

OBJECTIVE

To effectively perform the draw and pass skill in a continuous 2v1 scenario.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones
PLAYERS: Any group size (Groups of 3)
TIME: 10-15 Minutes
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

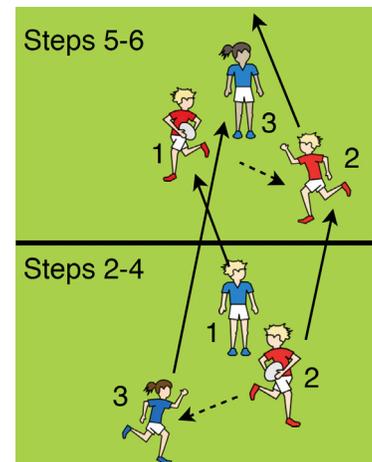
Go Forward • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Coordination
 Running • Passing • Catching

HOW TO PLAY

1. Split players into groups of three.
2. The first player runs out five yards and places the ball on the ground and runs five yards further, turning around and becoming a defender.
3. The next two players run in a straight line towards the ball. The first player picks up the ball and performs a draw and pass skill.
4. They draw the defense in one direction and pass to the next player running behind them in support.
5. The player who now has the ball places the ball and becomes a new defender.
6. The player on defense and the ball carrier from the first phase recycle to the end of the line.
7. Have the group perform 3-4 phases down the field and 3-4 phases returning back to the beginning.
8. Players should remain in a straight line while moving down the field. This encourages moving forward in games.



GAME PROGRESSIONS

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

MODIFICATIONS

- Slow down to a walking pace to ensure players are performing the skill correctly.
- Have players work off of marked field/court lines to further emphasize staying in one straight line and creating space for support.

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.