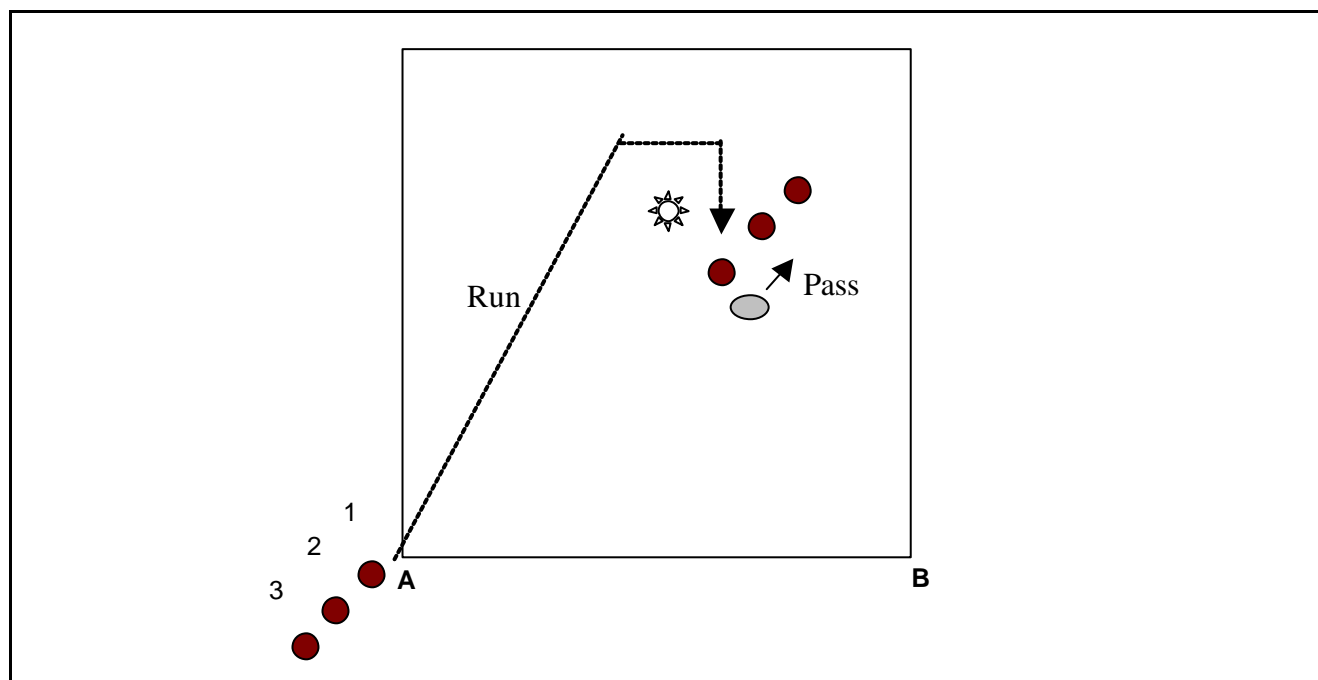


Drill Name		Around The Cone Team Passing						
Objectives		Practice passing on the move, coordination and develop communication skills. Also help develop awareness of position in relation to other members of team.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10x10	3	10	10			



Description

1. Players start at A.
2. Player 1 has the ball and runs around the cone positioned near the back of the grid.
3. Players 2 and 3 follow ready to support.
4. As soon as players pass the cone they run back towards the try-line A-B.
5. Player 1 passes to player 2.
6. Player 2 passes to player 3, etc.
7. The last player scores a try on line A-B.

Progression

1. Which team is the fastest?
2. Move position of marker.
3. Increase size of teams
4. Introduce passive defence

Set-Up

1. Organise into teams of 3 or 4
2. Mark out grid
3. Place central cone as shown above.
4. One ball per team

Key Factors

1. Heads up
2. Position behind ball carrier.
3. Timing of run
4. Hands up – targets
5. Call for pass – “my ball”.