

**OBJECTIVE** To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defense.

### GAME SETUP

**EQUIPMENT:** Rugby Balls, 8 Cones, Flag Belts

**PLAYERS:** Any group size (groups of 6)

**TIME:** 10-15 Minutes

**SPACE:** 30 x 30 yard grid

### PRINCIPLES OF PLAY

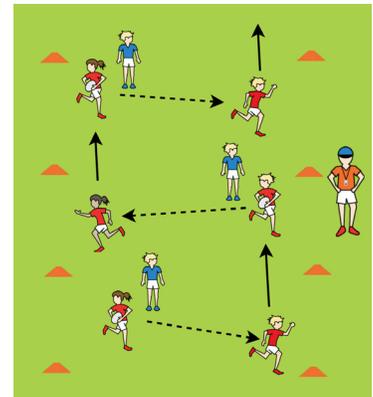
Apply Pressure • Contest Possession  
 Go Forward • Provide Support

### FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

### HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have one defensive player stand in between two cones at each 10 yard mark, totaling three defensive players.
3. Have the offensive players form two lines at the beginning of the grid facing the defensive players.
4. Two offensive players will start by running through the grid and attempting to draw the defender towards them. They will then time their pass or run to continue onto the next defender.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



### GAME PROGRESSIONS

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

### MODIFICATIONS

- If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

### KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.