each.
2. On the coach's signal, the geese place their egg on the ground.
3. Geese must then move around to find a new egg to pick up.
4. The coach removes an egg from the playing field. If a player is left without an egg, they become a robber.
5. If a robber pulls a goose's flag, they 'steal' the egg. The player who lost the egg now becomes the robber.
6. Robbers may not pull the flag of someone who stole their egg.
7. The game ends when the coach has removed all but one egg.

Link to video: [insert video link here]



MODIFICATIONS:

- Make the grid smaller to increase success for robbers
- Have players work in pairs to practice passing to their partner to avoid being robbed



Ping Pong Flag Rugby

Age Grade: U9-12

Rugby Canada Key Theme: Ball Out of Contact

OBJECTIVE:

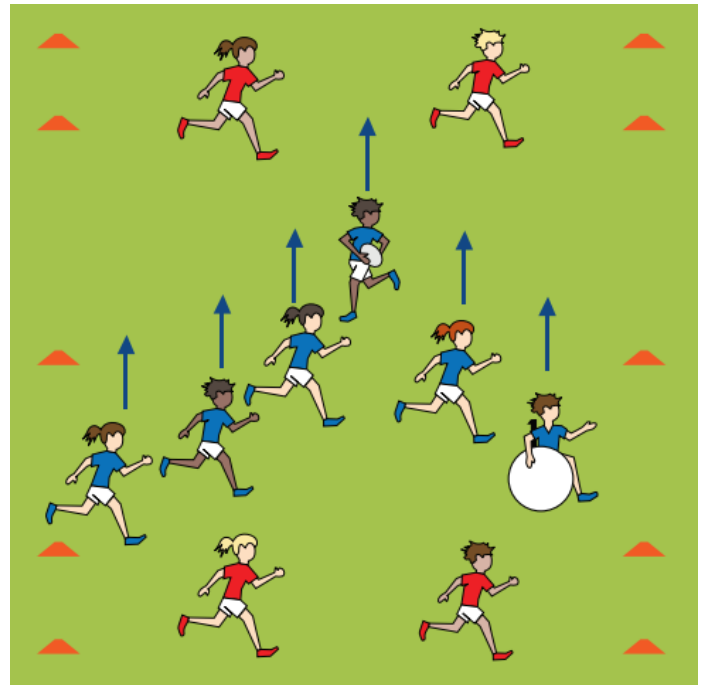
To encourage players to quickly switch the direction of attack and react to defensive flag pull.

SET UP:

- 30 m x 40 m
- group of 10 players
- cones
- rugby balls
- flag belts

HOW TO PLAY:

1. Place six attackers in the middle of the grid and place two defenders at each end of the grid
2. The attacking team attacks on end of the grid, trying to score a try. All passes are lateral or backwards.
3. If a flag is pulled, the attacking team turns around and immediately attacks the opposite defensive zone. This continues for a set amount of time decided by the coach.
4. If the attacking team scores, the defence must move around the centre cones and get back to their defensive zone before the attacking team starts down the field to attack the other end.
5. Defenders cannot defend outside their designated zone.
6. If the ball is dropped or intercepted, the attack is over. Coach should rotate attacking and defending players.



Link to video: <https://youtu.be/850ffXuC6Wo>

MODIFICATIONS:

- Vary the ratio of attackers and defenders to create a bigger challenge/ help the attackers
- Allow 2-3 phases to allow the attackers more opportunity to score



Ultimate Rugby

Age Grade: U9-12

Rugby Canada Key Theme: Ball Out of Contact

OBJECTIVE:

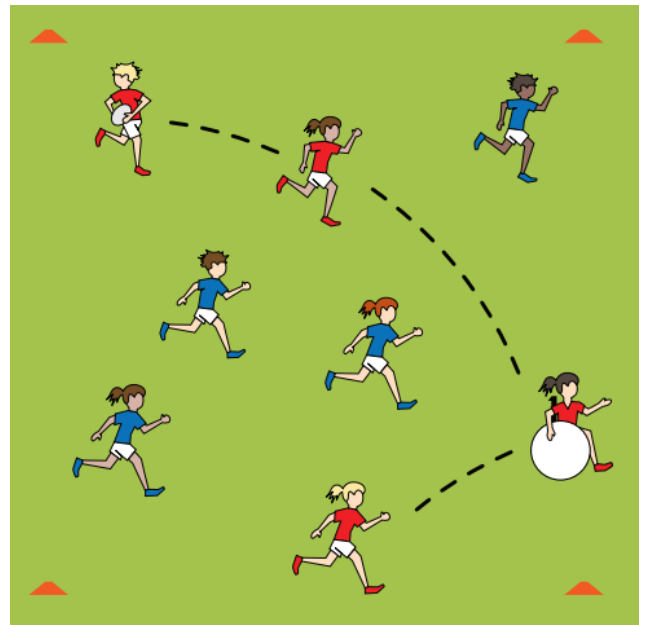
To help players utilize space and communication for maximizing scoring opportunities.

SET UP:

- 30 m x 40 m • unlimited players
- cones
- rugby balls

HOW TO PLAY:

1. Split players into two equal teams and begin on opposite sides of the field.
2. One team begins with the ball and starts the game with a free pass.
3. Players advance the ball by passing in any direction
4. Players cannot move with the ball and may only advance by passing.
5. If a pass is dropped, a turnover occurs.
6. Players score by grounding the ball in their try zone.
7. Defensive players cannot strip the ball from attacking players and must remain arms-length distance away when defending.
8. Defensive players may intercept a pass, but must not swat/deflect a pass. A swatted/deflected pass will not count as a turnover.



Link to video: [insert video link here]

MODIFICATIONS:

- Modify rules so that all teammates must touch the ball before a try is scored
- Place smaller grids in the try zone to serve as 'scoring zones,' where players can only score points by passing to a teammate in the scoring zone
- Allow players to take 3 steps
- Players only have 3 seconds to pass
- Only rugby passes allowed (i.e. no overhead passes)



British Bulldog

Age Grade: U9-12

Rugby Canada Key Theme: Tackle Technique & Tracking

OBJECTIVE:

To effectively build a defensive line against an attacking team.

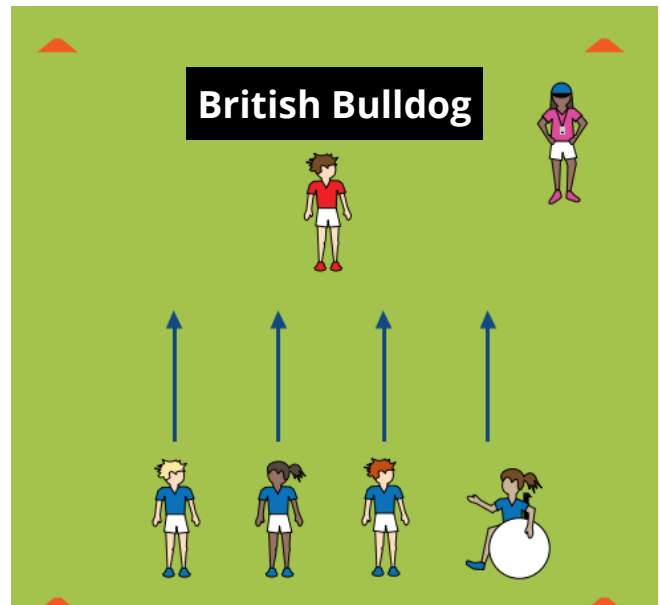
SET UP:

- 10 m x 20 m
- unlimited players
- cones
- flag belts

HOW TO PLAY:

1. One player starts in the middle of the grid, facing the remaining players lined up along one edge of the grid.
2. Players must attempt to move from one side of the grid to the other without getting their flag pulled. When they arrive at the other side, they stop and wait for a restart.
3. To start the game, the defensive player in the middle shouts, "BRITISH BULLDOG," and the attacking players will attempt to move to the other side of the grid without getting caught. Players must remain within the boundaries of the grid during the game.
4. Any players with their flags pulled will become hunters for the next round.

Link to video: [insert video link here]



MODIFICATIONS:

- Increase the number of defensive players to start
- Designate a 'defensive zone' across the middle of the grid and prevent the defence from leaving this area during each round
- Incorporate a rugby ball that players have to pass while avoiding the defence
- Have players leave in waves to keep the hunters active
- Have captured players remain frozen and play defence from that spot for the next round



Flag Fury

Age Grade: U9-12

Rugby Canada Key Theme: Tackle Technique & Tracking

OBJECTIVE:

To improve proper flag pulling technique for all players.

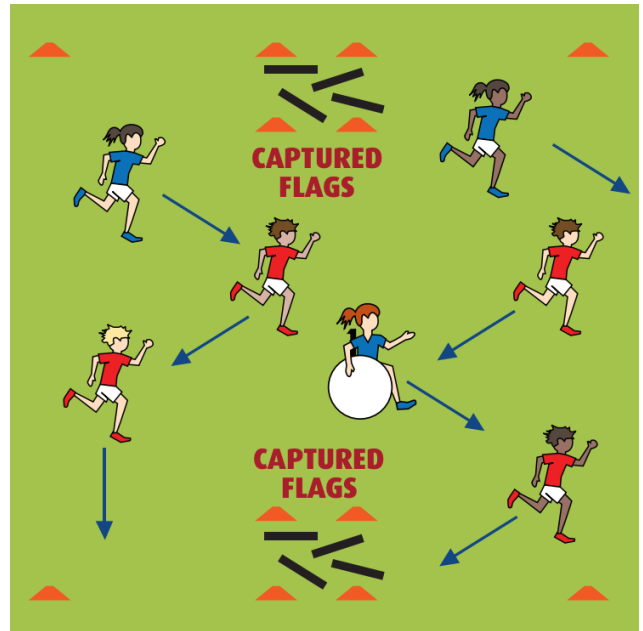
SET UP:

- 20 m x 20 m • unlimited players
- cones
- flag belts

HOW TO PLAY:

1. Create a large grid (20 m x 20 m) and place two smaller grids (3 m x 3 m) outside the large grid as designated captured flag areas.
2. Have players spread out in the large grid. When the instructor yells, "GO!" each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
3. When both flags have been removed from the players belt, they should continue playing to capture more flags.
4. Have players play for a certain amount of time.

Link to video: [insert video link here]



MODIFICATIONS:

- Change speed of game (have players walk if they are struggling to capture flags)
- Create teams based on colour of flag belts/jerseys
- Create a competition based on number of flags pulled
- Incorporate rugby balls and have players move with the ball and complete passes throughout the game



Ruck Touch

Age Grade: U9-12

Rugby Canada Key Theme: Breakdown & Clear Out

OBJECTIVE:

Affect continuity at the breakdown through the clear out.

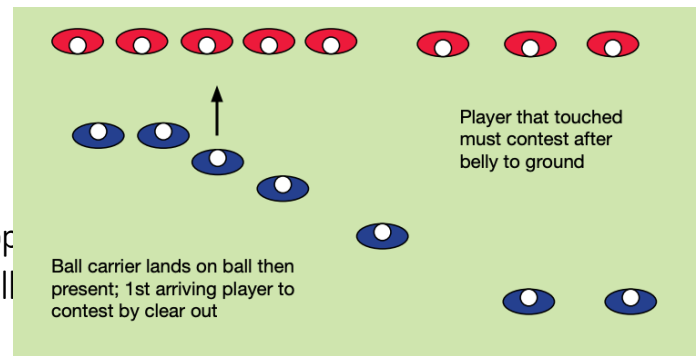
SET UP:

- 20 m x 15 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Divide players into teams of eight defenders and eight attackers.
2. Begin a game of 2-handed touch within the grid.
3. Defenders try to touch the ball carrier using proper tracking technique, contacting the player with two hands at hip level.
4. Ball carrier lands on the ball, then presents back towards their team.
5. Defender that touched the attacker must drop flat onto their chest, then contest over the ball.
6. First arriving attacker must also drop onto their chest before clearing-out the defender.
7. Second arriving player must pick up the ball and make a pass to play on.

Link to video: [insert video link here]



MODIFICATIONS:

- Change the timing of the defender (count to 2 or 4 while on the ground) to force the first attacker to decide between a clear out (short time) or a pick and go (longer time)
- Remove the chest to floor rule so the arriving player has harder work



Clear Out Game

Age Grade: U9-12

Rugby Canada Key Theme: Breakdown & Clear Out

OBJECTIVE:

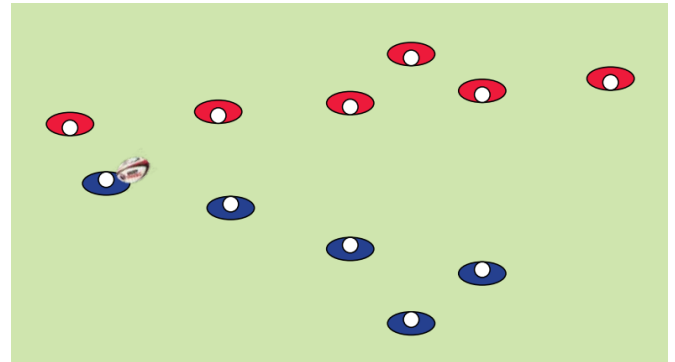
To create an opportunity for a clear out in a small game environment.

SET UP:

- 50 m x 60 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Divide players into two equal teams.
2. Begin a game of 2-handed touch within the grid.
3. Once touched, ball carrier and 'tackler' go on to their chest.
4. Tackler must role away.
5. Next arriving defender and attacker arrive and when within 1 m, must go on their chest to ground before they can compete/ruck over the ball.



Link to video: [insert video link here]

MODIFICATIONS:

- Increase/decrease the size of the field
- Increase the number of players that can be involved at the contest/ruck
- Allow the tackler to compete once they have rolled away



Middle Man Drills

Age Grade: U14

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

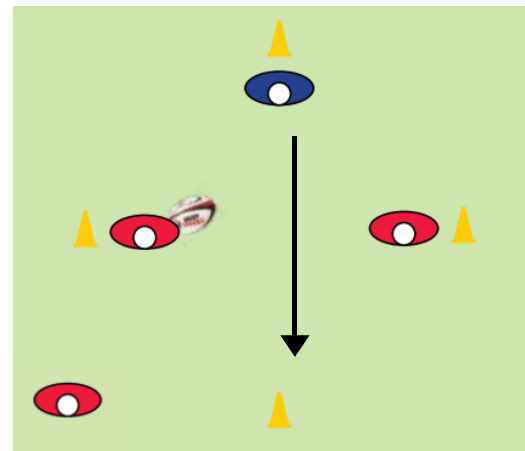
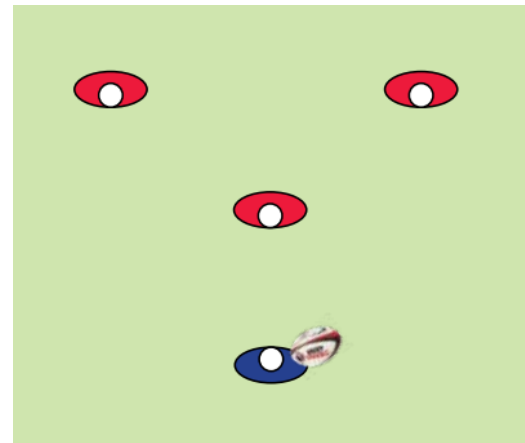
Isolate run, catch & pass statically, then while moving.

SET UP:

- 5 m x 5 m
- groups of 4 players
- 1 ball
- cones

HOW TO PLAY:

1. Separate players into groups of four.
2. Feeder stands in front of passer and pops the ball to them. Two receivers stand behind the passer, one left side and right side.
3. Passer rotates while standing still, passing to players behind them, left and right.
4. Progress to the next stage of the drill, with one player resting. Set up cones in a diamond shape with the feeder starting on opposing cones.
5. The working player receives a pass and transfers quickly working back and forth between cones.



Link to video: [insert video link here]

MODIFICATIONS:

- Vary the width and depth of the receivers
- Alter the speed of the working player



Passing Under Pressure

Age Grade: U14

Rugby Canada Key Theme: Run, Catch & Pass

OBJECTIVE:

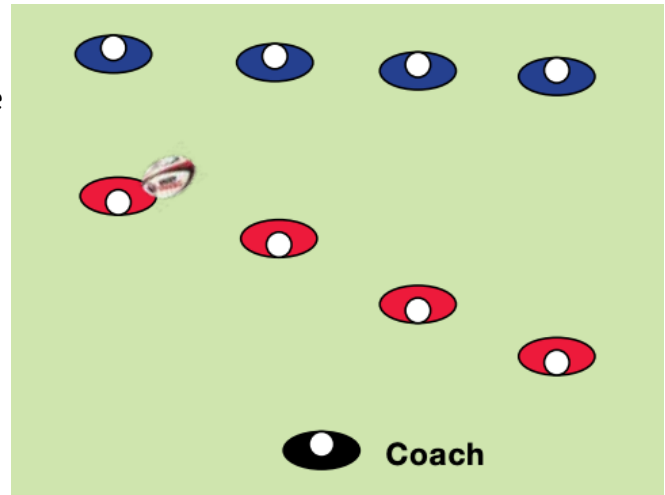
To develop run, catch and pass while moving under pressure against a defensive line.

SET UP:

- 15 m x 20 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Create a grid marked out with four cones.
2. Start with four attackers facing four defenders that are 20 m apart.
3. Coach stands behind the attacking line.
4. The attacking line and defensive line will move forward on the coach's whistle.
5. Before the coach's whistle, the coach should identify a player in the defensive line that should retreat to their end of the grid before advancing forward to defend.
6. Attackers should identify the hole and move the ball so they attack this space.



Link to video: [insert video link here]

MODIFICATIONS:

- Alter the speed at which the defenders can advance
- The defender that retreats becomes a second line of defence
- Alter the size of the grid



Touch Progressions

Age Grade: U14

Rugby Canada Key Theme: Ball Out of Contact

OBJECTIVE:

Effect continuity at the breakdown through close support.

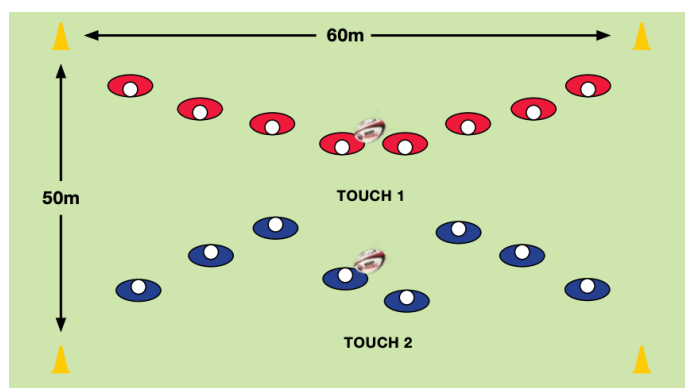
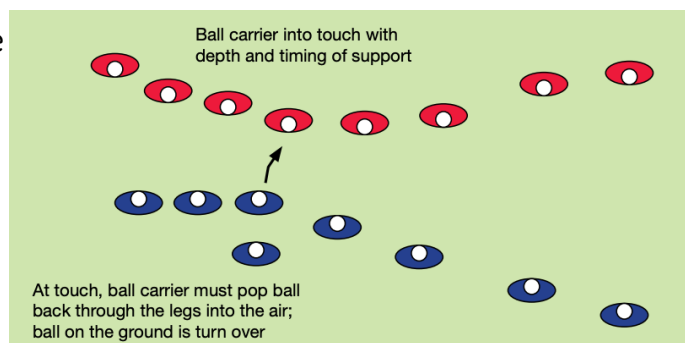
To be able to identify and isolated defender, with support and create an attacking opportunity.

SET UP:

- 50 m x 60 m • unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Separate players into two equal teams.
2. Create a grid with the cones and begin a game of 2-handed touch.
3. A touched ball carrier must immediately pop the ball back between their legs.
4. Support players must take the ball in the air and resume touch.
5. Ball to the ground is a turnover.
6. Progress to the next stage of touch. Now if a player is touched, they can keep running or pass the ball.
7. If a player is touched again, the ball is turned over
8. A player that has been touched once cannot score.



Link to video: [insert video link here]

MODIFICATIONS:

- Limit time to make the pop pass (i.e. 2 sec, 1 sec, immediate)
- After being touched, ball carrier must land on ball then roll before the pop
- Reduce numbers on defence to increase success
- Create a distance in which the offload can occur (suggested 2 m)



Offloading Tunnel

Age Grade: U14

Rugby Canada Key Theme: Ball Out of Contact

OBJECTIVE:

To develop running/support lines to receive the ball out of contact.

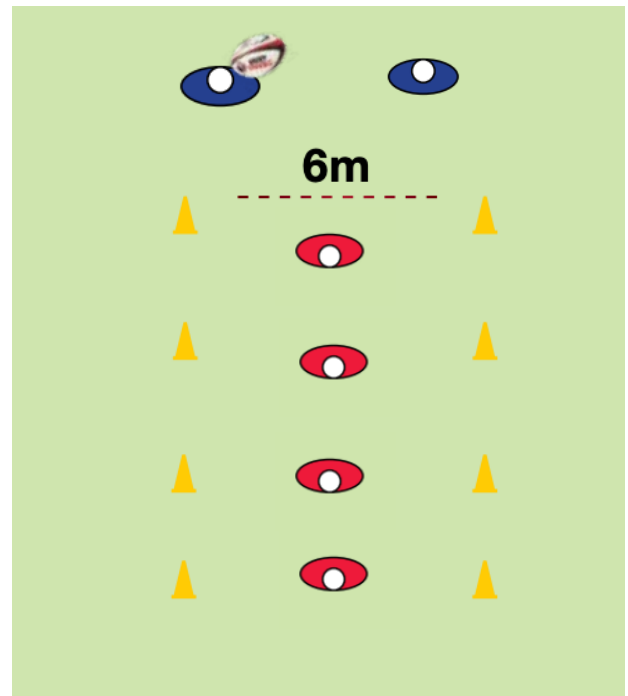
SET UP:

- 6 m x 20 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Create a tunnel 6m in width using cones.
2. Have four defenders line up at 5 m increments down the tunnel.
3. Form two lines of attackers at the entrance of the tunnel between 2 cones.
4. On the coach's signal, two attackers advance down the tunnel, evading the defender.
5. The defender cannot advance off their line.
6. Attackers progress down the tunnel until they beat all defenders and exit at the opposite end.
7. Once all attackers have gone through the tunnel, switch defenders and attack the opposite direction.

Link to video: [insert video link here]



MODIFICATIONS:

- Increase/decrease the width of the tunnel
- Add another defender and attacker
- Allow defenders to advance off their line



Tackle Technique Games

Age Grade: U14 Rugby Canada Key Theme: Tackle Technique & Tracking

OBJECTIVE:

To practice proper foot/shoulder position in the tackle and develop contact skills below the waist while working on leg drive through contact.

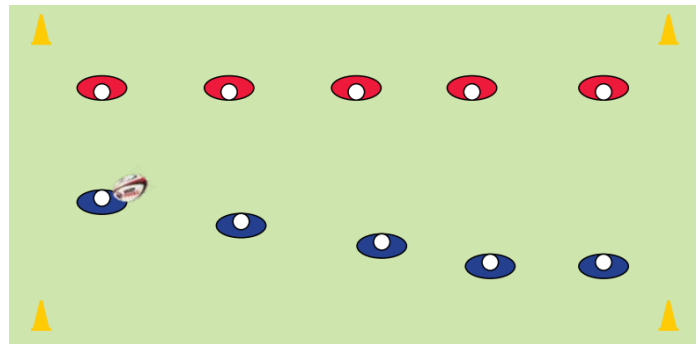
SET UP:

- 15 m x 15 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Split players into two equal teams.
2. Begin a game of walking touch rugby within the grid.
3. Defending players will start with their hands behind their back. A successful 'tackle' is when the defender can make contact with their shoulder on a ball carrier, while same foot steps between the ball carrier's legs.
4. Progress to a full tackle game.
5. Game lasts 45-60 seconds of continuous defence maximum.
6. Encourage proper technique, where the defender leads with their shoulder, aims for the legs of the defender and drives forward into contact.
7. Award a point for a 'positive' tackle, where the defence goes forward and the attacker backwards.
8. Play to 6 points. Switch offence and defence.

Link to video: [insert video link here]



MODIFICATIONS:

- Increase/decrease size of grid



Two Zone Attack

Age Grade: U14 Rugby Canada Key Theme: Tackle Technique & Tracking

OBJECTIVE:

Develop individual tackle technique within a game environment.

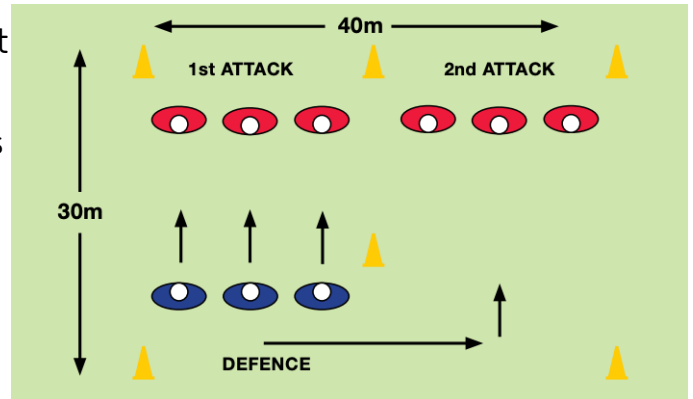
SET UP:

- 30 m x 40 m • groups of 6
- 2 balls
- cones

HOW TO PLAY:

1. Split players into teams of three.
2. The first three players will attack the defenders in front of them.
3. Defenders must stop all three attackers with proper technique (same foot, same shoulder, not full tackle).
4. Once the attack has been stopped the defenders move across and defend a second attack in the second channel.
5. Defence should defend eight times before changing.

Link to video: [insert video link here]



MODIFICATIONS:

- Progress to full tackle
- Increase number of attackers/defenders
- Increase/decrease size of grid



Clear out Game

Age Grade: U14

Rugby Canada Key Theme: Breakdown & Clearout

OBJECTIVE:

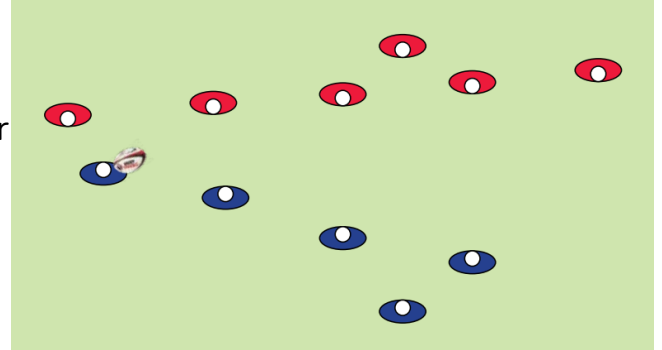
To create an opportunity for a clear out in a small game environment.

SET UP:

- 50 m x 60 m
- unlimited players
- 1 ball
- cones

HOW TO PLAY:

1. Divide players into two equal teams and begin a game of 2-handed touch.
2. Once, touched, ball carrier must present the ball and 'tackler' drop down chest to ground.
3. The next arriving attacker must also drop chest to floor before competing/rucking with the defender over the ball.
4. Next arriving attacker passes the ball from the ground.



Link to video: [insert video link here]

MODIFICATIONS:

- Increase/decrease the size of the grid
- Increase the number of players that can be involved at the contest/ruck
- Advance game to full tackle



Present & Clear

Age Grade: U14

Rugby Canada Key Theme: Breakdown & Clearout

OBJECTIVE:

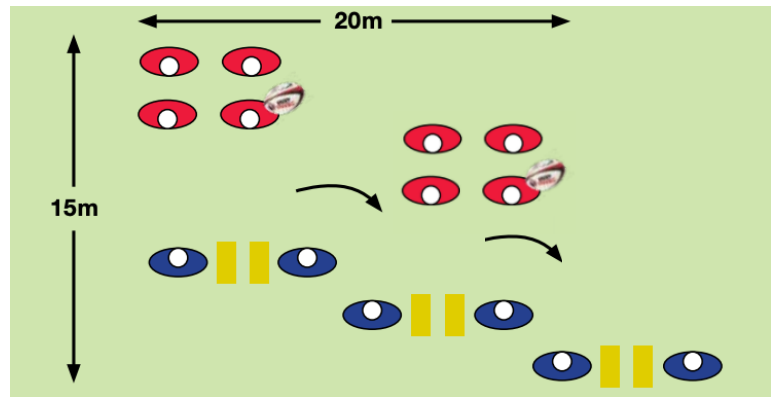
Develop ball presentation and roles of the support players through a game related situation.

SET UP:

- 15 m x 20 m
- unlimited players
- 1 ball
- cones
- shields

HOW TO PLAY:

1. Assign six players to play defence. Organize them into groups of two, each holding a shield. Groups should be staggered across the grid.
2. Have the rest of the players line up in groups of four attackers.
3. On the coach's signal, the first group of four attacks the first two defenders. The ball carrier will drive through the players holding the shields and go to ground, the second and third attackers will ruck and the fourth will play scrum half, passing the ball to the next group.
4. A second group of four attackers will align themselves in front of the next group of defenders. Once they receive the pass from the first group, they will attack the defenders in front of them.
5. This rotation will continue until all four defence groups are attacked.
6. Begin with another two groups of attackers and switch defenders.



Link to video: [insert video link here]

MODIFICATIONS:

- Increase/decrease the amount of space the players have to attack.
- Increase/decrease the number of attackers/defenders



Tackle Technique Progression

Age Grade: U14+

Additional Contact Activities

OBJECTIVE:

To develop proper tackling technique in a controlled environment.

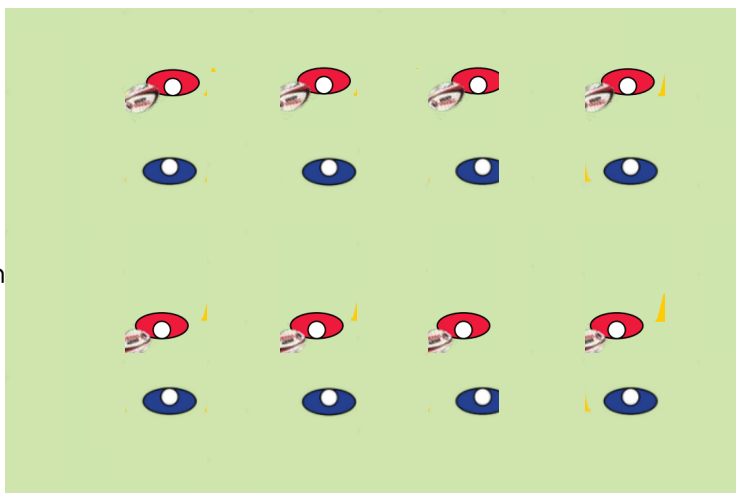
SET UP:

- 1 ball per pair
- unlimited players

HOW TO PLAY:

1. Have players pair up. One attacker is standing holding the ball. The other player kneels facing their partner.
2. Coach will instruct pairs through a series of tackle progression activities.
 - a. First instruct defender to perform a 'shoulder punch' making contact with the attackers hip area using the shoulder of the knee that is up.
 - b. Next have players 'shoot through.' Once contact is made with the shoulder, arms should shoot through beside the attacker with a punching like-motion.
 - c. Next, players will add in a 'squeeze,' as they wrap their arms around the defender following the 'shoot through' step.
 - d. Add the final step, ask players to 'drive' through the tackle. Have players push off the front leg and take a few steps, driving the attacker back a few metres, with a flat back.
3. Switch shoulders then attack/defence and repeat progressions

Link to video: [insert video link here]



MODIFICATIONS:

- Have defenders start standing in a staggered stance



3v3 Rucking Challenge

Age Grade: U14+

Additional Contact Activities

OBJECTIVE:

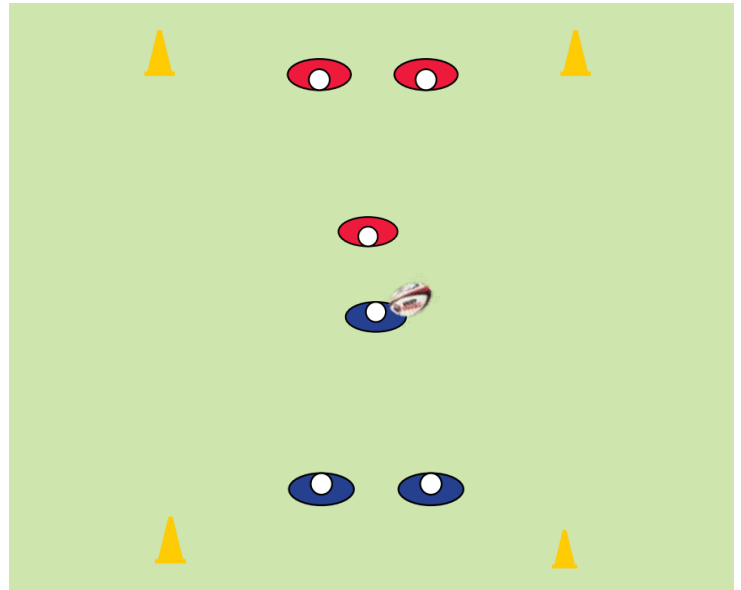
To work on skills at the ruck including reaction time, decision-making, shoulder-chest battle and proper entry.

SET UP:

- 1 ball per pair
- cones
- groups of 6 players

HOW TO PLAY:

1. Create a 5 m by 10 m grid.
2. Have players form groups of three players.
Pair up two teams of three within a grid.
3. One player from each team lies on their stomach at midline, facing each other with a ball in between them. The other two players on each lie on their stomachs 5 m behind the front player.
4. The coach will yell out the name of one of the front players. Both players stand up. The player who's name was yelled will pick up the ball and try to beat their opposite player. The other player will play defence and try to tackle them to ground.
5. Once the tackle is to ground, the four other supporting players may pop up and compete over the ball until the coach blows the whistle.



Link to video: [insert video link here]

MODIFICATIONS:

- Allow support players to jump up as soon as the attacker grabs the ball
- Increase/decrease the size of the grid



1 v 1 Tackle Grid

Age Grade: U14+

Additional Contact Activities

OBJECTIVE:

To work on tracking, tackle technique and to attempt a positive tackle.

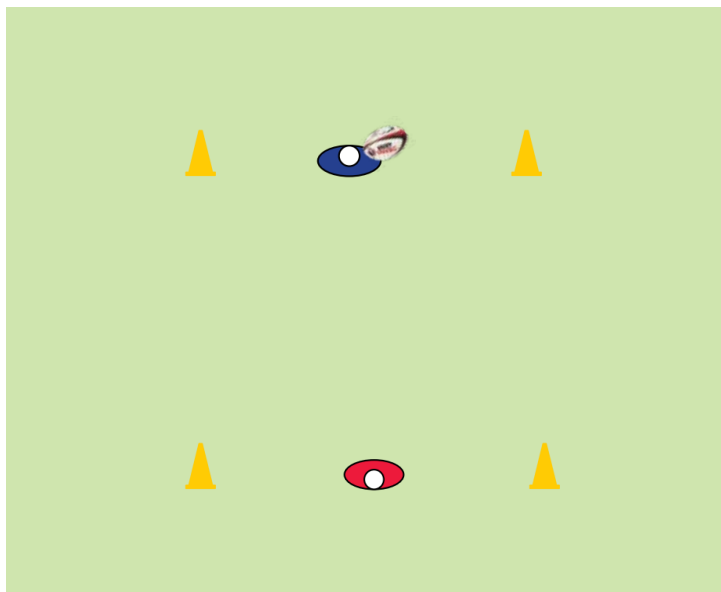
SET UP:

- 1 ball per pair
- cones
- groups of 2 players

HOW TO PLAY:

1. Create a 5 m by 10 m grid.
2. Two players will lie on their chest between the two end cones. One player will have the ball in front of them, on attack, the other will defend.
3. Upon the coach's signal, both players will hop up and the attacker will attempt to reach one of the cones (either to the left or the right of the defender). Once the attacker has chosen a cone they cannot change directions.
4. The defender will attempt to tackle the defender and make a positive tackle, taking them outside the grid and backwards.
5. A point is awarded to the attacker if they reach the cone, and to the defender if they stop the attacker.
6. Switch roles after a few attempts.

Link to video: [insert video link here]



MODIFICATIONS:

- Increase/decrease the size of the grid



3 v 1 Stop the Tries

Age Grade: U14+

Additional Contact Activities

OBJECTIVE:

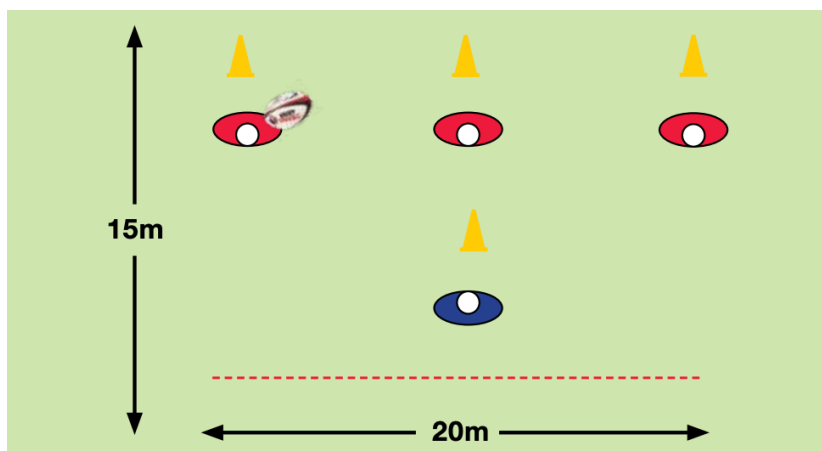
A continuous game that develops tackle technique and tracking through a small-sided game.

SET UP:

- 15 m x 20 m
- groups of 4 players
- 1 ball
- cones

HOW TO PLAY:

1. Three players will be on attack and one on defence.
2. Attackers start on the cones and pass the ball along the line and on the coach's call (Attacker 1, 2 or 3) attempt to evade the tackler and score.
3. Tackler adopts correct tackling technique and attempts to tackle the attacker.
4. Tackler gets back to their feet and back into defence line.
5. Repeat three times before rotating roles.



Link to video: [insert video link here]

MODIFICATIONS:

- Start the tackler in a variety of positions, (i.e. on their back or chest)
- Vary the distance of the tackler to the try line
- Increase/decrease number of attackers