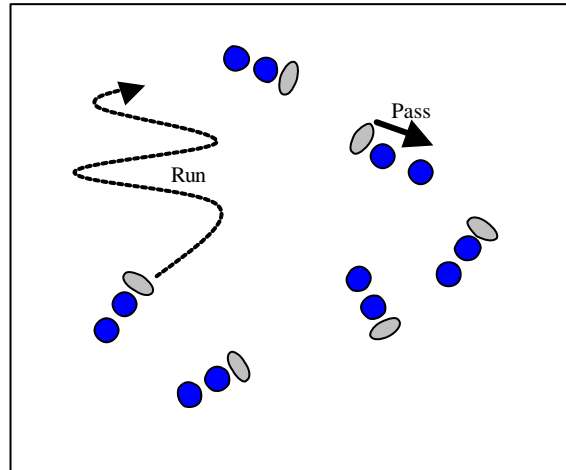


<b>Drill Name</b>		<b>Tag Alignment – Truck And Trailer</b>						
<b>Objectives</b>		To practice quick passing on the move, communication and coordination. Good exercise for younger players.						
<b>Cones</b>	<b>Layout</b>	<b>Dimension (metres)</b>	<b>Balls</b>	<b>Players</b>	<b>Duration (minutes)</b>	<b>Contact Shield</b>	<b>Tackle Bags</b>	<b>Body Suits</b>
16	Grid	10 x 10	5	10	10			



#### Description

1. Practices passing and handling skills, moving into space and team play.
2. The ball carrier is the “truck”. Second player is the “trailer”.
3. All the players jog around the grid (trying to avoid collision!).
4. The “truck” leads and the “trailer” follows. The coach blows the whistle and the “truck” passes the ball to the “trailer”.
5. The players swap position and the new ball carrier is now the “truck”.
6. On the next whistle, the ball is passed again and the players change position.
7. After a few minutes see how many passes were dropped.

#### Progression

1. On different signals ball carrier does other thing (two blasts score try on ground, three blasts pass ball though legs etc.)
2. Continuous passing – which pair can make the most passes?
3. Develop into “Snake Pass”

#### Set-Up

1. Organise players into pairs.
2. Set-up grid
3. Each Pair has a ball.

#### Key Factors

1. Know in both hands.
2. Correct lateral pass.
3. Hands up to catch the ball – targets
4. Alignment/Position
5. Pass backwards/sideways
6. Stay in grid
7. Call for pass – “my ball”.