

RUGBY

Success

Escape with the egg

Teach your players the importance of avoiding the tackler while running in the right direction with this fun game that also works on player tracking and tackling.

Set-up

A 7m square within a 15m square. Seven attackers, each holding a ball are in the 7m square with five defenders surrounding them (picture 1).

The rules

On your call of "Go!", defenders run around their nearest outside cone then re-enter the square. Attackers score a try by breaking out of the 15m square without being two-hand touch tackled by a defender (picture 2).

When all attackers have scored or been touched they turn and face the 7m square from outside the 15m square. Defenders now go into the 7m square. On your second call of "Go!", defenders break from the small square while attackers look to get back into it without being touched (picture 3).

Play for two minutes. If numbers permit, play two squares and see who the best defence/attack is. Switch roles and repeat.

Scoring

- A try is 1 point
- A touch tackle is 1 point
- Add individual scores together to work out the winning team.

Tell them

"Ball always in two hands"

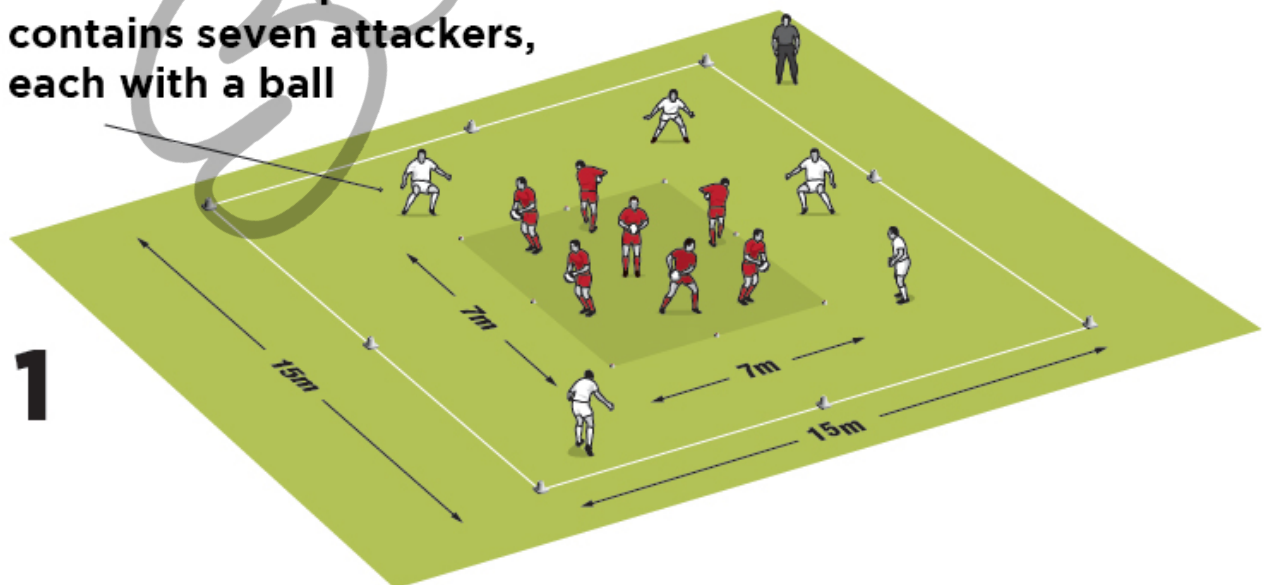
"Constantly look left and right when in possession".

Coaching tips

By looking at defenders and where they are running, this game allows players to see where the defence is and take action to avoid it.

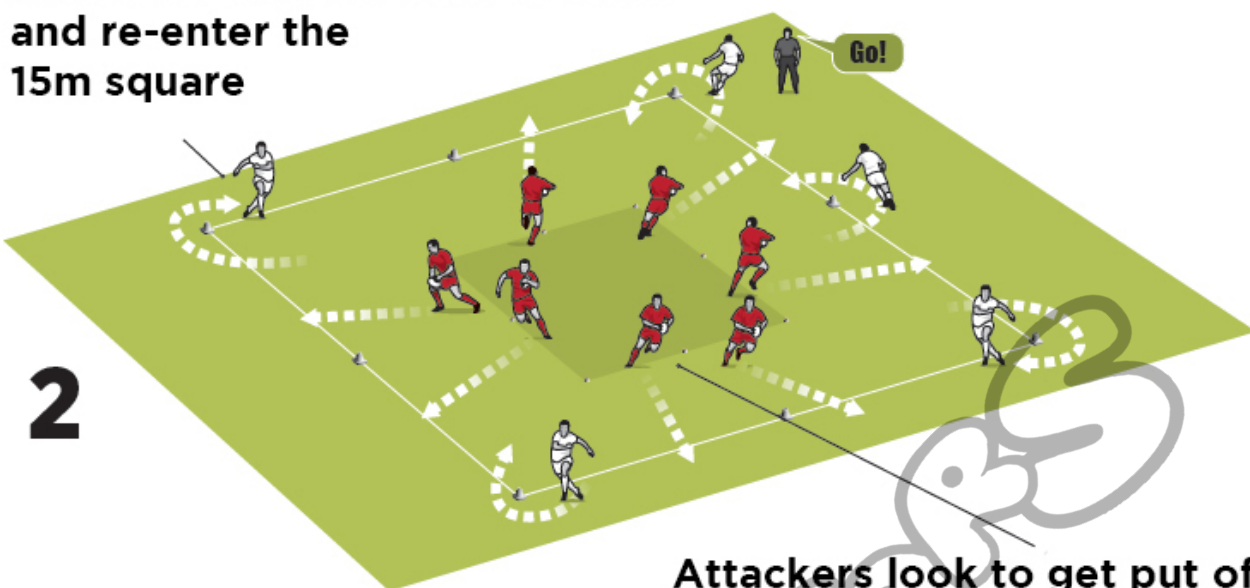


**Place five defenders
around a 7m square that
contains seven attackers,
each with a ball**



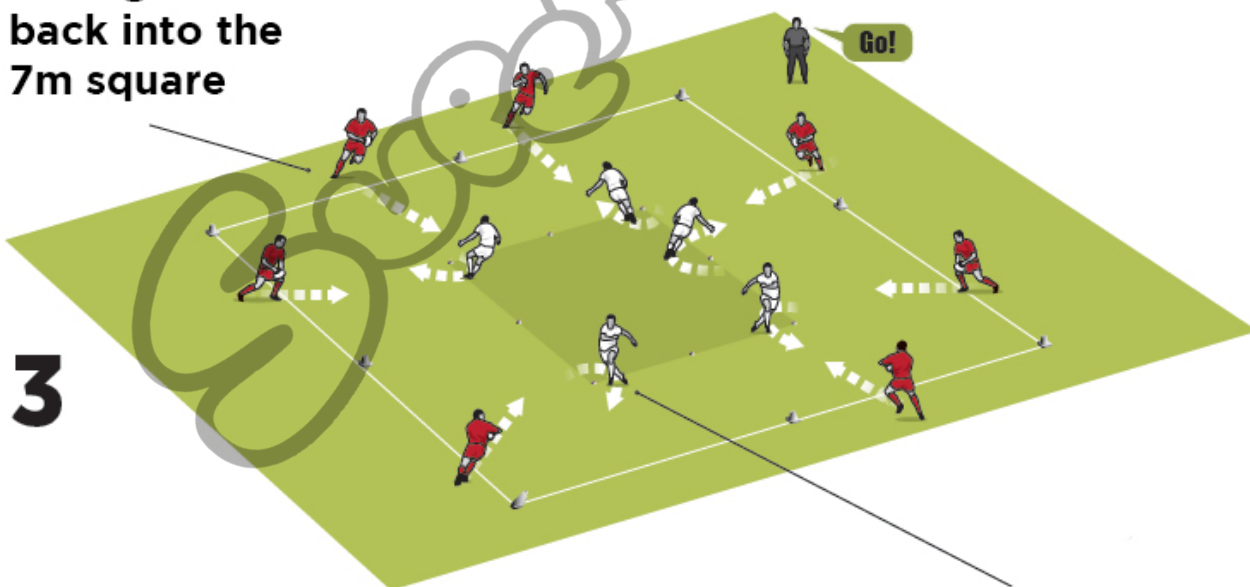
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On your call of "GO!",
attackers break from the 7m
square while defenders run
round the nearest cone to them
and re-enter the
15m square



Attackers look to get put of
the 15m square before they
are two-hand touch tackled

Finishing with
the attackers
having to break
back into the
7m square



The time the defenders break
out of the 7m square and
look to two-hand touch

Hot potato

Get players used to holding the ball, running with it then passing it – and doing so in a limited timespan. This possession game gives players just three seconds to do everything.

Set-up

Play 6v6 in a 15m square (picture 1).

The rules

On your whistle each player has two seconds in possession of the ball before passing to a team mate. Players can run with the ball but must pass within the allotted time.

Only two-handed passes are allowed – no tapping the ball onwards or one-handed overhead passes. Use two-handed touch tackles only.

If dropped, over the time limit or touched in possession, the other team gets the ball.

Scoring

Place a time limit on the game (say one minute) and one team stays in possession for that entire time if not touch-tackled. The number of passes made in that time decides the winning team.

Have as many games as players permit, going down to 4v4 or 5v5 if necessary.

Tell them

“Look for support before AND while you have the ball.”

“Calling at the right time in the right way: Not “ME” or “YES” but “LEFT”, “RIGHT” or “BEHIND”.

“Get into position to receive the pass safely.”

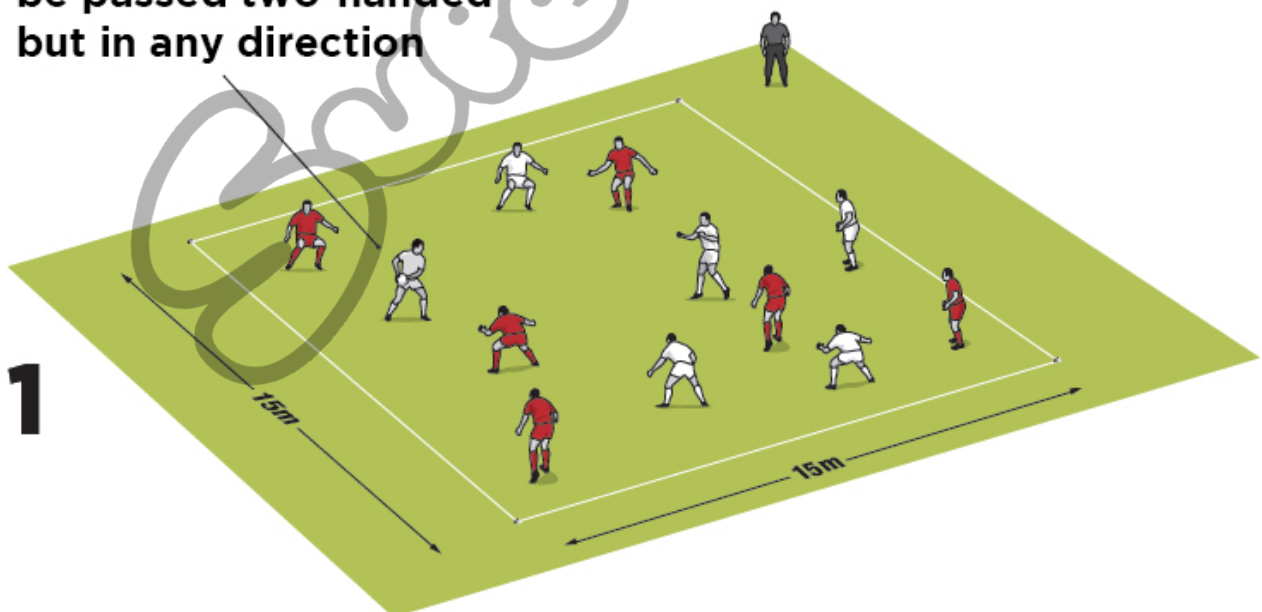
“Secure the ball before passing it on.”

Coaching tips

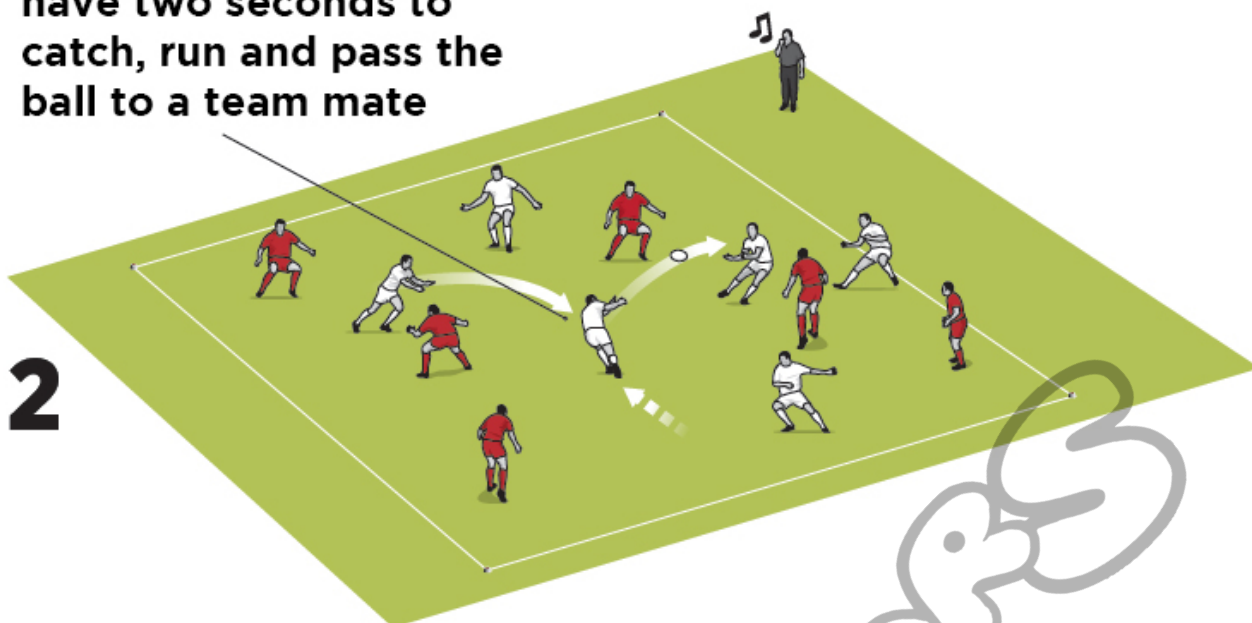
Gets players catching and passing while under pressure and looking for support from team mates.

Kick → Ground covered - - - - - → Direction of pass → Contact ☀

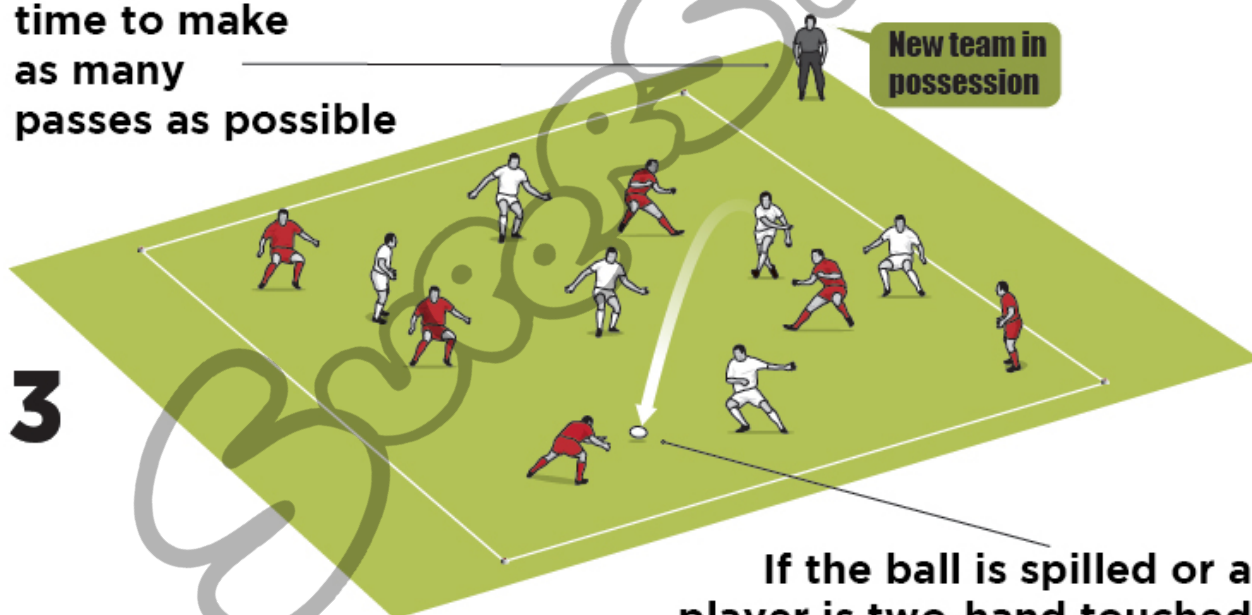
Play 6v6 possession in a 15m square - the ball must be passed two-handed but in any direction



The game starts on your whistle - players have two seconds to catch, run and pass the ball to a team mate



Teams have a set time to make as many passes as possible



If the ball is spilled or a player is two-hand touched possession changes hands

Pop pass pandemonium

Players have to complete 15 regulation passes then 15 pop passes – while also having to concentrate on running, evasion and calling – see how many balls to go hand or to ground...

SET UP

Two 15m squares, each side marked with different coloured cones. Maximum of seven players in each square to form two different teams. Two balls in each square (picture 1).

THE RULES

To start, each player passes and receives the ball 15 times. They count out loud after completing each receive/pass (picture 2). Upon reaching 15, they change to pop passing and must complete 15 of these. After each successful pop pass, the player runs around a cone of a different colour before re-entering the square for their next pass (picture 3).

SCORING

The first team where every player completes 15 receive/ passes and 15 pop passes is the winner.

TELL THEM

“Pass at a good height with enough hang time for the receiver to catch it.”

“Early calling for the ball.”

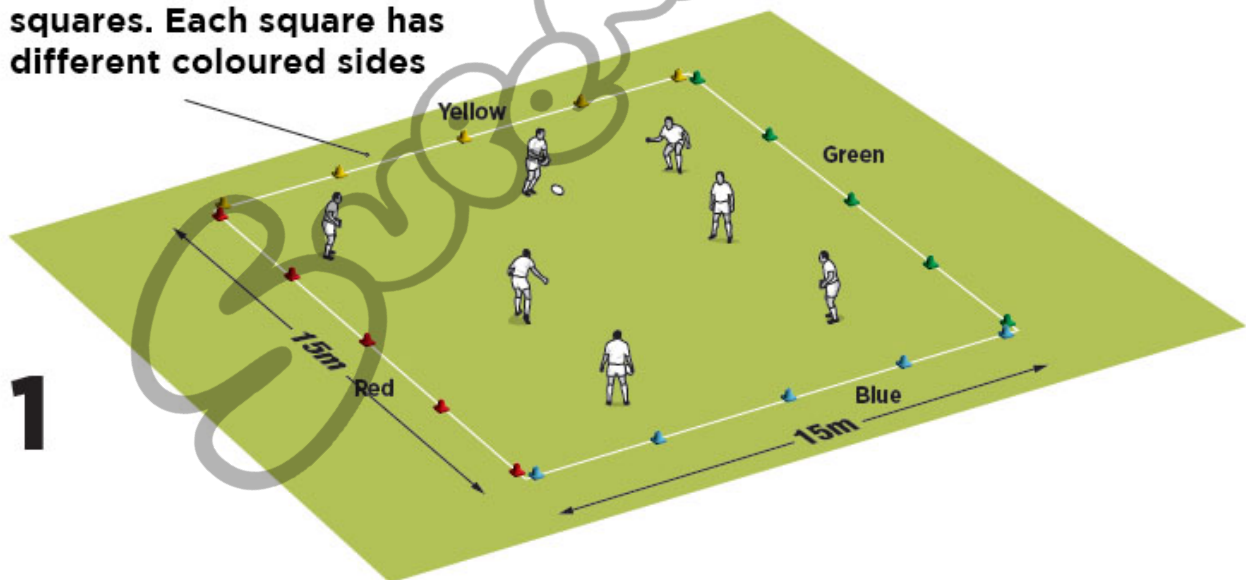
“Find space, accelerate into it, receive the ball, and evade everyone else.”

COACHING TIPS

When completing switch movements on the field, one of the key mistakes is passing the ball to a receiver when what is required is a pop pass for them to run onto. This is a pressurised but fun game that can be used at the beginning or end of a session.



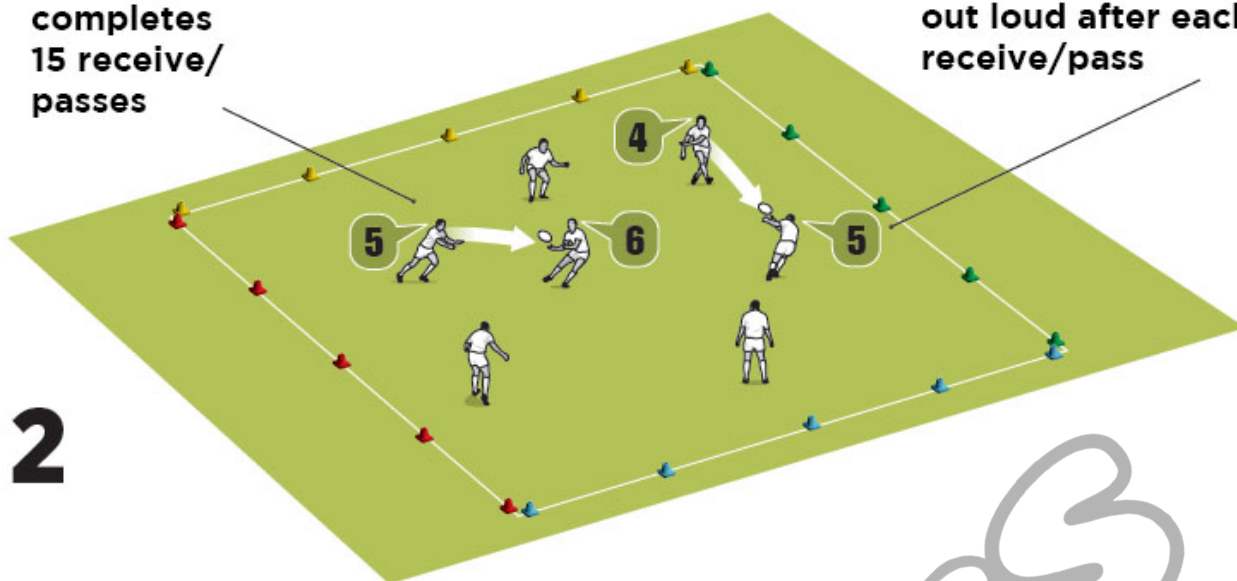
Two teams of seven in 15m squares. Each square has different coloured sides



Each player completes 15 receive/passes

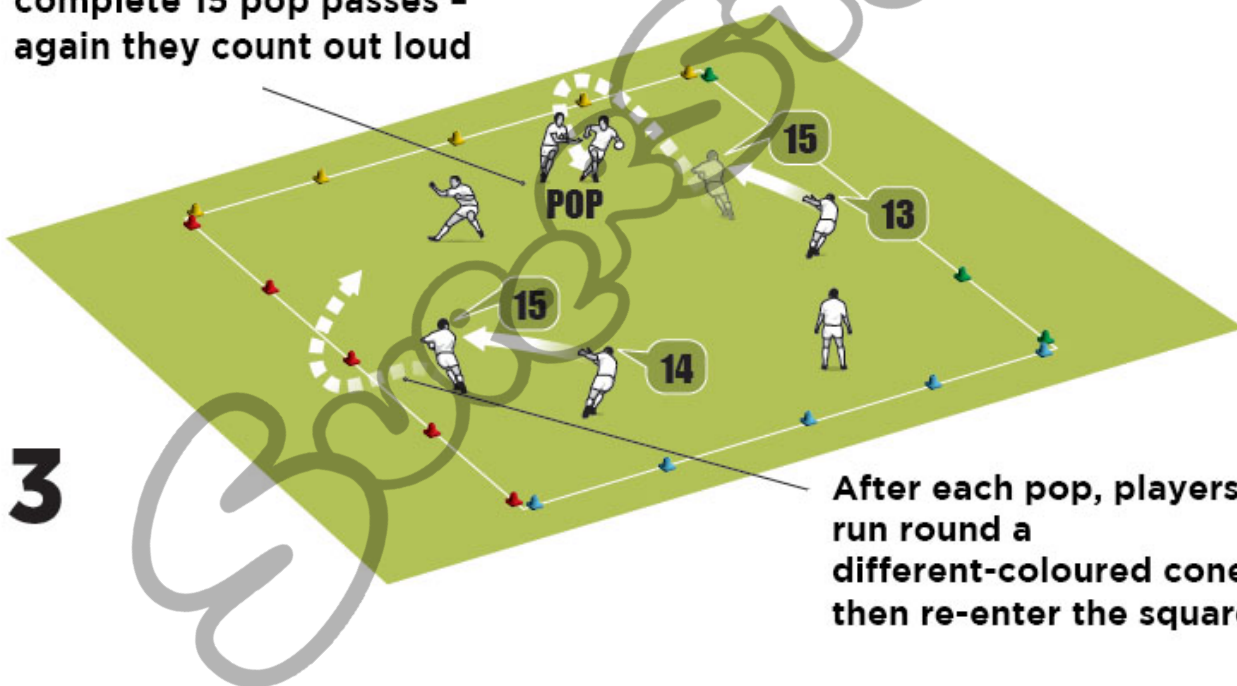
Each player counts out loud after each receive/pass

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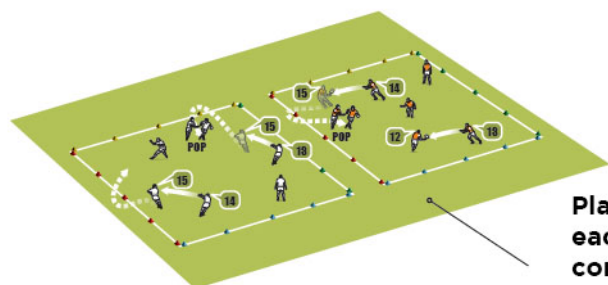


After completing 15 receive/passes, players complete 15 pop passes - again they count out loud

3



After each pop, players run round a different-coloured cone then re-enter the square



Play two squares against each other and see who completes all their passes first