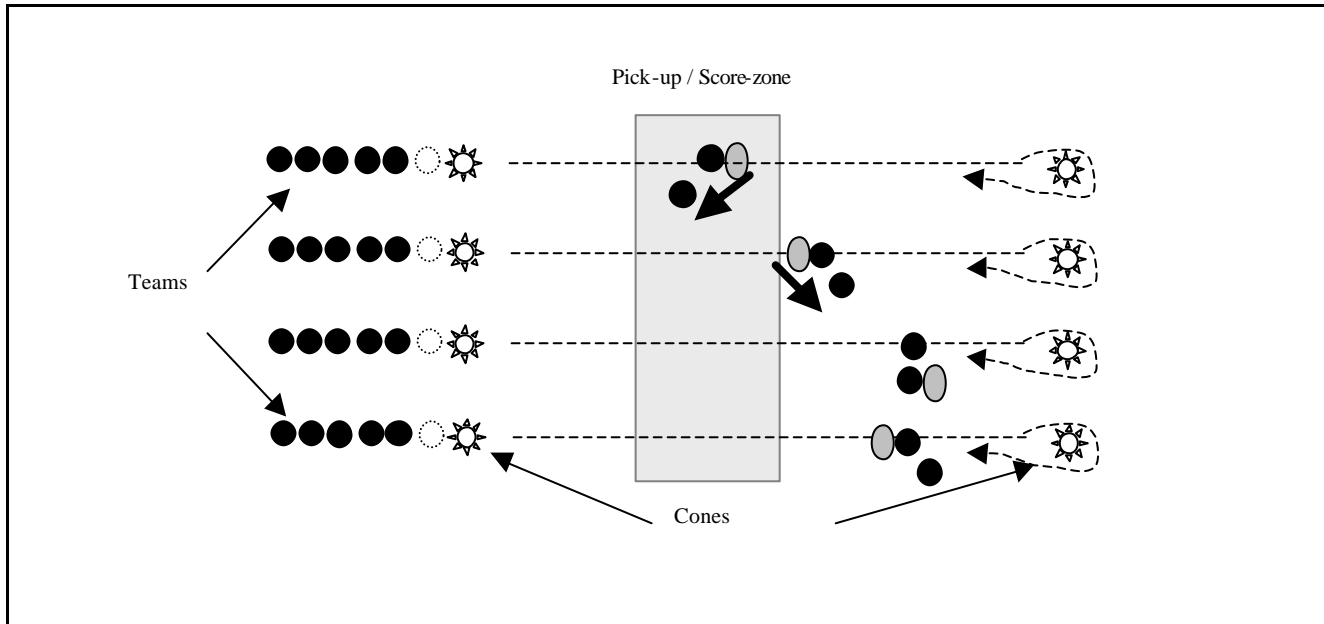


Drill Name		Relay Pick-Up-Try Relay						
Objectives		The main objective of this drill is practice the picking up of a loose ball and the correct scoring of a try in a fun situation. Good activity for warm-up, fixtures.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
3 per team	Channel	3 x 10	1	5	5			



Description

1. A classic relay race, the winning team being the first to have every pair of players complete the course.
2. On the coach's signal, the race begins.
3. The first pair of players in each team must run to the "score zone". One player picks up the ball – without "knocking on".
4. The pair then run to the far cone but pass the ball before reaching it.
5. They run around the cone and must then pass the ball again before reaching the score-zone.
6. At the score zone the player with the ball places it on the ground to score a try.
7. The pair then run to the next pair of players in their team who have their hand out ready to be "tagged". This pair of players repeats the same course.
8. Each pair of players in the team must complete the course – the team that completes the course the quickest wins the race.
9. Players who have completed the circuit can sit on the floor or stand with hands on their head to show that they have had their turn. If odd numbers, first player goes twice.

Progression

1. Develop into other relay style races.

Set-Up

1. Mark out a start and end cone for each team.
2. Position cone(s) to indicate where the ball should be placed.
3. Place ball in score-zone for each team.
4. Organise teams of 6 or 8. Within each team, pair off the players.

Key Factors

1. Ball in both hands when running.
2. Correct pick-up of ball. Foot in front, avoid knock on.
3. Correct score of try – apply downward pressure – no bouncing the ball.
4. Hands up to Receive pass – targets.
5. Pass backwards.