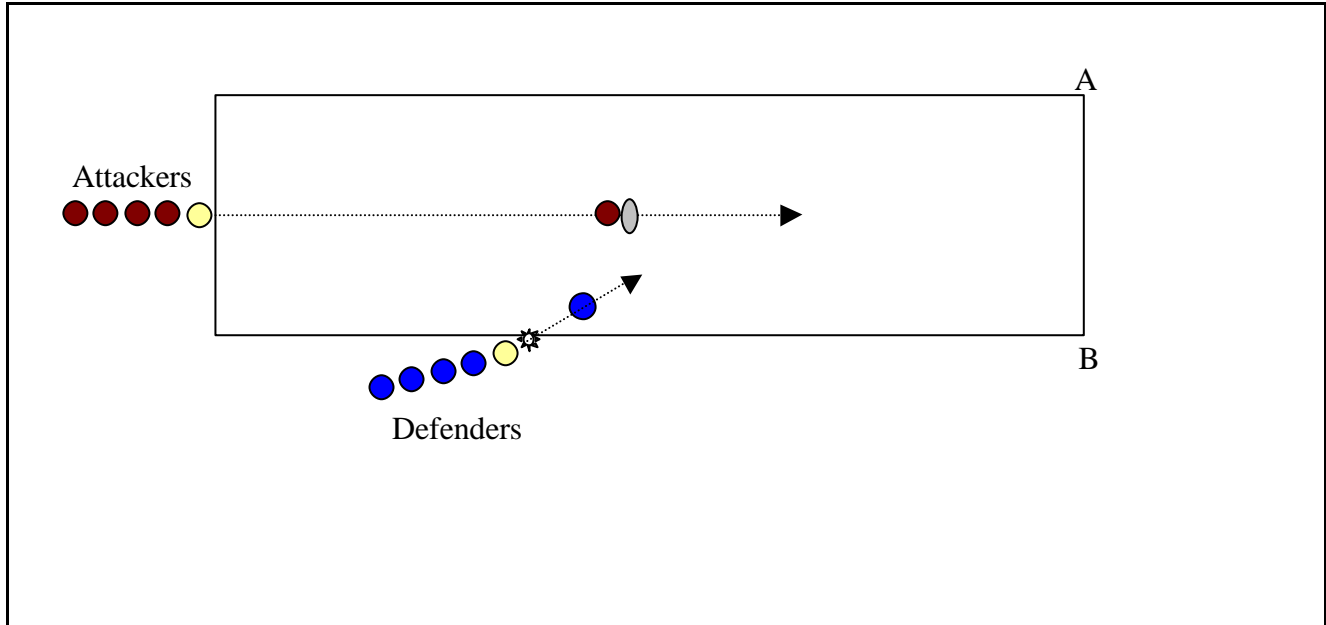


<b>Drill Name</b>		<b>Straight Intercept</b>						
<b>Objectives</b>		Focus on tackling to develop basic concept of a tag tackle and to practice tackling players from the side by time run and picking correct line of attack.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
16	Channel	5 x 20	1	10	10			



#### Description

1. Organise players into two teams.
2. Players line up as shown.
3. On the coach's signal, the attacker at the head of the line runs towards try line A-B with the objective of scoring a try.
4. On a second signal, the front player in the defender line attempts to intercept and tackle the attacking player.
5. The attacking team score a point if they score. The defending team score a point if they score.
6. After all players have had a turn, swap attackers and defenders over.

#### Progression

1. Lengthen time delay between attacker and defender being released.
2. Number players off and call number for attacker and number of defender (e.g. "Attack 1", "Defend 3") (attacker picks up ball if not enough for one each).
3. Develop into tackle-zone – player stationery in channel

#### Set-Up

1. Mark out a channel
2. Divide group evenly into a team of attackers and a team of defenders
3. Situate attackers at the start of the channel.
4. Situate defenders in a line adjacent to the tackle, about 5-10 metres from start.
5. Coach with each team.

#### Key Factors

1. Two hands on ball
2. Run straight
3. Line of running
4. Correct Tackle