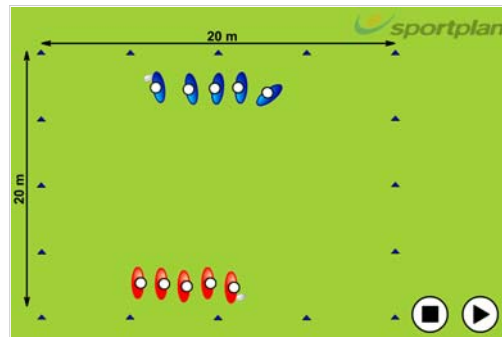


### Lesson 3 Layout



### Follow the leader

#### DESCRIPTION

- Large Grid 20m x 20 m
- Players in groups of 5
- 1 Ball per Group

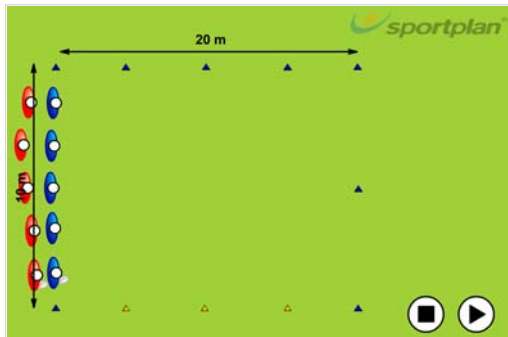
Leader of the group can run in any direction, the rest must follow. When the teacher calls "Pass", the leader has to step to the side and pop passes it to the next player or passes it over his head. The person who was the leader joins the back of the queue.

#### COACHING POINTS

- Run into space
- Follow the ball carrier
- Try to take the ball without slowing down
- 

Created Using Sportplan Online Coaching Tools, [www.sportplan.net](http://www.sportplan.net)

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### Chain Reaction

#### DESCRIPTION

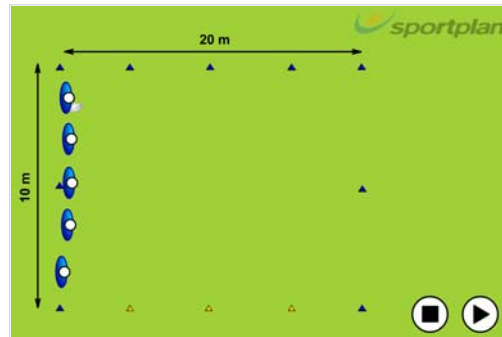
- Divide the 20m x 20m grid in half
- 1 Ball per group

Players 1 starts standing with the ball. Player 2 starts on one knee. Player 3 starts on both knees. Player 4 lies on their front. Player 5 lies on their back.

On the teachers call, all players try to start running forward as quickly as possible, and pass the ball along the line. The starting positions should mean that every pass is made to a player supporting from behind.

#### COACHING POINTS

- Players must get into position to receive a pass as quickly as possible.
- Ball in 2 hands
- Gentle passes in front of the support player
- Support players call for the ball
- Hands ready
- Delay your run so your always behind the ball



### Chain Reaction - Progression

#### DESCRIPTION

- 2 x Adjacent 20m x 10m channels

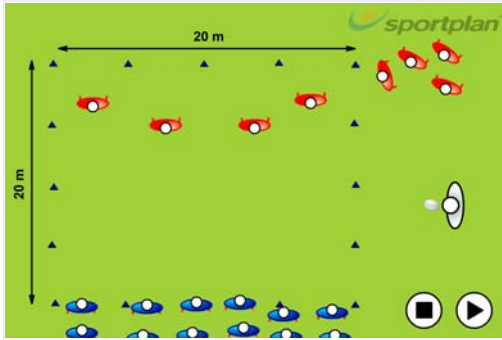
In the first channel, players pass the ball across the line in a chain. After the first pass, the player that started the chain remains in the middle to become a defender

#### COACHING POINTS

- Attacker - run into space, dodge
- Ball in 2 hands
- Hands ready (make a target)
- Delay your run so you are always behind the ball
- Only pass if tagged or someone else is in a better position

Coach:

Purpose:



**Game - 6 v 4**

**DESCRIPTION**

- Pitch is 20m x 20m
- All players wearing Tag Belts
- Start the game with a free pass, defenders must start behind the half way line

Attacking players must try to run past defenders to score a try. If tagged, the attacker must pass the ball to a team mate. After a tackle, the defenders must give the tag back, stay on their own side of the ball and NOT intercept or obstruct the pass.

**COACHING POINTS**

- Attacker run forward, dodge.
- Only pass if tagged or someone else is in a better position.
- Support stay on your side of the ball.
- Defender keep head and shoulders above the waist.
- Change over defenders and attackers.

