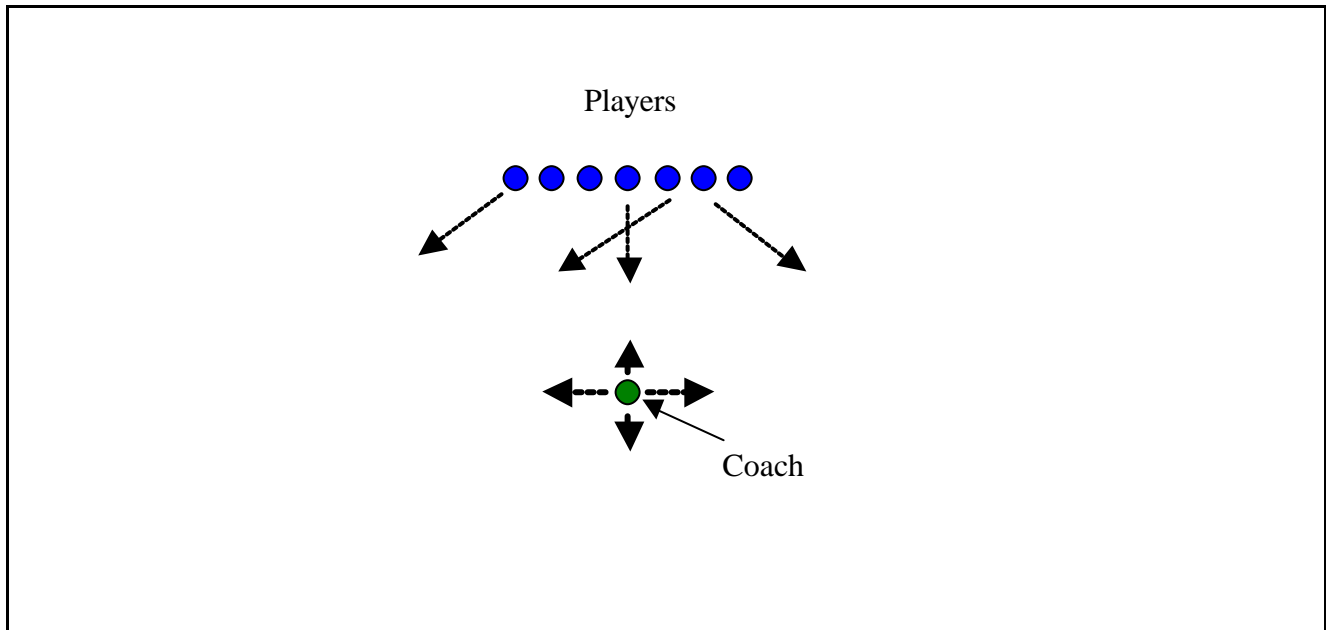


<b>Drill Name</b>		<b>Tag Alignment – Scatter Regroup</b>						
<b>Objectives</b>		Practice alignment and holding position and getting back into position quickly.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
16	Grid	10 x 10		7	5			



**Description**

1. The objective here is for players to understand their position in a seven-aside team.
2. The players form a defensive line and are numbered off by the coach.
3. Starting from the left, the coach asks players to call out their number (just to see if they've got it!).
4. The coach then calls "scatter" and the players run around the grid (without colliding). On the coach's signal ("in position", the players have to reform their line.
5. The coach times this (count out loud) to see how long they take. The coach calls out numbers (not just in order) to make sure the players are back in the same place.
6. Repeat the exercise to see if they can beat the time.

**Progression**

1. Kick a rugby ball around to create confusion.
2. Coach represents offside line. Players have to get in line and onside (I.e. in front of coach).

**Set-Up**

1. Organise players into groups of 5 – 7 players.

**Key Factors**

2. Know who is next to you.
3. Look around you to see that you are spaced out evenly.

