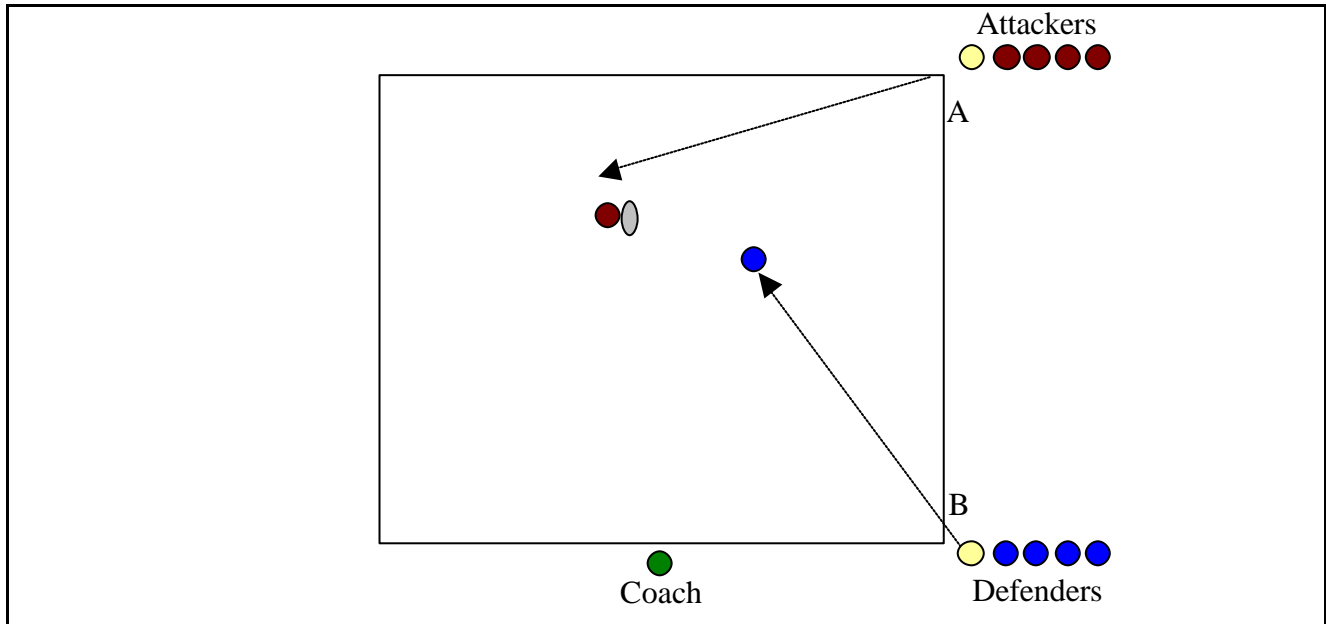


Drill Name		Attack Defend 1 On 1						
Objectives		Develop concept of attacking and scoring a try and using evasion to avoid defence. This is a good exercise to follow on from weaving drills so that players can put these skills into practice.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
12	Grid	10 x 10	1	10	10			



Description

1. Players line up at the corners of the grid as shown.
2. The coach rolls the ball onto grid and shouts two commands; “attack” followed a few seconds later by “defend”.
3. On the command “attack”, the player at the head of the attacking line, runs to the ball, picks it up and then tries to score on try line A-B.
4. On the command “defend”, the player at the end of the defence line runs to intercept the attacking player and prevent a try being scored by tackling the other player.
5. If a tackle is made, award one point to the defenders and if a try is scored, one point is given to the attackers.
6. Swap defenders and attackers over when everyone has had a go.

Progression

1. Number players 1-5. Call two numbers. First number is the attacker. Second number is the defender
2. Develop into two on two.

Set-Up

1. Mark out a grid to identify the area of play.
2. Nominate one side of grid as try line.
3. Divide players into two teams.
4. Position one team at each grid corner adjacent to try line.

Key Factors

1. Ball in both hands.
2. Straight Running.
3. Move forward.
4. Correct scoring of try.
5. Stay on feet.
6. Correct tag tackle – no grabbing of shirts etc
7. Defender keep eyes on tag, open hands.