



**SPORTAUS**

***RISE***

**COACH  
HANDBOOK**

# DAILY ACTIONS

**R**OUTINE

Develop a consistent approach to doing things that will enable you to achieve your goals.

**I**DENTITY

Be proud of who you are and be loyal to your family, friends and teammates. Always be grateful for what the game gives you.

**S**OCIALISE

Enjoy being part of a team environment and the benefits working with others gives you, such as mate-ship and working together to achieve common goals.

**E**VOLVE

Take time to reflect on your achievements and the work that you have done. Re-set your goals and go again! Change is a process that will require you to persevere and be resilient.

# FOREWORD

**Rugby League is described as the Greatest Game of All and in my view, It's with good reason.**

Our game is fast, tough, skilful and gratifying. It can be played by anyone of any culture, upbringing, size, shape and gender. It tests your character, it helps build your resilience and it produces a proud and loyal community built on a common purpose, the love of rugby league. It cultivates all these qualities to develop people, good rugby league people defined by humility, passion and committed to always doing our best.

We are not all superstars as we are growing up. There are many stories that testify to this fact. I know of many successful players past and present who weren't recognised when they were young. I also know of more players who never fulfilled their potential. Most had poor attitudes, weren't reliable, didn't care about the team or respected the game.

I like the NRL RISE Rugby League Development program. When I began as Head Coach of the Australian Kangaroos, I asked the players about their journey, to tell their stories about how they became a member of the most successful National Sporting Team in Australia. The common thread was their love of the game, the great support as they were growing up, they consistently worked hard and never gave up on their dream. We all then made a positive statement that the Australian Kangaroos were going to be great role models and ambassadors for the game. We won't forget where we come from and wanted to inspire all our young people to have the same opportunities and support they had as they were growing up. As a group, we spoke about the importance of good people and when we don the Green and Gold Jersey we would never let it down, we'd compete and stand tall every time.

To all of you coaches, volunteers and support staff, who will contribute to the growth and development of the players within the program; Thank You! We urge you all to take what you learn throughout the program and pass it on to the rest of the Rugby League Community.



**Mal Meninga**

Head Coach – Australian Kangaroos

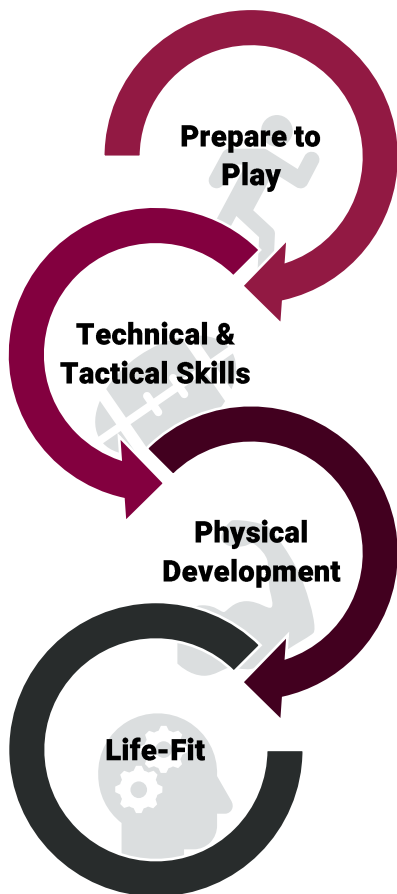


# PROGRAM OVERVIEW

Supported by the Australian Government, the RISE Program provides aspirational Junior Rugby League players and coaches with an avenue to obtain specialised training and education through a holistic Rugby League development experience.

The program has been designed to provide players with an environment that will foster their confidence, competence, connection and character with the aim of increasing their performance, personal development and the likelihood of them being life-long contributors to the game.

The RISE Program consists of four development areas:



The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury.

The **Technical & Tactical Skill Workshops** have been designed to improve the players **Attacking** and **Defensive** skills using age and stage appropriate activities that are tailored to suit each playing group.




The **RISE Physical Development program** has been designed to introduce the foundations of strength and conditioning and to help players develop their fundamental movement patterns.

The **Life-Fit Program** is delivered in partnership with Griffith University. Players will participate in a series of online modules and training activities that will help them develop the socio-emotional skills to tackle life's challenges.



# PLAYER AWARDS

Players who complete all components of the program, will be rewarded for their efforts and commitment to their improvement by obtaining their Bronze, Silver or Gold Award.

How to achieve your award:	U13's	U14's	U15's
Award	<b>Bronze</b> 	<b>Silver</b> 	<b>Gold</b> <small>(2023)</small> 
Life-Fit	Players complete both pre-program and post program Life-Fit assessments & 4 x eLearning modules .		
Attendance	Players will attend the majority of scheduled training session.		
Accreditation	Players obtain their Foundation 1 Referee Accreditation	Players obtain their LeagueSafe Accreditation	Players will obtain their Community Coach Accreditation







***RISE***

# **ROLES & RESPONSIBILITIES**



# COACH DEVELOPMENT PROGRAM

Guided by the **RISE Program Head Coach**, participants of the RISE Coach Development Program (**Development Coaches**) will receive education in contemporary coaching practices, strength & conditioning and socio-emotional development whilst leading and mentoring a group of players through a tailored series of training sessions and workshops that aim to provide players with the tools they need to reach their potential.

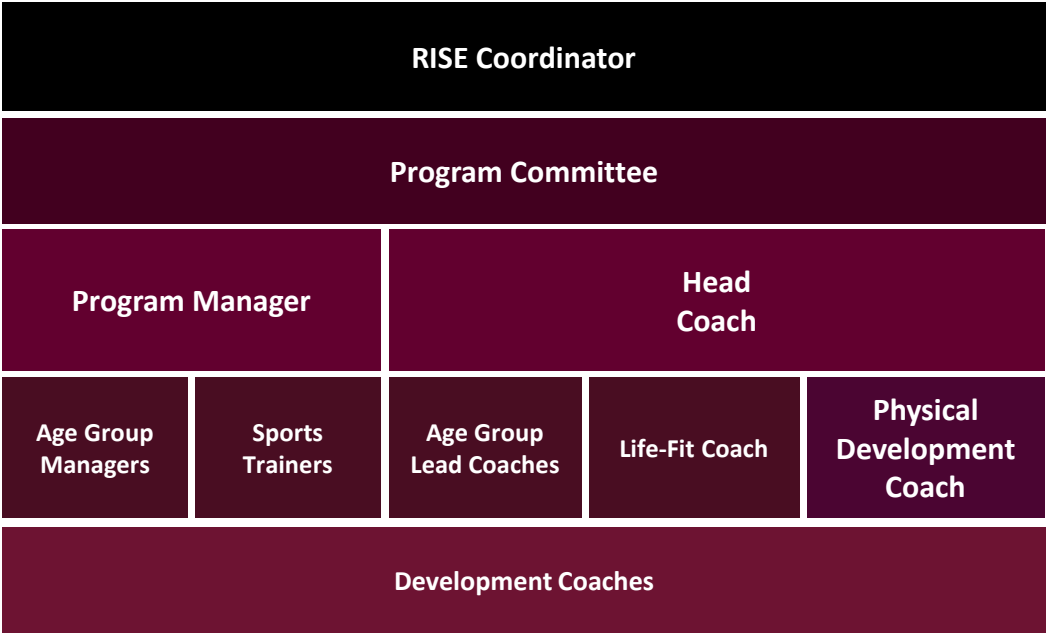
**At the completion of the program, coaches will receive the NRL RISE Development Coach Accreditation.**

**To complete the RISE Coach Development Program, coaches will...**

- *Complete RISE Coach Development Training as required.*
- *Lead a group of players through the program whilst applying contemporary coaching practices.*
- *Contribute to the delivery of both on-field and off-field training sessions and workshops*
- *Commit to pass on the knowledge gained throughout the coach development program with the view to improve the Rugby League experience for others out in our Rugby League Communities.*



# ORGANISATIONAL CHART



The **Head Coach** oversees the technical and tactical component of the program to ensure the program is being delivered at the highest possible standard and to help educate and mentor the RISE Program Development Coaches.

**Age Group Lead Coaches** support the Head Coach and lead the development coaches and on-field content within each age group .

The **Physical Development Coaches** lead physical development workshops.

**Development Coaches** are working towards achieving the RISE Coach Accreditation whilst overseeing the development of up to 20 Players.

**Age Group Managers** assist the Program manager with the coordination of the program, such as setting up flags, banners, etc and checking of player attendance and communicating with parents

**The Life-Fit Coach** is responsible for Life-Fit Activities with the coaches and players.

**Sports Trainers** oversee injury management and first aid and manage the drinks station.

# **PROGRAM SCHEDULING GUIDE**



## SESSION 1

00:00	PARENT & PLAYER INDUCTION	
00:30	PREPARE TO PLAY PROGRAM INTRODUCTION	
01:00	PHYSICAL TESTING	
02:00	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
02:30	GROUP 1 & 2 DEFENCE	Group 3 & 4 ATTACK
03:00	END	

## SESSION 2 – 4

00:00	PREPARE TO PLAY			
00:15	GROUP 1 PHYSICAL DEVELOPMENT	GROUP 2 ATTACK	GROUP 3 DEFENCE	GROUP 4 LIFE-FIT
00:45	TRANSITION			
00:50	GROUP 1 LIFE-FIT	GROUP 2 PHYSICAL DEVELOPMENT	GROUP 3 ATTACK	GROUP 4 DEFENCE
01:20	TRANSITION			
01:25	GROUP 1 DEFENCE	GROUP 2 LIFE-FIT	GROUP 3 PHYSICAL DEVELOPMENT	GROUP 4 ATTACK
01:55	TRANSITION			
02:00	GROUP 1 ATTACK	GROUP 2 DEFENCE	GROUP 3 LIFE-FIT	GROUP 4 PHYSICAL DEVELOPMENT
02:30	END			

## SESSION 5

00:00	PREPARE TO PLAY PROGRAM	
00:10	LIFE-FIT ACTIVITY	
00:30	PHYSICAL TESTING	
01:00	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
01:45	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
02:30	END	

# UNDER 13 BOYS

# UNDER 13 & 14 GIRLS



Session 1		
Activity	Leader	Time
Player & Parent Induction	Program Manager & Head Coach	30mins
Warm Up		
Prepare to Play Introduction	S&C Coach & Coaches	30mins
Strength & Conditioning (Testing)		
Testing	S&C Coach Supported by Coaches	60mins
Attack		
Scramble	Development Coach	5 minutes
Evasion		5 minutes
2 v 1 v 1		8 minutes
6 v 4 game		12 minutes
Defence		
Contact circle	Development Coach	3 minutes
Front on tackle		8 minutes
Front on tackle grid		8 minutes
1 v 1 tackle game		12minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes



## Session 2

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Healthy Habits)	Life Fit Coach	30 minutes
Attack		
Carry into pad	Development Coach	5 minutes
Pairs v pads (draw & pass)		5 minutes
3 v 2		8 minutes
2 ball game		12 minutes
Defence		
Contact circle (+legs Tackle)	Development Coach	5 minutes
Side on tackle		5 minutes
Tackle challenge		8 minutes
2 v 2 tackle grid		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 3

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Strong Minds)	Life Fit Coach	30 minutes
Attack		
3 v 2 v 1	Development Coach	5 minutes
Coloured hats 3 v 2		5 minutes
Carry thru pads (Play the Ball		8 minutes
6 v 6 (constraints for defenders)		12 minutes
Defence		
Tackle Triangle	Development Coach	5 minutes
Front on Tackle		5 minutes
1 on 1 Tackle Grid		5 minutes
Marker & Ruck Defence		15 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 4

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Stay Connected)	Life Fit Coach	30 minutes
Attack		
2 v 1 Grid Challenge	Development Coach	5 minutes
Coloured Hats 3 v 2		5 minutes
Pairs Vs Pads (Draw & Pass)		8 minutes
Find Shape 5v3 or 6v4)		12 minutes
(Defence		
Defend a Space	Development Coach	8 minutes
Score a Try / Save a Try		5 minutes
Tackle Challenge		5 minutes
Marker & Ruck Defence		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 5

Activity	Leader	Time
<b>Warm Up</b>		
Prepare to Play	S&C Coach & Coaches	15mins
<b>Life-Fit</b>		
Life-Fit Activities (Keep Cool)	Life Fit Coach & Coaches	30mins
<b>Strength &amp; Conditioning (Testing)</b>		
Testing	S&C Coach Supported by Coaches	60mins
<b>Attack</b>		
Points Through Poles	Development Coaches	15 minutes
<b>Defence</b>		
6 v 6 Game (Constraints)	Development Coaches	15 minutes
<b>Cool Down</b>		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

# UNDER 14 BOYS UNDER 15 GIRLS

## Session 1

Activity	Leader	Time
Player & Parent Induction	Program Manager & Head Coach	30mins
Warm Up		
Prepare to Play Introduction	S&C Coach & Coaches	30mins
Strength & Conditioning (Testing)		
Testing	S&C Coach Supported by Coaches	60mins
Attack		
2 v 1 v 1	Development Coach	5 minutes
3 v 2 v 1		5 minutes
3 v 2		8 minutes
6 v 4 or 8 v 6 (bibs attack)		12 minutes
Defence		
Contact circle	Development Coach	3 minutes
Front on tackle		8 minutes
Side Tackle		8 minutes
1 v 1 tackle game		12minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 2

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Healthy Habits)	Life Fit Coach	30 minutes
Attack		
Continuous 2v1 & 2v2	Development Coach	5 minutes
Carry into pads		5 minutes
Carry thru pads (Draw & Pass)		8 minutes
Find Shape (5v3 or 6v4)		12 minutes
Defence		
Tackle Triangle	Development Coach	4 minutes
Body in Front		8 minutes
Tackle Channel (2 Defenders)		8 minutes
2 v 2 Tackle Grid (+pass)		10 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 3

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Strong Minds)	Life Fit Coach	30 minutes
Attack		
Coloured hats 3 v 2	Development Coach	5 minutes
Carry Thru Pads (Play the Ball)		5 minutes
Carry Thru Pads (Draw & Pass)		8 minutes
Flat & Fast		12 minutes
Defence		
Score a Try / Save a Try	Development Coach	5 minutes
Tackle Challenge		5 minutes
Marker & Ruck Defence		10 minutes
Marker D +Rolling Ruck		10 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

Session 4		
Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Stay Connected)	Life Fit Coach	30 minutes
Attack		
Evasion	Development Coach	5 minutes
Continuous 2 v 2		5 minutes
3 v 2 v 1 Through Poles		8 minutes
Points Through Poles		12 minutes
Defence		
Mapping Drill	Development Coach	5 minutes
Hands & Knees; Roll & pin		5 minutes
Marker & Ruck Defence		8 minutes
Ruck Defence, 4v4 or 6v6		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

Session 5		
Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15mins
Life-Fit		
Life-Fit Activities (Keep Cool)	Life Fit Coach & Coaches	30mins
Strength & Conditioning (Testing)		
Testing	S&C Coach Supported by Coaches	60mins
Attack		
3 Plays; Kick on any tackle	Development Coaches	15 minutes
Defence		
2 v 2 Tackle Grid	Development Coaches	15 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

# UNDER 15 BOYS

# UNDER 16 GIRLS



Session 1		
Activity	Leader	Time
Player & Parent Induction	Program Manager & Head Coach	30mins
Warm Up		
Prepare to Play Introduction	S&C Coach & Coaches	30mins
Strength & Conditioning (Testing)		
Testing	S&C Coach Supported by Coaches	60mins
Attack		
Continuous 2v1 & 2v2	Development Coach	5 minutes
3 v 2		5 minutes
Carry Thru Pads (Draw & Pass)		5 minutes
6 v 6 (defender constraints)		15 minutes
Defence		
Contact Circle	Development Coach	4 minutes
Front on Tackle		6 minutes
1 on 1 Tackle Grid		8 minutes
Marker & Ruck Defence		12minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 2

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Healthy Habits – Sleep)	Life Fit Coach	30 minutes
Attack		
Coloured Hats 3 v 2	Development Coach	5 minutes
Passing Channels 4 v 4		8 minutes
Pads through Poles 3 v 2 v 1		5 minutes
Channel Game		12 minutes
Defence		
Mapping Drill	Development Coach	5 minutes
Body in Front		5 minutes
Tackle Channel		8 minutes
Ruck Defence		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 3

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Strong Minds –Values & Beliefs)	Life Fit Coach	30 minutes
Attack		
Pairs Vs Pads	Development Coach	5 minutes
Carry Thru Pads (Play the Ball)		5 minutes
Basic Ruck Plays Vs Pads		8 minutes
Flat & Fast		12 minutes
Defence		
Body in Front 1 v 1	Development Coach	5 minutes
Body in Front 2 v 1		5 minutes
Tackle Challenge		8 minutes
Marker & Ruck Defence		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 4

Activity	Leader	Time
Warm Up		
Prepare to Play	S&C Coach & Coaches	15 minutes
Strength & Conditioning		
Movement Assessments (Push, Pull, Hinge, Squat, Lunge & Core)	S&C Coach Supported by Coaches	30minutes
Life-Fit		
Life-Fit Activities (Stay Connected – Giving & Growing)	Life Fit Coach	30 minutes
Attack		
Passing Channels 4 v 4	Development Coach	5 minutes
6 v 6 Rolling Ruck		5 minutes
Kick Reception		8 minutes
3 Play Kick Game		12 minutes
Defence		
Defensive Movement	Development Coach	5 minutes
Hands & Knees Roll & Pin		5 minutes
Short Side Defence		8 minutes
Points Through Poles		12 minutes
Cool Down		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes

## Session 5

Activity	Leader	Time
<b>Warm Up</b>		
Prepare to Play	S&C Coach & Coaches	15mins
<b>Life-Fit</b>		
Life-Fit Activities (Mindfulness)	Life Fit Coach & Coaches	30mins
<b>Strength &amp; Conditioning (Testing)</b>		
Testing	S&C Coach Supported by Coaches	60mins
<b>Attack</b>		
Basic Yardage / Attacking Sets	Development Coaches	15 minutes
<b>Defence</b>		
Tackle Grid (3 teams)	Development Coaches	15 minutes
<b>Cool Down</b>		
Flexibility Routine	S&C Coach & Development Coaches	5 minutes





***RISE***

# **PREPARE TO PLAY PROGRAM**



The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury. The program is specifically aimed at players aged 13 and over. The exercises within the program, when done consistently can be effective in developing strength, balance, coordination and proprioception.

The program consists of three parts. Each part consists of 4-6 exercises that should be completed in order. It's recommended that players complete the full program at least once per week. When short of time, coaches should focus on the six exercises highlighted in **maroon** below.


GENERAL WARM UP	HOPPING & LANDING	STRENGTH
1. SHUTTLE RUNS	6. ALTERNATE HOP & LAND	10. SINGLE LEG SQUAT
2. ATTACKER ZIG ZAG	7. LATERAL SKI JUMPS	11. NORDIC LOWERS
3. DEFENDER TRACKING	8. BALANCE & PASS	12. DIAGONAL PUSH UPS
4. INTERCEPTOR GAME	9. BUMP & JUMP	13. NECK STRENGTH
5. HIT THE BREAKS		14. WEIGHT SHIFTS
		15. FACE TAPS


\* The highlighted activities should be done before each session

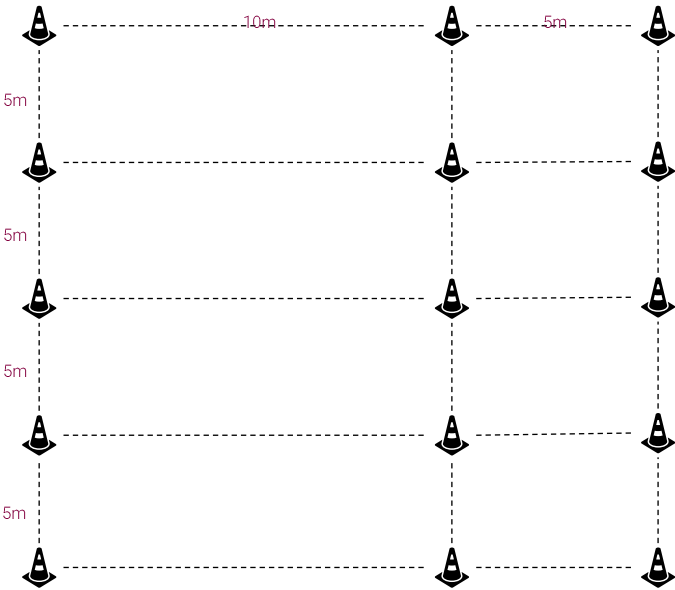


# Field Set Up

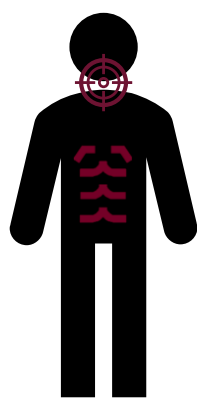
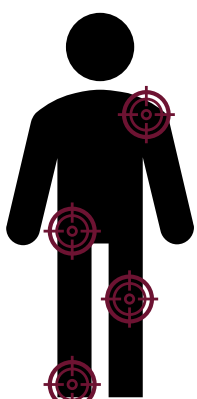
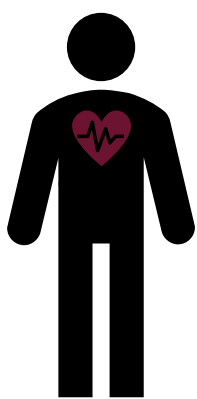
Equipment


 x 4

 x 15




## Activity Objective Indicator






Increase Strength & Stability

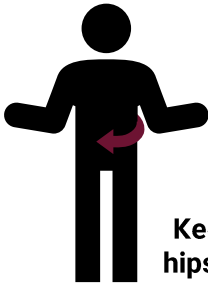


Raise Heart Rate & Blood Flow



Enhance Core Stability & Balance

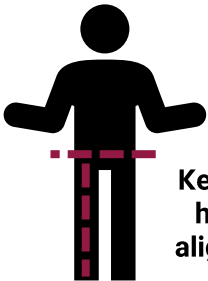
**For each exercise, remember these general principles to ensure the exercise is performed safely and efficiently**



**Keep your  
hips square**



**Keep your  
should and hips  
in alignment**



**Keep your knee,  
hip and ankle  
aligned, & pelvis  
horizontal**



**Keep your back  
straight, and  
head neutral.**

# GENERAL WARM UP



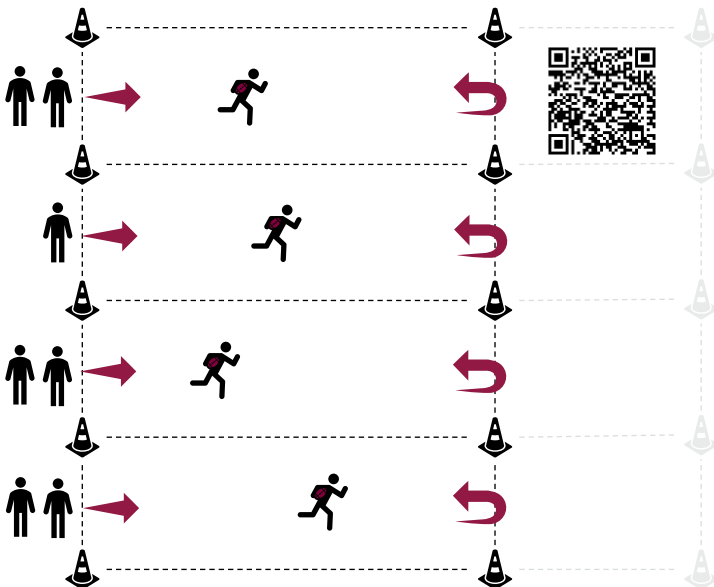


## SHUTTLE RUNS

With the ball in hand jog forwards 10m to the end of the channel, turn around and jog back to the start, offloading the ball to your partner. On your next turn shuffle side to side and return facing the same direction. On your third turn, run backwards.

### REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do **not** let your knees buckle inwards.



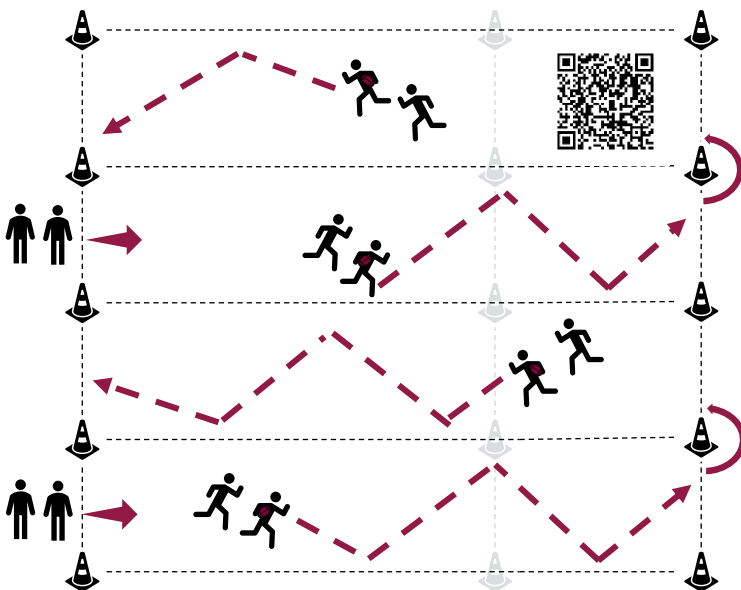
## ATTACKER ZIG-ZAG

The purpose of this drill is to replicate movements that occur in games where players are required to change direction, transfer weight and accelerate.

Progress up a 5m wide channel swerving from one side of the channel to the other with your partner following closely. When you reach the end of the channel swap roles and return to the start line increasing the speed slightly.

### REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.





## DEFENDER TRACKING

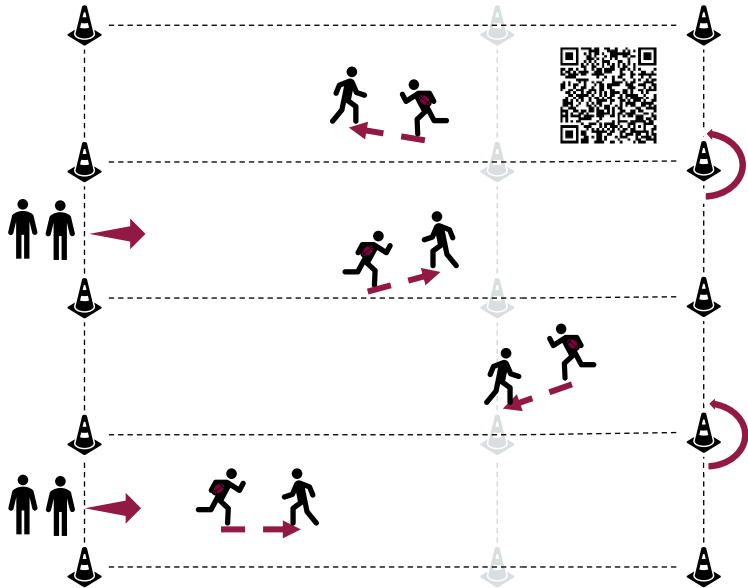
Hold the ball and face up the channel, with your partner standing opposite you, approximately 1m apart. Swerve up the channel, with the defender mirroring your movements whilst attempting to maintain the 1m gap. Once at the end of the channel swap roles and repeat.

### Key teaching points for the defender are:

- Eyes Up,
- Hands Up,
- Hips square,
- Small Steps

### REMEMBER

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.



## INTERCEPTOR GAME

In a small group, stand in a circle with a defender in the middle who attempts to intercept the pass. Tap the ball on the ground before passing in any direction. Rotate defender every thirty seconds.

When tapping the ball on the ground try to squat by bending at the knees and hips with back straight.





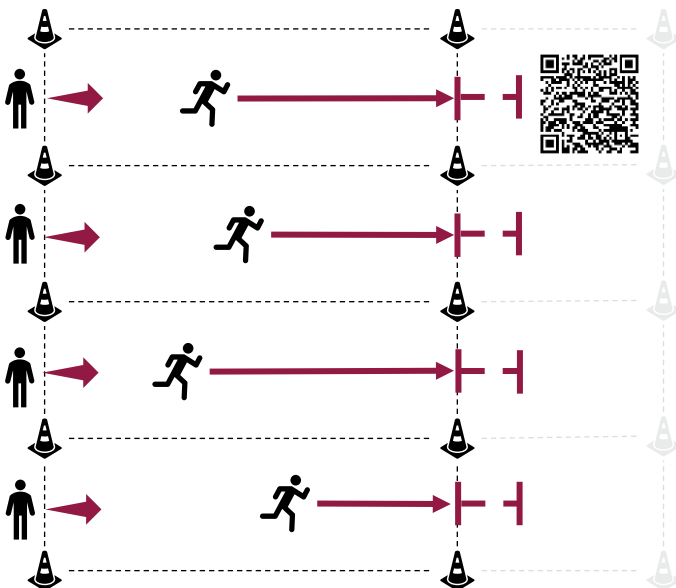
## HIT THE BREAKS

The purpose of this drill is to replicate movements that occur in games where players are required to stop quickly which puts pressure on knees and ankles.

Accelerate over 10m, before stopping quickly (3 steps) when you reach the end of the channel. Turn around and repeat.

### REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front your hips, knees and feet should be aligned.
- Bend knees slightly when stopping with weight on the ball of your feet.
- Don't let your knees buckle inwards.





# HOPPING & LANDING





## ALTERNATE HOP & LAND

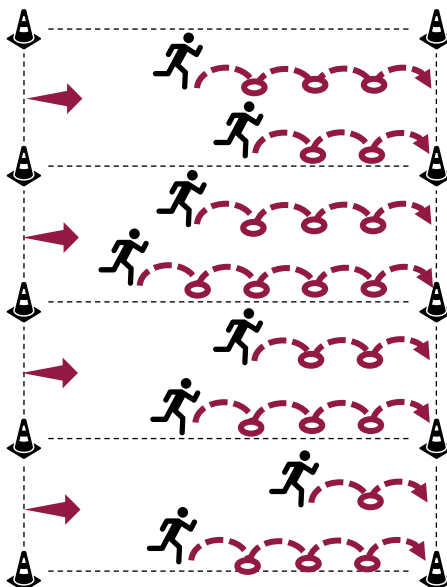


This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forwards. Jump forward, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

### REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side.



## LATERAL SKI JUMPS

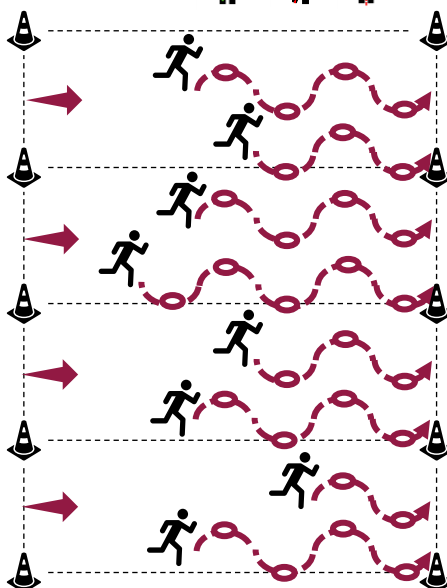


This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forward. Jump forward and laterally, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

### REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body
- Do **not** twist or tilt your pelvis to the side



Jump forward and laterally.



Pause and balance after each jump.



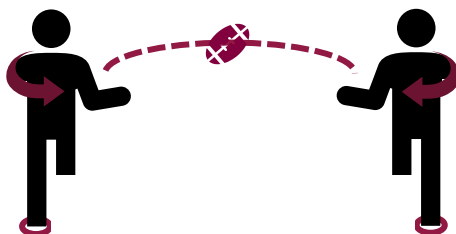
## BALANCE & PASS



Stand with a partner, facing the same direction, both balanced on outside leg. Pass a ball back and forth swapping sides after 20 seconds.

### REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Knee should be slightly flexed
- Hips square and horizontal. Rotating torso to pass across body.
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side



## JUMP & BUMP

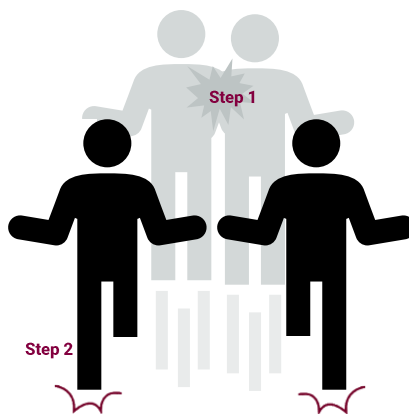
This exercise promotes balance and stability in the hips, knees and ankles.



Standing next to your partner, take off with both feet and bump your partner in the air (Step 1). Land on your outside leg and hold (Step 2). Repeat four times, then change direction to land on opposite leg.

### REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line
- Land gently on the balls of your foot
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side



# STRENGTH





## SINGLE LEG SQUAT

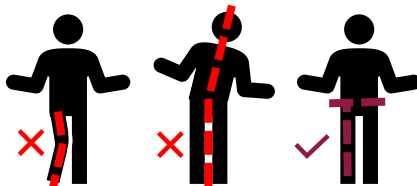
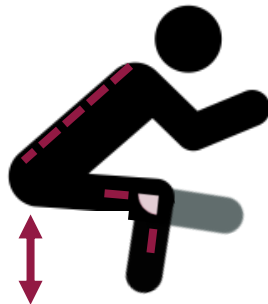


This exercise strengthens your front thigh muscles and improves your movement control.

Standing on one leg, slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Do 6 squats and repeat on opposite leg.

### REMEMBER:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line
- Lean your upper body slightly forwards and keep it stable
- Keep your pelvis horizontal
- Bend your knee slowly then straighten it slightly more quickly
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side
- Your bent knee should **not** extend beyond your toes



## NORDIC LOWERS

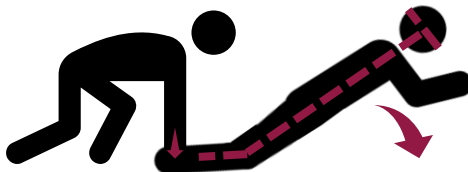


Kneeling with knees hip-width apart, your partner kneels behind you and with both hands gripping your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from your head to your knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Repeat 6 times and swap with your partner.

### REMEMBER:

- Your partner keeps your lower legs firmly on the ground
- Your head, upper body, hips and thighs should be in a straight line
- The movement is only in the knee joints
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up
- Do **not** tilt your head backwards
- Do **not** bend at your hips





## DIAGONAL PUSH UP

This exercise promotes strength and stability in the chest, shoulder and elbows.



Assume a push up position, with hands shoulder width apart with one slightly in front of the other. Push hard off the ground, landing softly through elbows, alternating hand position diagonally each rep. Repeat 10 times.

### REMEMBER:

- Maintain core stability, keeping your body horizontal.
- Keep hips and knees straight
- Keep head in neutral position.
- Do **not** arch your back



## NECK STRENGTH

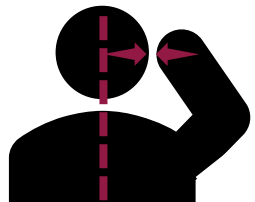
This exercise helps to develop neck strength and stability.



Place flat hand on head, pushing head into the hand with medium pressure in four different directions. (Forwards, backwards, left & right)

### REMEMBER:

- Start neck in neutral position
- Only apply medium pressure into your hand
- Do not push too hard. It's important that your neck maintain neutral position





## WEIGHT SHIFTS

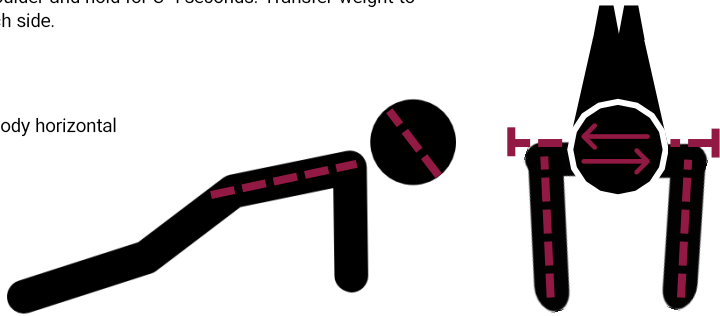


This exercise improves strength, stability and ability to bare weight through the shoulders.

Assume push up position. Keeping both hands on the ground, shoulder width apart with arms straight. shift weight over one shoulder and hold for 3-4 seconds. Transfer weight to opposite shoulder repeating 3 times each side.

### REMEMBER:

- Maintain core stability, keeping your body horizontal
- Keep hips and knees straight
- Keep head in neutral position
- Do not arch your back



## FACE TAPS



This exercise promotes stability and strength in the shoulders through partners resistance.

Face your partner. Grab one wrist each with arms at 90 degrees. During the activity attempt to tap your partner on the face whilst preventing them from doing the same. Swap arms after 10 seconds and repeat.





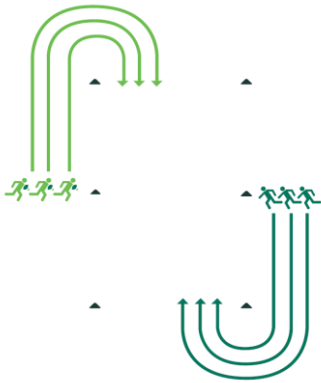
***RISE***

**On Field  
Activities**

**ATTACK**







**Playing Area: 10m x 5m**  
**Recommended Time: 5-6mins**  
**Max Players Per Grid: 10**

## Objectives

### Attack

Get as many balls across the try line at the end of the grid to score.

### Defence

Prevent attacking team players from getting ball across the try line.

4-5 attackers line up on middle marker on one side of the grid, each holding a ball with 4-5 defenders on opposite side.

On the coaches GO, players run around markers either end of the grid, and turn into the playing area.

Attackers try to score at opposite end, and defenders try to stop them with a two hand tag.

## Questions

What are some ways we can beat the defenders?

What can the defenders do to stop the attackers?

## Tips

Attackers might mention speed, sidestep, or kick. They may use a tactic like following behind another attacker and isolating a defender or holding back and waiting for the defenders to make a decision then run to space

Defenders may suggest communicating by nominating attackers or getting up quickly to deny the attackers time and space.

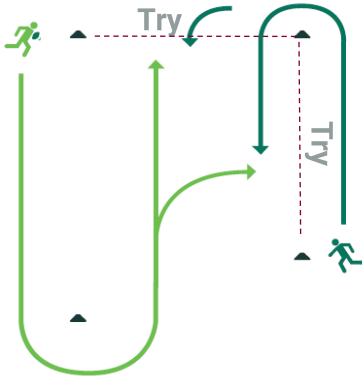
## + Challenge

- ☐ Increase number of defenders.
- ☐ Reduce the size of the field to give the attackers less space.
- ☐ Reduce number of balls for attackers, encourage draw & pass.

## - Challenge

- ☐ Make the field wider.
- ☐ Allow attackers to leave sooner
- ☐ Reduce the number of defenders.

# RISE 1 v 1 EVASION



**Playing Area: 5m x 5m**  
**Recommended Time: 5mins**  
**Max Players Per Grid: 6-8**

## Objectives

### Attack

Evade the defender to score a try on one of the two try lines

### Defence

Use a two handed tag to stop the attacker from scoring a try.

Attacker starts with the ball, with the defender standing on opposite corner. On the coaches GO, players sprint to marker in front of them before turning into the playing area.

The Attacker can score on line either side of the defender.

To begin with, make sure the attackers has to run further than the defender before turning

## Questions

What are some ways we can beat the defender?

What can the defender do to stop the attacker?

## Tips

Players may mention speed or sidestep.

Attackers will display tactics such as moving the defender one way before changing direction quickly towards the other try line. (Either getting the defender to chase them and stop and plant their feet).

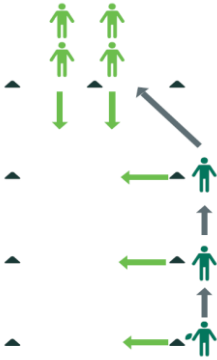
Defenders may talk about getting around the marker quickly and taking away time and space from the attacker or positioning themselves so the attacker can only run in one direction.

## + Challenge

- ☐ Move the attackers starting marker further from the turning point to give the defender more time to make a decision.
- ☐ Make the try lines smaller

## - Challenge

- ☐ Move the attackers starting marker closer to the turning point to give the attacker more time to make a decision.



**Playing Area: 10m x 5m Channel**  
**Recommended Time: 5mins-8mins**  
**Max Players Per Grid: 10-12**

## Objectives

### Attack

Get the ball to the end of the grid to score a try without being tagged by the defenders

### Defence

Pass the ball before moving into the grid to prevent the attackers from scoring with a two handed tag.

Three Defenders line up on one side of the grid, 3-4 meters apart, with Two attackers side by side at the end of the channel.

Defenders pass the ball along the line until it reaches the first attacker. Once each defender passes the ball, they move into the centre of the channel, between their two markers. To begin with, defenders can only move sideways

When the attacker receives the ball, they attempt to score a try at the end of the channel without being tagged by the defender.

## Questions

What are some ways we can we create time and space for ourselves?

What can we do when we don't have the ball to help create space?

## Tips

### Engage / Read / React

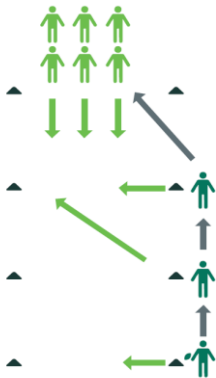
Get your players to describe how they can move or hold the defender and talk about the timing of the pass and tempo of the support runner.

## + Challenge

- ☐ Reduce width of the channel so the attackers have less space.
- ☐ Allow defenders to move forward to reduce the time and space for attackers.

## Challenge

- ☐ If defenders are struggling with the passing, shorten the space between them to make it a shorter pass.
- ☐ Increase the width of the channel to give the attackers more space.
- ☐ Make the defenders more passive by having them walk or stand still to give the attackers more time



**Playing Area: 10m x 7m Channel**

**Recommended Time: 5-8mins**

**Max Players Per Grid: 12**

## Objectives

### Attack

Get the ball to the end of the grid to score a try without being tagged by the defenders

### Defence

Pass the ball before moving into the grid to prevent the attackers from scoring with a two handed tag.

Three Defenders line up on one side of the grid, 3-4 meters apart, with three attackers side by side at the end of the channel.

Defenders pass the ball along the line until it reaches the first attacker. Once each defender passes the ball, they move into the centre of the channel. The first defender to pass defends the space between the last two markers. The other two defend the space between the first two markers.

When the attacker receives the ball, they attempt to score a try at the end of the channel without being tagged by the defender.

## Questions

What options can you create to beat the 2 defenders (overlap, cut out pass, shape?)

Why it is important to play with speed?

## Tips

### Engage – Read – React

Players may get the ball to the middle attacker quickly to get a pass option both sides.

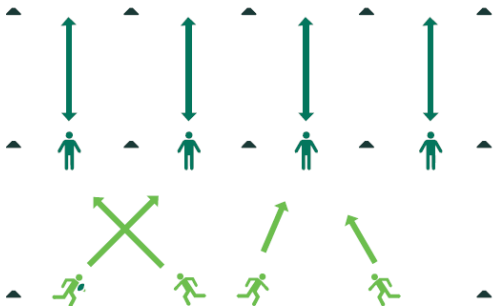
You can ask the first line of defenders to take the 1<sup>st</sup> two attackers to create a quick hands scenario then allow them to choose who they defend on.

## + Challenge

- ☐ Reduce width of the channel so the attackers have less space.
- ☐ Allow defenders to move forward to reduce the time and space for attackers.

## - Challenge

- ☐ Increase the width of the channel so the attackers have more space.
- ☐ Only allow the defenders to move sideways, not forward.



**Playing Area: 20m x 10m (5m Channels)**

**Recommended Time: 8-10mins**

**Max Players Per Grid: 16**

## Objectives

### Attack

Create 2 v 1 situation to score a try.

### Defence

Reload and prevent attacking team from scoring a try.

Coach throws a ball in from either side of the grid, and the 4 attackers can run anywhere in the grid, trying to find space and create a 2 v 1 situation.

4 defenders start at the half way line, with one player inside each channel. Defenders must stay inside their allocated channel.

Attackers only have one play to score.

## Questions

How can we double up on one defender?

What can you do when you don't have the ball?

As defenders, how can we put pressure on the attackers

## Tips

Keep encouraging the players to move anywhere in the grid (as they tend to line up on the defenders). Players might run a switch play and come back and isolate a defender or get the ball to the middle of the grid for options both ways.

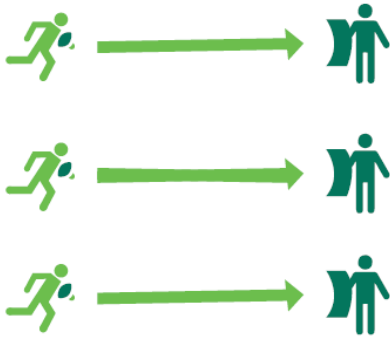
This drill can take a while for the players to figure out how they can create opportunities but that's ok, **let them explore**.

## + Challenge

- ☐ Reduce the width of the channels.
- ☐ Reduce reload distance for the defenders.
- ☐ Throw the ball to the attackers later to the defenders are set.

## - Challenge

- ☐ Increase the width of the channels to give the attackers more space.
- ☐ Throw the ball to the attackers earlier, so the defenders aren't set
- ☐ Only allow the defenders to come forward to the halfway line.



**Playing Area: 2m Apart**  
**Recommended Time: 5-8mins**  
**Max Players Per Grid: 3-4 per pad**

## Objectives

### Attack

Protect the ball, Brace for Contact, Lean Forward & Drive Defender back 1-2m's

### Defence

Provide resistance, and make it difficult for the attacker to drive you backwards

Start with the pad 2m from the attacker. Simply ask the attacker to carry the ball into the pad and drive it back 2m (You can have a line or hats to indicate)

Ask the pad holder to stay in front of the attacker

Rotate the players around so that they get plenty of opportunities

## Questions

What are the different ways we can carry the ball into contact?

What body position gives you the most power to drive the pad?

What changes when we try spin out of a tackle? Grip?

Is it better to carry the ball in the mid-line of the chest? Why?

## Tips

### Protect Ball –Brace – Lean Forward – Leg Drive

Some players will have 2 hands on the ball, others will use their free arm as a bumper. Either way encourage them to have the ball at the midline of their body.

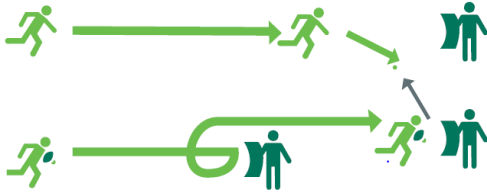
When they spin, talk about bracing for contact, keeping the ball away from the defender, hit left shoulder and leg, spin to the left (or right to right) with small steps to turn quickly. This might give them the opportunity to offload.

## + Challenge

- ☐ Ask the attacker to hit and spin on the pad (both ways)
- ☐ Allow the defender to move forward
- ☐ Receive a pass before contact.

## - Challenge

- ☐ Keep the defender stationary.



**Playing Area: 5m x 5m channel**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 10**

## Objectives

### Attack

Get ball to the end of the channel, using footwork, hit & spin, and draw & pass.

### Defence

Deny time and space to the attacker.

Two attackers start with the ball with three defender holding pads. One defender stands towards the front of the grid, and two stand parallel at the end of the grid.

The ball carrier runs towards the first defender and evades them using a hit and spin before progressing to the second two defenders. They then try to create space for the support runner to beat the two defenders with a draw and pass or dummy.

## Questions

How do you engage the A Defender? Why is it important?

What movements are important for the support runner?

Why is it important to communicate with the ball carrier?

## Tips

Engage – Read - React

2 handed carry, at speed, stay square and create space for your support runner. Keep your eyes on the defender for cues to pass or run.

Support runner should hold out the defender an cut into the space, timing and tempo of run, slow to quick.

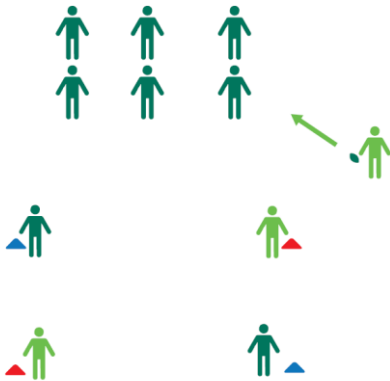
Communication helps the ball carrier with the timing of the pass.

## + Challenge

- ☐ Ask the defenders to be more aggressive and move forward.
- ☐ Make the channel narrower
- ☐ Add a Dummy Half pass to encourage the ball carrier to catch on the run

## - Challenge

- ☐ Keep the defenders stationary
- ☐ Increase the size of the grid



**Playing Area: 10m x 7m Channel**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 15**

## Objectives

### Attack

Score a try at the end of the grid by creating time and space.

### Defence

Prevent the attackers from scoring, by making a two handed tag or tackle.

Three Attackers line up at one end of the grid. When the ball is passed in, they have one play to score a try at the end of the grid.

Four defenders start on the four cones (2 players on the blue cones, and 2 players on the red cones).

As the ball is being passed to the attackers to initiate the game, the coach calls either BLUE or RED. The two defenders standing on the corresponding markers move into the grid and try to prevent the three attackers from scoring.

## Questions

What options do we have in attack?

When we're in support how can we help to create space?

## Tips

**Engage – Read – React**

Players may get the ball to the middle attacker quickly to get a pass option both sides or simply play through the hands.

Because defenders are staggered, there may be a 2 v 1 option.

Allow the players to create their own options.

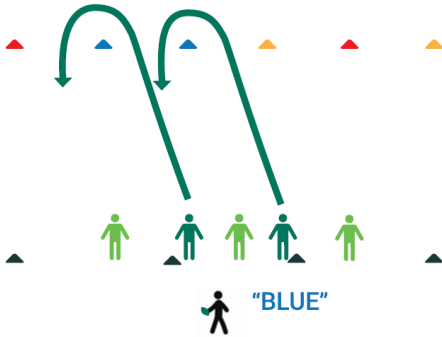
## + Challenge

- ☐ Reduce the width of the grid.
- ☐ Delay the pass to the attackers to give the defenders the advantage.

## - Challenge

- ☐ Increase the width of the grid.
- ☐ Pass the ball to the attackers before the defenders can move.





**Playing Area: 10m x 10m**  
**Recommended Time: 6-8mins**  
**Max Players Per Grid: 15**

## Objectives

### Attack

Identify space and beat defenders to score a try.

### Defence

Work together to prevent attackers from scoring a try by denying time and space.

Two defenders and three attackers line up on the start line with 6 markers (three different colours placed as shown) opposite them, 10m away. Players start with their back to the coloured markers. The coach **calls a colour** and the defenders run around those markers.

As the defenders turn at the coloured markers the coach throws ball to attackers who turn and play.

## Questions

How can we get the ball to the space?

What should the support runners do?

When we're defending, what can we do to deny the opposition time and space?

## Tips

Allow the players to explore how they can exploit the varied spaces they have depending on which markers the defenders have to run around.

Support runners should look for the space to push into.

Defenders work together to put pressure on the ball carrier – deny time and space.

## + Challenge

- ☐ Make the grid narrower to reduce the space for the attackers
- ☐ Delay your pass to the attackers

## - Challenge

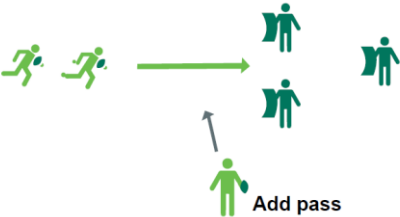
- ☐ Make the grid wider to increase the space for the attackers.
- ☐ Pass the ball to the attackers earlier, before the defenders are set.



1.



2.



**Playing Area: 5m Apart**  
**Recommended Time: 5-8 mins**  
**Max Players Per Grid: 8**

## Objectives

### Attack

Gain territory by busting through pads and playing the ball quickly.

### Defence

First pads offer resistance. Pad at the back slow down PTB.

Attacker hits the ball up, and uses leg drive to bust through the pads. They then make contact (hit/spin or bump through and drop) with the third pad and find the ground. This pad holder puts weight on top to slow the Play the Ball. The attacker then plays the ball.

## Questions

How do we protect the ball when we run into contact?

Why is it important for us to play the ball quickly?

## Tips

### Protect Ball, Fwd Lean, Brace, Leg Drive

Attacker should use leg drive through 2 pads. The should be encouraged to land on their front and fight for a Quick PTB.

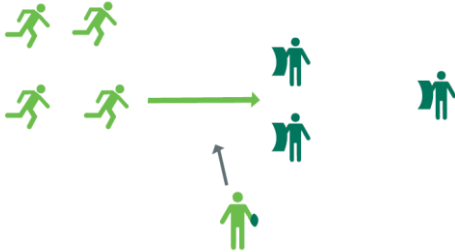
Play the Ball - **Snap, Sweep, Touch**

## + Challenge

- ☐ Add a Dummy Half Pass
- ☐ Receive pass closer to the defensive line.

## - Challenge

- ☐ Have defenders stand further apart to give the attacker more time and space to get through the pads.



**Playing Area: 5m Channel**  
**Recommended Time: 5-8 mins**  
**Max Players Per Grid: 8-10**

### Objectives

#### Attack

Protect the ball in contact, and complete a draw and pass to beat a defender

#### Defence

Make contact with ball carrier.

Three defenders start with hit shields with two players standing parallel, and the other standing 4-5m behind them.

The coach passes the ball to the first receiver who busts through the first defenders, before drawing and passing to beat the third defender. The support runner times run onto the ball.

### Questions

What ways could we get through the pads?

What are we looking for in a 2 on 1 situation?

### Tips

Attacker should use leg drive , step, spin or bump through 2 pads then transfer the ball to two hands to draw and pass .

Ball carrier - Engage / Read / React to the back defender.

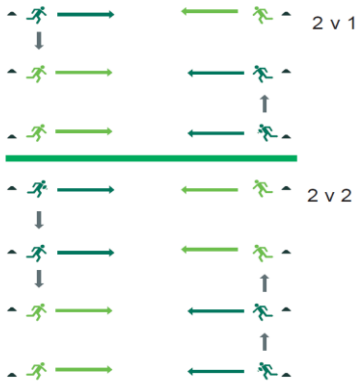
Support runner needs to time their run.

### + Challenge

- ☐ Add a Dummy Half Pass so the attacker catches the ball on the advantage line, closer to the pads.
- ☐ Decrease the spacing between pads.
- ☐ Move the third defender closer.

### - Challenge

- ☐ Pass the ball early to the attacker.
- ☐ Increase the spacing between pads
- ☐ Move the third defender further back.



**Playing Area: 8 x 8m then 12m x 12m**

**Recommended Time: 5-8mins**

**Max Players Per Grid: 12 - 16**

## Objectives

### Attack

Use a Draw and Pass  
Unders line or Overs  
line to beat defenders

### Defence

Transition from attack  
to defence and  
prevent the opposition  
from scoring

### 2 v 1

2 lines of three players starting at each end of a 8m x 8m, spaced 4m apart with a ball starting on opposite corners. On the coaches "GO", both lines start to move towards the opposite side of the grid, passing the ball along the line. Once the first player has passed the ball they become a defender and try to stop the two players travelling from the opposite direction from scoring using a 2 hand touch.

### 2 v 2

Is the same, however there are 4 players in each line, ball starts on diagonally opposite, 2 quick passes then there is a 2 v 2 contest. The attacking players try to create space and beat the defenders.

## Questions

How can we create space in a 2 v 1 situation?

How can we create space in a 2 v 2 situation?

Why is important to engage the first defender?

## Tips

Attackers should experiment with a combination of unders or overs lines and practice their draw and pass.

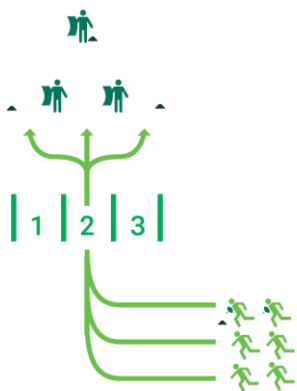
The ball carrier can hold or move the defender to create an opportunity for their support runner.

## + Challenge

- ☐ Make the grid smaller to speed the passing up and decrease the amount of space for the attackers.

## - Challenge

- ☐ Make the grid larger to give the players more time and space.



**Playing Area: 5m x 10m**  
**Recommended Time: 5-8mins**  
**Max Players Per Grid: 12**

## Objectives

### Attack

Spread out to create space, and get past 2 lines of defenders using unders lines, overs lines and draw and pass.

### Defence

Make contact with the attackers to prevent them from scoring.

The coach calls a gate for attackers to run through (1, 2 or 3) which are marked with poles placed 1m apart. All three attackers must run through this gate before spreading out to progress past the defenders.

Defenders are holding pads with two standing parallel, 3-4m's beyond the gates and another is 3-4m's behind them.

## Questions

What should the support runners do when the get through the poles?

What could the ball carrier do to beat the defenders?

## Tips

Attackers try to react and find shape and support the ball carrier, running between the defenders.

Ball carrier can draw & pass or play through the line to tip-on to support runner.

## + Challenge

- ☐ Move the defenders closer to the poles to reduce time and space for the attackers.
- ☐ Allow the back defender to come forward to put pressure on the ball carrier.

## - Challenge

- ☐ Move the defenders further back from poles to give the attackers more time and space.
- ☐ Only allow the defenders to move laterally.



**Playing Area: 10m x 10m**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 12-16**

## Objectives

### Attack

Create time & space to beat defenders.

### Defence

Holding pads, deny the attackers time & space.

4 Defenders holding pads, with two standing at marker on either side of the grid, and the other two standing at A & B Defender. 2 players with the ball starting on the ground in front of each of the markers with a dummy half and a first and second receiver.

Alternating the side of the Play the Ball, the attacking team attempt to create space around the ruck to allow them to gain territory.

## Questions

What kind of things can the Dummy Half do to create space for the 1<sup>st</sup> & 2<sup>nd</sup> receivers?

How can the 1<sup>st</sup> & 2<sup>nd</sup> receivers create space?

## Tips

DH can engage marker for a tight line or skip out to engage A and drop a runner under

1<sup>st</sup> receiver can play on A or B

LET YOUR PLAYERS MIX UP THEIR PLAYS & BE CREATIVE

## + Challenge

- ☐ Make the grid narrower
- ☐ Allow defenders to start closer to the ruck.
- ☐ Add a second marker.

## - Challenge

- ☐ Make the grid wider
- ☐ Move the defenders back or make them reload before coming forward.



**Playing Area: 12m x 12m**  
**Recommended Time: 10mins**  
**Max Players Per Grid: 10**

## Objectives

### Attack

React to the defenders, and identify and create space to score a try

### Defence

Get into markers and A positions quickly to deny the attack space to prevent them from scoring.



4 Defenders and 6 Attackers start at one end of the grid, either side of the ball. The attacking team passes the ball back and forth until the coach blows the whistle. The attacker with the ball hits the ground and then plays the ball.

The Defender react, and get set into 2 markers and A defender. The attackers then have 2 plays to score. The defenders must make a two handed touch on the attacker.

## Questions

How can we utilise our extra players when we're attacking?

Why is it important to spread out?

## Tips

Attackers should react quickly and play with their eyes up, looking for space.

Spreading out creates space in the defensive line and provides opportunities to attack.

### + Challenge

- ☐ Adding a defender.
- ☐ Reduce the size of the grid.

### - Challenge

- ☐ Take away a defender
- ☐ Make the grid bigger.



**Playing Area: 20m x 30m Channel**  
**Recommended Time: 10-15mins**  
**Max Players Per Grid: 10**

## Objectives

### Attack

Create 2 v 1 situations to enable team to gain territory and score.

### Defence

Defend for a set of 6 and prevent the attacking team from scoring

Two teams of four, with two additional players wearing bibs. These two players are always on the attacking team.

6 tags per set, with one marker. To make it game speed, get the ball carrier to go down and up before playing the ball.

Make sure you swap the bibs every 3-4 sets.

## Questions

How can you create space?

What are you looking for when you have the ball?

## Tips

The ruck might be a good starting point, discussing the advantages of playing flat and fast as well as looking for overlap situations.

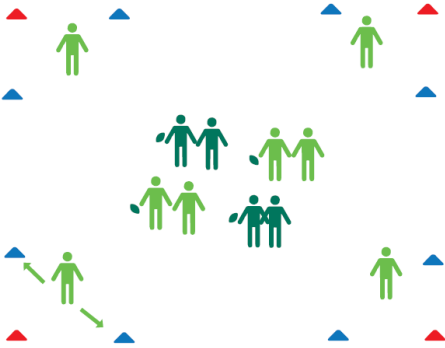
## + Challenge

- ☐ Make the field narrower to reduce the attackers space
- ☐ Instead of Tag, play Tackle
- ☐ Add a 5<sup>th</sup> Defender

## - Challenge

- ☐ Reduce width of the channel so the attackers have less space.
- ☐ Make the defender that made the tag go to the sideline before they can make another tag.
- ☐ Same defender can't tag/tackle twice in a row





**Playing Area: 12m x 12m**  
**Recommended Time: 6-8 mins**  
**Max Players Per Grid: 12-14**

## Objectives

### Attack

Score as many tries as possible in 90 sec

### Defence

Prevent tries being scored by making a 2-handed touch

Attackers pair up with one ball between two and start in the middle of the grid. Four defenders defend one corner of the grid each. On the coaches "GO", the attacking pairs attempt to score as many try's as they can in 90 seconds by touching the ball down on any red marker. They must attack a different corner each time they score or are tagged.

Defenders must stay between their two blue markers and use a 2 handed tag. Rotate defenders every 90 sec.

## Questions

What tactics can you use to beat the defender?

## Tips

Players should try to draw and pass or dummy and run.

They can try to draw the defender out to create space.

## + Challenge

- ☐ Allow attackers to knock ball out of other attackers hand
- ☐ Decrease the size of the grid
- ☐ Allow the defenders to come forward

## - Challenge

- ☐ Increase the size of the grid



**Playing Area: 15m x 25m**

**Recommended Time: 12-15min**

**Max Players Per Grid: 12-18**

## Objectives

### Attack

Create time and space by playing flat and fast footy.

### Defence

Prevent the Attackers from progressing up the field by denying them space and slowing them down.

Three teams of 6 are formed. One team rest whilst one team Defends and one team attack. After each set, the teams rotate around.

The 6 attackers have 6 plays to score. When they are hit with a shield, that counts as a tackle and they must hit the ground and play the ball. The defenders put weight on the attacker to try and slow the play the ball quickly.

Defenders must retreat 5m after a tackle, with 2 markers.

## Questions

What tactics can the attacking team employ?

What are the benefits of playing flat and fast in a game?

What can the defence do?

## Tips

Playing over the advantage line, targeting the ruck with quick PTBalls. Create overlap options against a disorganised defence.

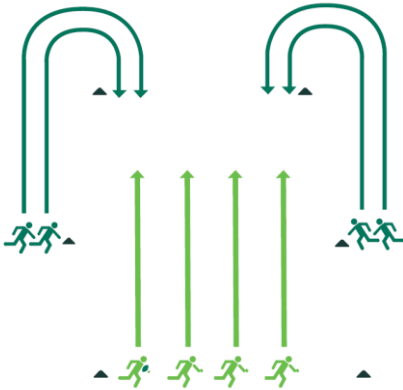
Make good contact with the pads and get weight down on the attacker to try and control PTBall speeds.

## + Challenge

- ☐ Make the field smaller
- ☐ Attackers have to throw at least 2 passes every play.

## - Challenge

- ☐ Make the field bigger
- ☐ Make the defender hit the ground as well
- ☐ Make the defender go to the sideline and back after making contact



**Playing Area: 10mx20m**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 8-12**

## Objectives

### Attack

Use ruck plays and DH runs to try and carry the ball 20m in 3 plays.

### Defence

Control the Attackers momentum and prevent them from scoring for three plays.

4 Attackers start at one end of the grid, with two defenders on each side of the grid at the halfway mark. On the coaches "GO", the attackers move forward and attempt to score a try at the other end of the grid.

Meanwhile the defenders run around the markers and turn into the grid to create a defensive line and try to stop the attackers. The attackers then have 3 plays to score a try.

## Questions

What tactics can the defenders use to limit the attacks opportunities?

What can the attack do to try and get momentum?

## Tips

The defence should be looking for line-speed with good first contact. Markers working hard to get numbers in the tackle to prevent any offloads.

Attack should look to play flat or get a 1 v 1 tackle for momentum or offload.

## + Challenge

- ☐ Widen the channel slightly
- ☐ Add another attacker

## - Challenge

- ☐ Narrow the channel
- ☐ Allow the defence to come forward before the attack can play



**Playing Area: 35m x 40m**

**Recommended Time: 10-12mins**

**Max Players Per Grid: 16-20**

## Objectives

### Attack

Create overlaps to gain territory and score.

### Defence

Communicate and slide to prevent attackers from creating overlaps.

Set up 3 channels (edge channels should be about 8-10m wide, and the middle channel should be 15m wide. Each channel should have 2 defenders and 2 attackers who are restricted to their allocated channel. Both teams have 2 additional players wearing bibs who are free to move anywhere within the grid.

The attacking team gets 6 tackles to score (no kicks) and can only PTB twice in any channel. After 6 tackles, there is a change over. When tackled the ball carrier must hit the ground before playing the ball while the defender retreat to the referee. **MUST** have 1 marker. **Swap the bibs every 2min minutes.**

## Questions

What tactics can the attack use?

## Tips

Attacking team should try to create overlaps with the floaters finding each other.

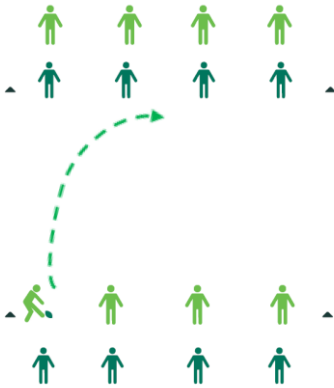
Middle channel has most space and utilising attackers in the outside channels will test the middle defenders.

## + Challenge

- ☐ Narrow the channels
- ☐ Don't allow cut out passes

## - Challenge

- ☐ Attacker can stand to PTBall
- ☐ Defenders must have 2 markers



**Playing Area: 30m x 30m**  
**Recommended Time: 10-15mins**  
**Max Players Per Grid: 15-20**

## Objectives

### Attack

Receive a kick, then try to create a 1v1 situation or line break.

### Defence

Kick the ball, then work together to prevent the attackers from making a break.

To start the game, one of the 4 defenders kick the ball to the attackers. They then work together to stop the attackers from scoring. The defenders cannot move until one of the 4 attackers catch the ball. Once the ball has been caught, the attackers have 1 play to try and get a 1 v 1 or make a break. Once there is a try or tag, the next groups have a turn.

## Questions

How can you create space with the ball?

Why is it important on a kick return?

## Tips

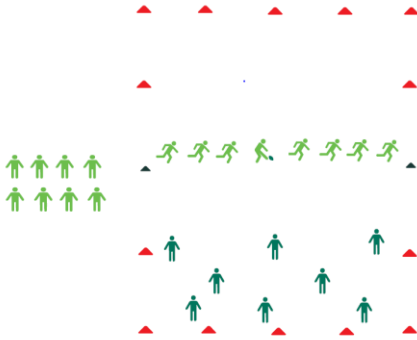
It is important to pass or run quickly once you receive the ball to move the defensive line. Experiment with ways to create space or get a 1 v 1 for a quick play the ball.

## + Challenge

- ☐ Allow defender to move up on the coaches call, just before the attacker catches it.
- ☐ Make the grid smaller.

## - Challenge

- ☐ Drop a defender out to make it 4 v 3 to give the attackers more space.
- ☐ Make the grid larger.



**Playing Area: 40m x 40m (10m in goals)**

**Recommended Time: 10-15mins**

**Max Players Per Grid: 24**

## Objectives

### Attack

Control possession and create opportunities

### Defence

Prevent the opponent from scoring and regain possession.

Set up 3 teams of 6-8 players.

The team in possession of the ball have three plays, and can kick on any tackle. Defenders stop the ball carrier with a 2 handed tag, and the ball carrier must go down and up to PTB.

The team that scores a try or traps the opposition in their own in-goal stays on. The new team on receives the ball from the kick off (grubber from the try-line).

If the attacking team kicks the ball dead or over the sideline they are rotate off the field. Compete to see which team can stay on the field the longest.

## Questions

How can you position yourself to create options in attack?

What do you need to cover in defence?

## Tips

Let the players work out some tactics for attack and defence.

They might start trapping the kicks to prevent getting caught in the in-goal or play a fullback.

## + Challenge

- ☐ Reduce the size of the in-goal areas.
- ☐ Only allow kick on last play.

## - Challenge

- ☐ Give the teams 4 tackles
- ☐ Allow the attackers to stand and PTBall.



**Playing Area: 20m x 40m**  
**Recommended Time: 10-15mins**  
**Max Players Per Grid: 12**

## Objectives

### Attack

React to ball placement and create scoring opportunities.

### Defence

Scramble to deny the attack scoring opportunities.

Two teams of 6 players, 2 handed touch. This is usually an attack bias game where the attacking team gets six plays (no kicking). Each play is with a different ball placed or rolled by the Coach/Referee.

The player closest to the 'new' ball dives on it then plays the ball. The attack looking to create opportunities against a disorganised defence.

The defensive team reacts and tries to shut down attacking threats.

## Questions

What is it important to do to maximise attacking options?

## Tips

Players might mention; spread out and recognise where the new ball is going to be placed.

React quickly to support the new point of attack.

## + Challenge

- ☐ Make the field narrower to help the defence
- ☐ Place the new ball behind the attack to help the defence regather.

## - Challenge

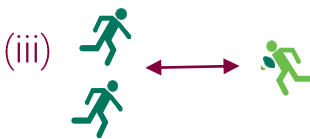
- ☐ Make the field wider to help the attack
- ☐ Place the ball in behind the defence (simulating a line break)

***RISE***

# On Field Activities

## DEFENCE





**Playing Area: 1-3m Apart**  
**Recommended Time: 12-15 mins**  
**Max Players Per Grid: 2 then 3**

## Objectives

### Attack

React to Coaches signal and carry ball into contact.

### Defence

Keep body in front of attacker and control the ball/attacker.

- (i) Players without a ball stand 1m apart; Coach says “Left” or “Right” and the players step in and make contact with their shoulders and wrap their arms; then reset.
- (ii) Attacker holds a ball, and stand facing the defender. The coach stands behind the defenders. The coach will then raise their arm and then lower it indicating which shoulder for the attacker to run at. The defenders job is to move their feet and keep their body in front of the defender. They then make contact, and hold.
- (iii) Add another defender; attacker tries to get between defenders. Defenders stop the attacker and take to ground.

## Questions

Why is it important to get in front of the ball carrier?

Why is your first contact important?  
 In what situations do you have to lock up the ball?

## Tips

**Hit** (shoulder) then control attacker (leg drive)

**Move** feet to stay in front.

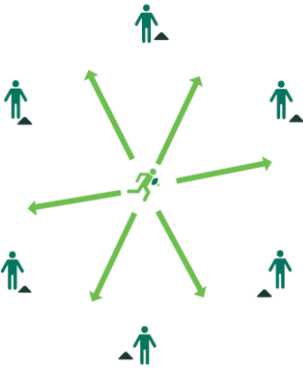
**Head In, Hips In, Hold** (get a Handle)

## + Challenge

- ☐ Attacker can try to spin out
- ☐ Defender turns back then has to react to attacker on coaches call
- ☐ Open up the space between defenders

## - Challenge

- ☐ Reduce the distance between attacker and defender



**Playing Area:** Circle, with players 1m apart

**Recommended Time:** 5-8mins

**Max Players Per Grid:** 6-7

## Objectives

### Attack

Try to bust through a space between two of the defenders

### Defence

Prevent ball carrier from getting out of the circle

5-6 Defenders stand in a circle, about 1m apart. 1 Attacker starts in the middle of the circle with the ball.

On the coaches GO, the attacker attempts to bust through one of the spaces between the defenders, using good "Running into Contact" technique. The Defenders attempt to close the space to get their bodies in front of the ball carrier to effect the "Hit" & "Wrap" stages of the tackle.

Encourage players to communicate in tackle by adding a call like "I'm Ball" then second defender can drop and take attacker to the ground.

## Questions

What is important for the defenders to do when tackling?

Keep the spacings tight to start with; let the attacker explore ways of trying to bust through the circle. Observe how the defenders react and try to stop the attacker

Why is it important to communicate in the tackle?

Defenders should discuss; getting bodies in front and controlling the football. Head in, Hips in, wrapping the attacker up tightly (handles).

How should we run into contact? (body position, grip etc)

Attackers should talk about bracing for contact, 2 hands on the ball or free arm providing a bumper. Upper torso on a forward lean with leg drive, eyes up but chin tucked.

## + Challenge

- ☐ Increase the size of the circle to challenge the defenders footwork.
- ☐ Get the defenders to complete the tackle, rather than just stopping the attacker.

## - Challenge

- ☐ Make the size of the circle smaller to decrease the size of the space between defenders



a)



b)



**Playing Area: 2m-4m apart**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 3**

## Objectives

### Attack

Run in a straight line to allow defender to tackle.  
Protect the ball.

### Defence

Make a safe & effective tackle.  
APPROACH, HIT, WRAP, PUSH & ROLL

- A) Ball carrier moves directly towards tackler (start slow and increase pace) with spotter lending weight behind them to stop the ball carrier from being driven backwards. Tackler moves off their line to hit with the shoulder and drive ball carrier back past their marker.
- B) With the markers slightly further apart, Defender starts with the ball and passes the ball to the Attacker before approaching the tackle. When the Attacker catches the ball they move directly towards the Defender followed closely by the spotter, lending weight to the attacker.

## Questions

Ask your players to break down the tackle.

Where should we make contact on the ball carrier?

## Tips

**Approach** – Chin Up, Eyes at the target, Hands up, Short feet into contact.

**Hit** – Aim for the tackle zone (Under ball), Chin Up, Back straight, Contact with the Shoulder

**Wrap** – Head tight, Feet close to the ball carrier, Arms wrapped & Squeeze

**Push & Roll** – Use ball carriers momentum, Push towards the ball carrier, Roll them onto their back, Stay on to with control.

## + Challenge

- ☐ Allow ball carrier to move quicker
- ☐ Allow the ball carrier more space so they can try to evade the tackler
- ☐ Remove spotter so defender can complete tackle.

## - Challenge

- ☐ Slow the ball carrier down (walking pace)



**Playing Area:** 5 x 2m

**Recommended Time:** 8-10mins

**Max Players Per Grid:** 6

## Objectives

### Attack

Evade the defender to score a try at the end of the grid

### Defence

Prevent the Attacker from scoring by making a safe and effective 1 on 1 tackle.

Both players begin by standing next to each other to one side of the grid. On the coaches "GO", the Attacker runs to one end of the grid and turns into the playing area. The Defender runs to the opposite end. The Attacker then attempts to score a try.

Encourage the attacker to keep running, and try and stay in the grid.

## Questions

In what ways can the defender deny the ball carrier time and space?

## Tips

**Approach** – Be quick around the marker to deny time and space for the attacker.

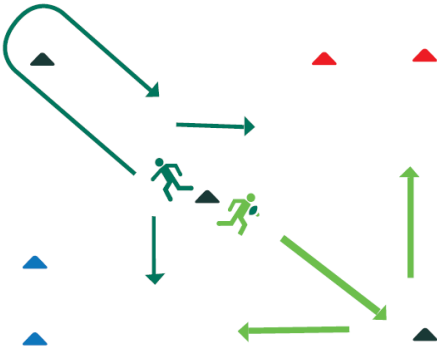
Allow defenders to experiment where they place themselves in the grid. If they go to the middle talk about them being able to put the attacker on a shoulder by **turning tight** on their marker and getting **off the line square**.

## + Challenge

- ☐ Make the grid wider to give the attacker more space.

## - Challenge

- ☐ Make the grid narrower
- ☐ Allow the defender to start first.



**Playing Area: 5m x 5m**  
**Recommended Time: 5-8mins**  
**Max Players Per Grid: 6**

## Objectives

### Attack

Score a try through the blue or red gate.

### Defence

Make a safe and effective side on tackle to prevent the attacker from scoring.

Attacker and Defender start in the middle of the grid. On the Coaches "GO" both players run towards opposite corners of the grid.

The attacker turns and tries to score a try between either the blue or red gates. The defender turns and reacts to the attacker, and makes a side on tackle to stop them from scoring.

## Questions

Ask the players to break down the tackle.

Where is the best place to make contact on the attacker and why?

How can we take time and space away from the attacker?

## Tips

### Approach / Hit / Wrap / Push-Roll

Tacklers should tackle between the hips and knees, with their head behind the ball carrier's backside.

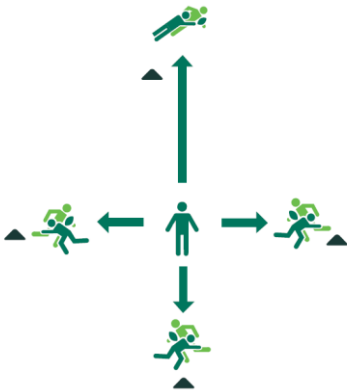
It's important for the defender to get around the marker quickly to shut down space and put the attacker on a shoulder.

## + Challenge

- ☐ Allow the attacker to choose which gate to score through.
- ☐ Move the starting point for the attacker closer to their turning marker to give the defender less time to get set.
- ☐ Make the gates wider

## - Challenge

- ☐ Pre-determine which way you want the attacker to go.
- ☐ Move the starting point closer to the defenders corner to give them more time to turn and get set.
- ☐ Make the gates narrower.



**Playing Area: 5m x 5m**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 5**

## Objectives

### Attack

Run in a straight line to allow the defender to practice their tackle technique

### Defence

Make a safe and effective front, side and rear tackle.

Defender starts in the middle of the grid, with an attacker on each of the 4 markers. On the Coaches GO, the Defender tackles each of the attackers one by one, returning to the middle of the grid after each tackle. The Attacker runs once the defender is back in the middle.

Tackle 1 - Front on tackle

Tackle 2 - Side on Tackle (Right Shoulder)

Tackle 3 - Side on Tackle (Left Shoulder)

Tackle 4 - Rear Tackle

## Questions

Why is it important to be able to make a range of different tackles?

## Tips

**Revise Approach / Hit / Wrap / Push-Roll**

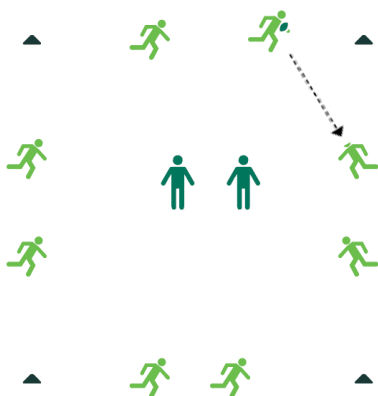
It is important to be able to make a tackle for the occasion to be able to negotiate different game scenarios.

## + Challenge

- ☐ Have the attackers move quicker or try to evade the defender
- ☐ See who can make their 4 tackles the quickest

## - Challenge

- ☐ Slow the attackers down
- ☐ Place the markers closer together.



**Playing Area: 5m x 5m**  
**Recommended Time: 8-10mins**  
**Max Players Per Grid: 10**

## Objectives

### Attack

Pass the ball around the grid to test the defenders communication and positioning before trying to score a try.

### Defence

Work together to keep a flat line to deny the attackers time and space and prevent them from scoring.

Attackers stand on the outside of the grid with players on each side with 1 ball between the group. Two defenders start in the middle of the grid.

Attackers pass ball around the grid in any direction, defenders adjust and square up to the attack. The ball must travel through the hands (Not miss anybody). On coach's call 2 attackers attempt to score a try, they can tip on and offload.

Defenders make 3-4 effective tackles then rotate out.

## Questions

Why is it important to square up to where the ball is?

How can the defenders deny the attackers space?

Where should the first contact be made?

## Tips

It's important to square up so it is easier to get your body in front of the attacker.

Defenders should nominate, communicate and stay square ensuring they have the width of the grid covered (spacing). They should avoid crossing behind each other.

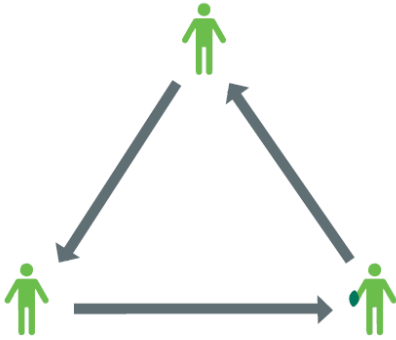
Depending on the situation, contact may be on or over the ball.

## + Challenge

- ☐ Allow Attackers to run with their partner whenever they see space to put more pressure on the defenders
- ☐ Make the Grid bigger so there is more space for them to defend.
- ☐ Have 3 Attackers on each side.

## - Challenge

- ☐ Make the grid smaller
- ☐ Do not allow offloads or passing.



**Playing Area: 2-3m**

**Recommended Time: 5-8mins**

**Max Players Per Grid: 3**

## Objectives

### Attack

Carry into contact,  
Land on elbows and  
knees and Play the  
Ball.

### Defence

Make an effective  
tackle to prevent the  
ball carrier from finding  
their front.

Three players stand in a triangle, about 2m apart with one ball between them. The players pass the ball around and on the coaches "GO" the player with the ball in their hands becomes the attacker.

They run between the two remaining players who become the defenders and attempt to find their elbows and knees to Play the Ball. The Defenders work together to control the tackle and put the attacker onto their back.

## Questions

What is the best way to try and stop the attacker?

Once you have stopped the attacker, what happens next?

Who gets off the attacker first and why?

## Tips

React quickly, get bodies in front with good contact.

Communicate who is on the ball so that the other defender can drop and drive the attackers legs. You can then communicate which direction you are going to take the attacker to the ground.

The legs defender gets up first and the player over ball gets up second to control the PTB speed .

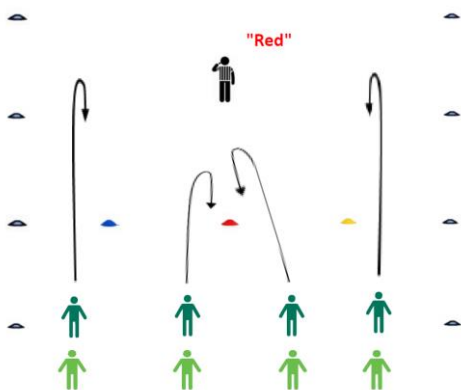
## + Challenge

☐ Widen the spaces between defenders

## - Challenge

☐ Narrow the spaces between defenders





**Playing Area: 10m x 15m**  
**Recommended Time: 15mins**  
**Max Players Per Grid: 12**

## Objectives

### Defence

Get into markers and ruck defence position quickly, with the correct spacing and movement.

Players stand in lines of 4 on the start line. The coach calls a colour. The first line of players react by getting themselves set as MARKERS & A's or MARKERS A & B's with adequate spacing.

When they're set, the coach blows the whistle and the defenders move off the line to demonstrate how they would defend. You can add a 2<sup>nd</sup> channel and have two groups competing to see who can get set first.

The next step is to have the second line of players play the ball at the coloured marker. They then roll down the channel for 3 plays (full contact)

## Questions

What are the key points for efficient ruck defence?

## Tips

**Communication / Movement** by markers (2nd marker push 1st marker, split and fill space)

Markers cut square (hips and shoulders up field)

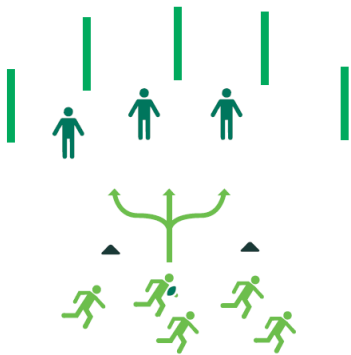
A & B defenders 3m for A and 4m to B (spacing)

### + Challenge

- ☐ Set up two channels side by side to compete against each other.
- ☐ Make it a contact drill, attackers have 3 plays.
- ☐ Add another attacker.

### - Challenge

- ☐ Walk through to demonstrate correct positioning and movements.
- ☐ Only play 2 handed tag through the grid.



**Playing Area: 10m x 15m**  
**Recommended Time: 6-8mins**  
**Max Players Per Grid: 8 - 10**

## Objectives

### Attack

Pass the ball in any direction to score tries between the poles.

### Defence

Work together to deny the attackers space and prevent them from scoring between the poles.

3 defenders start side by side in front of 5 agility poles positioned in an arc formation approximately 3-4m apart. Their job is defend the 4 spaces between the poles. They stop the attackers with a 2 hand tag .

Attackers try to score in the spaces between the poles by getting ball through vacant space. They try to score as many tries as they can in 90 seconds. Each time there is a try or tag, all attackers run back through the starting gate (two makers positioned about 5-6m from the poles).

## Questions

- How can the defenders make it hard to score?
- What tactics can you use to create opportunities to score?

## Tips

- Defenders need to communicate, stay square and work together.
- Attackers could look to gang up on a defender and spread out to create options.

## + Challenge

- ☐ Widen the distance between the poles.
- ☐ Only allow defenders come forward 1m from the poles

## - Challenge

- ☐ Narrow the gap between the poles.
- ☐ Allow the defenders to come forward to make a tag.



**Playing Area: 5m**

**Recommended Time: 5-6mins**

**Max Players Per Grid: 2**

## Objectives

### Attack

Score a point by placing foot on one of the makers.

### Defence

Stop defender from placing foot on marker.

1 Defender and 1 Attacker start in the middle of two markers placed 5m apart. The Defender starts locked in on the ball (standing). On the coaches "go" the attacker has 5 seconds to try and touch either of the markers with their foot to score a point. The Defender tries to stay locked in to the tackle to prevent the attacker from scoring.

## Questions

What should you be doing with for feet and why?

Where should your head be?

What do you think we should be doing with our arms?

## Tips

Head / Hips / Handle - NO GAPS

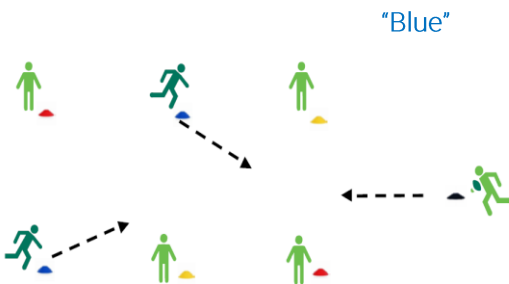
- Head in tight
- Hips in
- Handles – grab the attackers triceps and squeeze

## + Challenge

- ☐ Introduce the Approach & Hit by having the players start a step back.
- ☐ Add four coloured markers in a square so the attacker has more options.

## - Challenge

- ☐ Move the markers further apart.



**Playing Area: 3m x 6m Channel**  
**Recommended Time: 8 - 10mins**  
**Max Players Per Grid: 10 -12**

## Objectives

### Attack

Carry the ball through the channel.

### Defence

Work in pairs to make an effective tackle.

One attacker starts at one end of the channel with the ball. 6 defenders line up along each side of the channel, on three different coloured markers on each side.

When the coach calls "GO", the Attacker attempts to score a try at the end of the channel. Soon after, the coach calls a colour. The two Defender standing on that coloured marker then move to the middle of the grid and attempt a tackle on the ball carrier.

## Questions

Where should you make first contact on the attacker?

Does it matter?

Which pair of defenders has the most difficult job? Why?

## Tips

Let the defenders work out initial contact point.

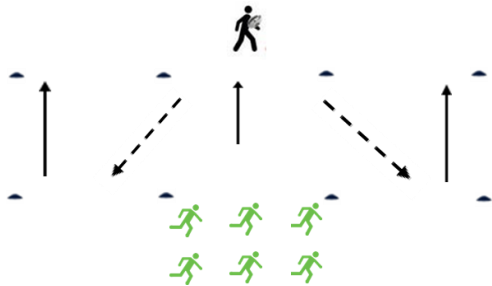
They should start to communicate who has 'Control' of the ball. Then the other defender can drop and tackle the legs.

## + Challenge

- ☐ Widen the channel to give the attacker more space
- ☐ Add another attacker to allow an offload

## - Challenge

- ☐ Narrow the channel to limit the attacker's space
- ☐ Let the defenders move first to get set early



**Playing Area: 3 6m x 8m Channels**  
**Recommended Time: 5-8mins**  
**Max Players Per Grid: 12**

## Objectives

### Defence

Practice moving up in a defensive line together whilst maintaining spacing.

Groups of 3 players start on the line in the middle channel. When the coach places the ball on the ground, the first line of 3 move off the line together. They then retreat and reload on the start line of the next channel when the coach picks up the ball.

The next time the coach places the ball on the ground, the next group of three join the first group, with each group moving up within their channel whilst maintaining their spacing. This continues until each group of three has moved to each channel with a new group of three rolling in each play, alternating to the left and right channels.

## Questions

Why is it important to work together in defence?

How can we help each other?

## Tips

It is important to present a line to the attacking team so that defenders don't get isolated and to enable more than one defender to get involved in the tackle.

Correct spacing will limit opportunities for the attack. Communication helps everyone move together at the same time.

## + Challenge

- ☐ Speed up PTBall
- ☐ Make channels bigger and add another defender

## - Challenge

- ☐ Slow down the PTBall



**Playing Area: N/A**  
**Recommended Time: 5mins**  
**Max Players Per Grid: 2**

## Objectives

### Attack

When rolled onto back, try to get back onto front in 5 seconds

### Defence

Roll and pin attacker onto their back, and hold them there for 5 seconds.

Players in pairs find a clear space. Player 1 starts on their hands and knees, holding the ball tight to the body in one hand, and Player 2 starts with their ear on P1's back, arms wrapped, squeezing tight with shoulder pushed into P1's side.

On the coaches call, P1 drives with their legs, maintaining their head, arm and shoulder position whilst P2 offers low resistance before rolling onto their back once they begin to move, keeping the ball tucked in tight.

This must be practiced using both shoulders.

## Questions

What might you do to get your partner on their back?

What are some of the things we can do to make sure the ball carrier can't get to their front?

## Tips

Contact under ball, roll and pin, weight down, hips down, knees up, studs in grass, cover ball.

## + Challenge

- ☐ Have the Non-Tackling Player fight to stay on their elbows and knees
- ☐ Make it more competitive by having the tackler pin their partner on their back for 3 seconds while they fight to get on their front.

## - Challenge

- ☐ Have the non-tackling player surrender to the tackle so the tackler can get the feel for it.

# 1 v 1 TACKLE GAME



**Playing Area: 10m wide x 15m long**  
**Recommended Time: 12-15 mins**  
**Max Players Per Grid: 10**

## Objectives

### Defence

Effect 1 v 1 tackles (under the ball) to prevent attackers from scoring.

Four attackers v six defenders. Two players with bibs stay on the defending team (rotate every 2-3 sets).

Attackers have 4 tackles to try and score a try. Defenders must affect 1 v 1 UNDER the ball tackles. If there are 2 defenders in the tackle the attacking team gets another tackle.

## Questions

How can you limit the attacking teams options?  
 Why is it important to be able to tackle under the ball?

## Tips

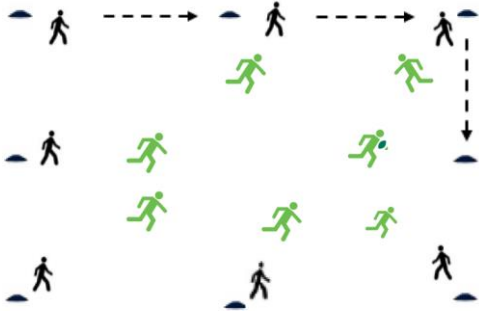
Defenders need to stay up and alert for offloads.  
 Good line speed will take away time and space from the attack.

## + Challenge

- ☐ Add another attacking player.
- ☐ Increase the width of the grid.

## - Challenge

- ☐ Add another defender
- ☐ Do not allow offloads
- ☐ Reduce the width of the grid



**Playing Area: 15 x 15m**

**Recommended Time: 6 - 8mins**

**Max Players Per Grid: 14 - 18**

## Objectives

### Attack

Score as many tries as possible on vacant marker.

### Defence

Work together to prevent the attackers from scoring.

Place 8 markers in a 15m x 15m square, 7.5m apart with 7 defenders standing around the perimeter of the grid. The Attackers have 2 minutes to score as many tries as possible by placing the ball on one of the vacant markers then rotate defenders. Defenders communicate and slide to defend the markers.

# Can be played 5 defenders 6 markers to cater for smaller groups.

## Questions

What is important for the defenders to do?

## Tips

The defenders will work out that they need to 'TALK' and react to where the ball is going and squeeze to keep covering the vacant marker.

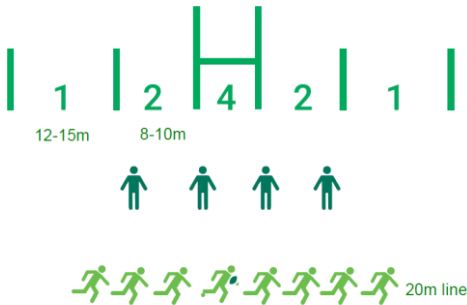
## + Challenge

- ☐ Make the gaps between the markers larger
- ☐ Introduce a second ball

## - Challenge

- ☐ Make the grid smaller
- ☐ Don't allow attackers to run with the ball





**Playing Area: 45m wide 20m long**

**Recommended Time: 12-15min**

**Max Players Per Grid: 12-20**

## Objectives

### Attack

Accumulate as many points as possible in 2 mins

### Defence

Minimise the amount of points the opposition score.

Poles are positioned either side of the goal posts to create gates with each gate worth a particular amount of points. The middle gate is between the goal posts and worth 4 points. The gates either side of the posts are 8-10m wide and worth 2 points. The outside gates are 12-15m wide and worth 1 point. **No markers.**

8 Attackers start on the 20m line. They have 2 minutes to score as many points as possible. They have an unlimited amount of tackles. Each time they get a score or there is an error, they all retreat back to the 20m line before trying again. **There are no cut out passes allowed down & up to PTBall.**

4 Defenders start on the 10m line, and try to deny the attackers space, and stop them scoring by using a 2 handed tag.

Note: pick two even teams and then split the defensive team in half to defend the first 2min then the other half of the team can defend the next 2min period. The attacking team then has 4 min to accumulate as many points as possible. Then swap teams over.

## Questions

What tactics can the defence use to minimise points scored against them?

What tactics can the attack use to accumulate points?

## Tips

By scrambling and forcing the attack to the outside (1 point zone). Working from the inside.

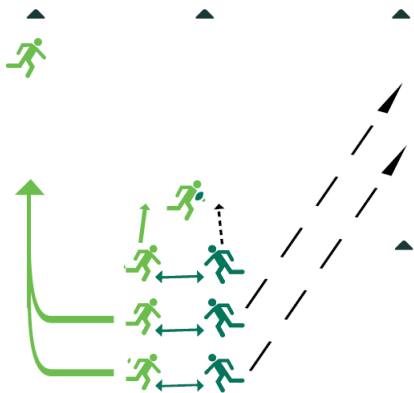
Attack can be patient and accumulate 1 point at a time. Change the angle of attack with short pass support.

### + Challenge

- ☐ Allow cut out passes
- ☐ Make the defence have a marker

### - Challenge

- ☐ Narrow the spaces between poles
- ☐ Add more defenders



**Playing Area: 15m x 15m**  
**Recommended Time: 10-15 min**  
**Max Players Per Grid: 15**

## Objectives

### Attack

Create opportunities to beat the defenders..

### Defence

Successfully defend the situation.

3 Defenders and 3 attackers start to one side of the grid. Another attacker is ready to PTBall with a winger already in place (5 v 3) situation.

On coach's call "Engage" or whistle, the 3 attackers and defenders meet and hold. On coaches 2nd call "Reload" or whistle, defenders and attackers get set inside the grid by reloading at either end. (1 defender becomes a marker and the others get to A & B. The player with the ball then plays it, and the attacking team has 1 play with a 4 v 3 situation.

# Rotate players around and swap the grid to Right to Left.

## Questions

When defending, what are your options?

## Tips

Let the defence work out how they are going to defend their space.

Get them to talk about communication and movements.

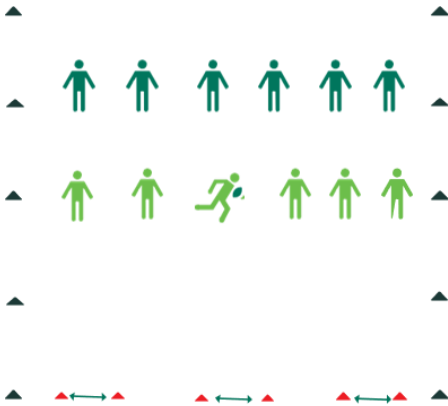
The attack might work out how to hold up the marker and play flat down the channel or work an overlap.

## + Challenge

- ☐ Widen the channel
- ☐ Add another attacker

## - Challenge

- ☐ Narrow the channel
- ☐ Allow the defenders time to get set before the attackers PTBall.



**Playing Area: 20m x 40m (10m in goals)**

**Recommended Time: 10-15mins**

**Max Players Per Grid: 12**

## Objectives

### Attack

Work out how to best score tries against various defence rules or limitations.

### Defence

Adapt to rules to deny the attack

Two teams of 6 players, 2 handed touch. This an attack bias game where you put different constraints on the defensive team Eg:

1. Defender who makes the tackle has to go to the nearest side-line and then back into play.
2. Defender has to hit the ground then up before being involved.
3. The coach can call out "1" or "2" and defenders have to go to their try-line before entering play again.

## Questions

How can you create space?

What are you looking for when you have the ball?

## Tips

The ruck are might be a good place to start. Discuss the advantages of playing flat and fast as well as looking for overlap situations.

## + Challenge

- ☐ Make the field narrower to help the defence
- ☐ Create scoring areas that limit where the attack can score tries.
- ☐ You can remove an area once a try has been scored and see how many plays it takes to score 3 tries.

## - Challenge

- ☐ Make the field wider to help the attack.
- ☐ Remove a defender and add to the attacking team 7 v 5

# NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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