

LARGE BALL SKILLS & MORE

These cards are provided for teachers and coaches to use within the schools Physical Education programme. They have been made for quick easy reference to a drill that will effectively enhance the following objectives:

1. Develop children's hand-eye co-ordination.
2. Develop children's ability to follow directions.
3. Develop children's ability to be aware of space and people moving in that space.
4. Develop teamwork, correct attitudes and communication through minor games and skill practices.
5. To improve fitness.
6. Develop good technique and accuracy of the pass.
7. Develop ball familiarisation and handling skills.



YOU WILL NEED THE FOLLOWING EQUIPMENT TO USE IN THESE DRILLS.

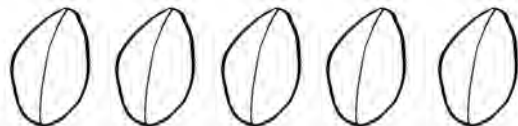
CONES

Always need a large amount of these, big or small.



BALLS

As many balls as possible. Good to have at least one for every pair of players. They don't have to be rugby balls.



RIPPA GEAR

Some of the drills you can use the Rippa Rugby belts and flags instead of non-contact tackling.



PASS & RETURN

Category: Running

Objective: To improve running over a short distance.

Equipment: 1 ball per group

Group Size: 4

Area: 10 x 10 metre



Drill Explanation

1. Player A starts with the ball and passes it to player B then runs to position B and back to position A.
2. Player B then passes to player C, follows pass to position C and then runs back to position B etc.
3. Aim is to be back in the original position before the ball arrives.

Key Coaching Points

- Players should have their hands up to receive the pass.
- Drive hard with arms and drive legs.
- Turn around quickly.

Variations / Progression

1. Increase the size of the grid.
2. Vary the type of passes used.



START

4



1



B



C

2



D

3

Pass, run and return

SHADOW RUN

Category: Running

Objective: To practise quick evasive movement.

Equipment: 1 ball for each pair of players

Group Size: Any number, even number preferable

Area: Dependent on number of players - approximately 20 x 20 metre grid

Drill set up: Players form up in pairs - if an odd number, form a group of 3.



Drill Explanation

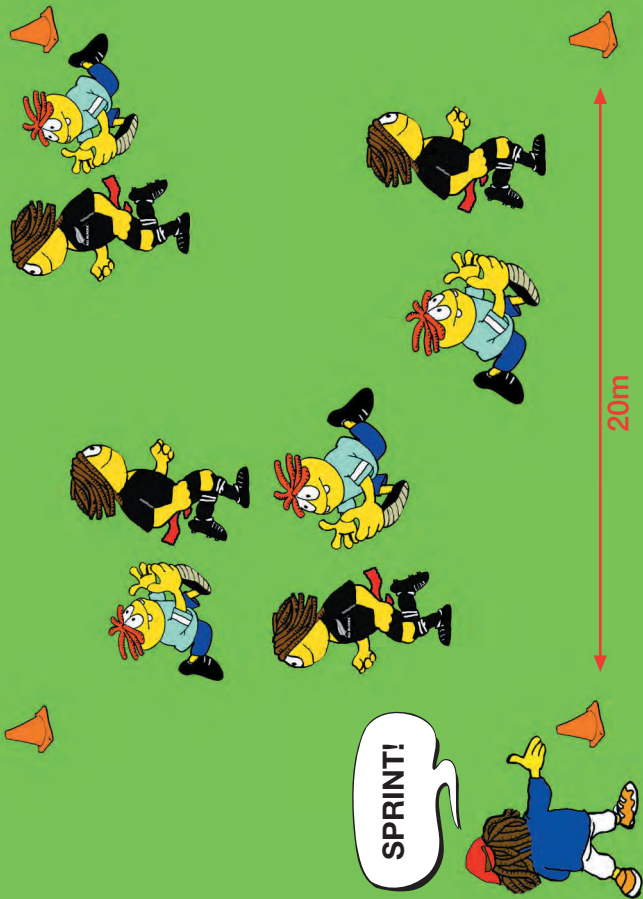
1. One of each pair has a ball.
2. On the coach's call the ball carrier runs evasively at speed. The fellow group member tries to follow keeping only 1 metre away.
3. Continue for 5-15 seconds depending on the pace desired. Give a similar period of recovery and repeat the drill.

Key Coaching Points

- Players carry the ball in two hands.
- Runners keep their heads up and eyes open to avoid running into other players.

Variations / Progression

1. On the coach's call, the ball carrier turns, sets and feeds to their partner who becomes the front runner.
2. The ball carrier faces the partner, who tries to remain directly in front of the ball carrier. If the partner is passed, the players swap roles.



HANDLING RELAY



Category: Running

Objective: To improve ball-handling and running techniques.

Equipment: 1 ball, 4 cones per group

Group Size: 3-6 players

Area: 40 x 20 metre grid

Drill set up: Player groups line up facing the cones that are set out in a line 10 metres apart in front of the groups.



Drill Explanation

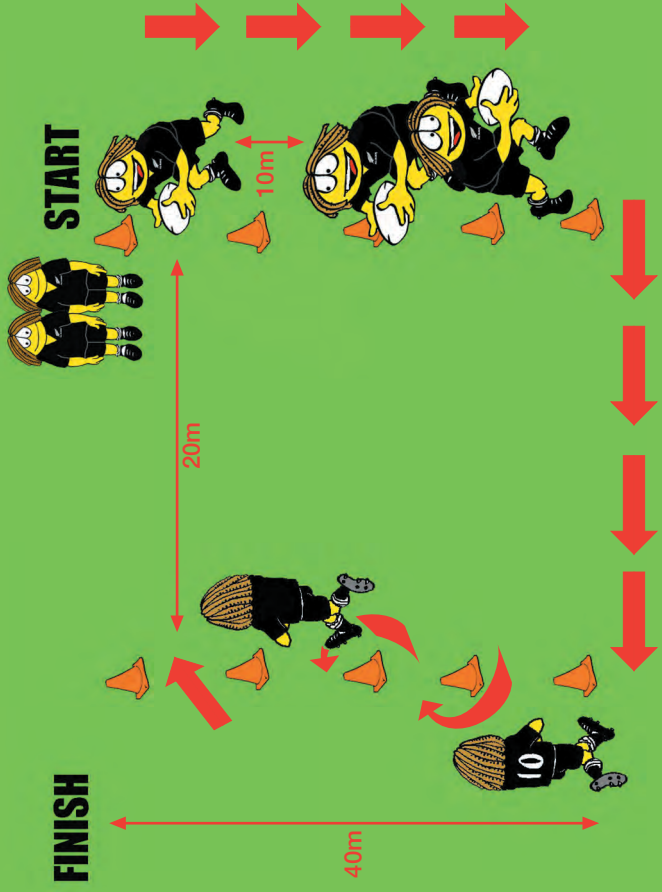
1. First player sprints out the first 10 metres carrying the ball in two hands in front of them, tucks the ball under the right arm for the second 10 metres, in front of them for the third 10 metres and under the left arm for the fourth 10 metres.
2. When the player reaches the last cone they sprint back carrying the ball in front of them, swerving in and out of the cones, passing the ball at the end to the next player in line who repeats the drill.

Key Coaching Points

- The player should always "feint" and then "swing away" when executing the swerve.

Variations / Progression

1. Change angle, obstacles, etc.



PASS PROGRESSION



Category: Passing and catching

Objective: Developing the fundamental skills of the basic lateral pass.

Equipment: 1 ball per group, cones

Group Size: 5 - 8

Area: 5 x 10-15 metres



Drill Explanation

- Stage 1. Players are positioned along a straight line separated by around one arm's length. Players in the first three stages remain stationary. Players simply swing the ball along the line to the next player, who simply reaches out to receive the ball.
- Stage 2. Now players separated by 1.5m pass the ball along the lines.
- Stage 3. Increase the separation to about 3m.
- Stage 4. Lateral passing at a walking pace for about 30m.
- Stage 5. Lateral passing at jogging pace for about 30m.
- Stage 6. Lateral passing at running pace for about 30m. (Vary speeds.)

Key Coaching Points

- It is essential that players strive for smoothness and rhythm in all movements when performing these drills.
- Emphasize both passing and catching.

Variations / Progression

Use cut-out pass, lob pass, pop pass, etc.

arm length



stage 1

PASS PROGRESSION



stage 2



increased spacing



CONE PASSING



Category: Passing and catching

Objective: Players will run onto the ball in correct alignment.

Equipment: 4 cones and 1 ball

Group Size: 5

Area: 20 x 20 metre



Drill Explanation

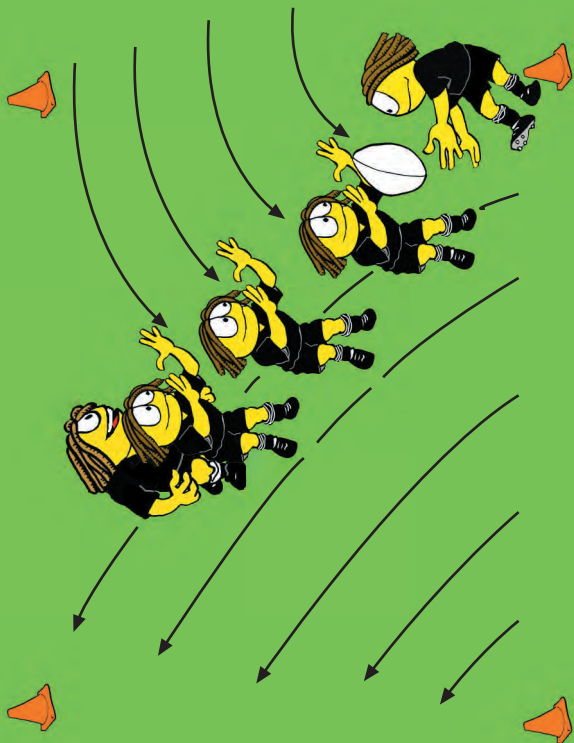
1. Ball is placed beside a cone and players line up along the edge of a square, one behind the other with the front player beside the placed ball.
2. Ball is passed along the backline as the players fan out then straighten towards the adjacent side of the square.
3. Ball gets to last player before they reach the line, where they place it next to the cone.
4. Players realign on the line they have just crossed and restart the drill again.

Key Coaching Points

- Drill done at pace.
- No mistakes.
- Adjust the size of the grid depending on group's level.
- Encourage "soft hands".
- Communicate.
- No drifting.

Variations / Progression

1. Work 2 or more groups in same grid.
2. Reverse direction.



PASSING CIRCLE



Category: Passing and catching

Objective: To develop good pass and catch technique.

Equipment: 1 ball per group

Group Size: 6-8 in each group

Area: 10 x 10 metre grid

Drill set up: Players should stand in a circle. One circle competing against another, with all players facing outwards.



Drill Explanation

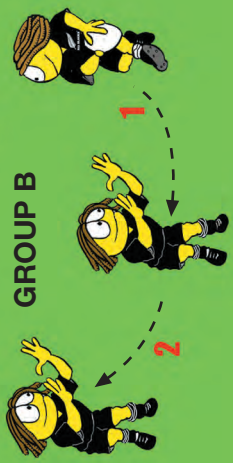
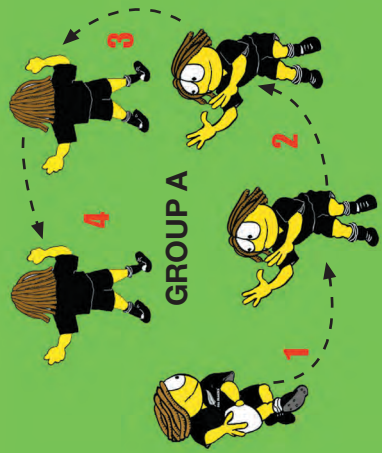
1. Players pass the ball around the circle from one player to the next.
2. The winner is:
 - The team that completes the circle first;
 - The team that completes the greater number of passes in a set time; or
 - The team that makes a certain number of passes without a drop.

Key Coaching Points

- Players should:
 - Have their hands out to receive passes.
 - Turn their shoulders to pass and receive.
 - Pass with loose shoulders and arms.
 - Bend their elbows to pass, as straight arms will pull the ball behind the receiver.
 - Pass the ball in front of the receiver.

Variations / Progression

- Perform the drill jogging on the spot.
- Increase the distance of the pass.



PASSING WAVES



Category: Passing and catching

Objective: To improve players' passing and receiving technique.

Equipment: 8-12 cones / 1 ball

Group Size: 9 minimum - 25 maximum

Area: 10 x 10 metre grid (this will need to be extended with more players taking part in the drill)

Drill set up: Three teams of 3, 4 or 5 players. Set up as shown in diagram.



Drill Explanation

1. Group A runs towards Group B passing the ball laterally. The last player who receives the ball in Group A passes to the person in Group B.
2. Group B runs towards Group C passing the ball.
3. Group A lines up where Group B was originally stationed.
4. The last person in Group B passes to the player in Group C.
5. Procedure is repeated.

Key Coaching Points

- Ensure that all players have appropriate alignment to ensure that they can receive the ball in front of their body.
- All ball receivers must have their hands up to provide a target for the passer.
- All players should be encouraged to run straight.

Variations / Progression

1. Move cones closer together to increase pressure.
2. Two teams running in opposite directions if there are sufficient numbers (two balls can be used).
3. Have an extra player coming into each backline with the opposition team acting as defenders.



Group C



Group A



Group B



1



2



3



4

PRESSURE PASS



Category: Passing and catching

Objective: Develop good technique and accuracy of the pass.

Equipment: Up to 6 balls

Group Size: 3 players for each ball

Area: 10 x 22 metre grid

Drill Set Up:

- Place players into three groups. Groups A and B line up facing each other and Group C lines up as shown in the diagram.
- Groups A and B should be between 10 and 15 metres apart.
- The individual players of Groups A and B stand between 5 and 10 metres apart. Each player of Group A starts with a ball.



Drill Explanation

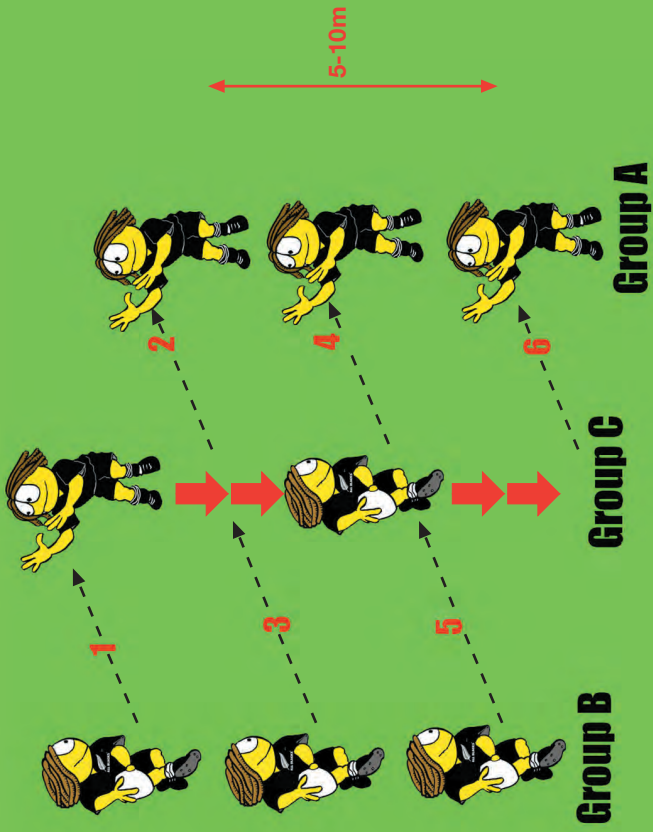
1. Player 1 of Group C runs/jogs down between Groups A and B receiving passes from Group A and passing on to the players opposite in Group B.
2. With the balls now with Group B, player 2 in Group C links a pass from Group B to Group A, player 3 in Group C then links a pass from Group A to Group B.
3. When all players from Group C have gone through the drill, they run around the outside and join the end of Group C.
4. The drill continues.

Key Coaching Points

- The passer and receiver must communicate.
- Pass the ball in front of the receiver.
- Receiver run straight.
- Demand accuracy from the passer.

Variations / Progression

1. Arrange the players so two Group C players are running down the centre at one time.
2. Vary the distance between Groups A & B.



ZIG ZAG PASSING



Category: Passing and catching

Objective: Develop a pass, catch and run drill during warm up.

Equipment: As many balls as the group's skills will allow. Up to 1 for every 2 players.

Group Size: Any number but using full squad

Area: 10 x 50 metre grid

Drill set up: Two lines facing each other. The lines should be 3-5 metres apart and each player should be 1 metre from the player beside them.



Drill Explanation

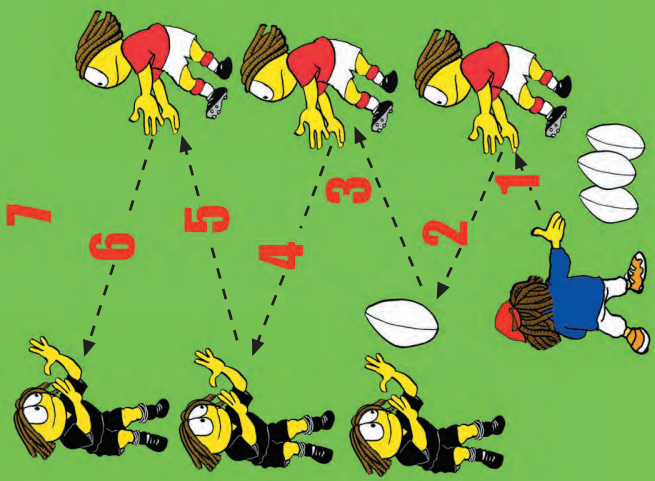
1. The coach feeds as many balls one at a time, as the player's skill will allow, to player 1 and these are passed in a zigzag from one line to the other right down the two lines.
2. Once all the balls being used have been handled by a player, that player runs to the end of the line to receive the balls again.
3. The drill continues until the players reach the end of the 50-metre grid.

Key Coaching Points

- Players must practise passing from both sides of the body.
- Communication between the players is important.
- Players must pass accurately to the next person.
- Sympathetic passes.

Variations / Progression

1. The players run down the centre line between the two groups. The players must be careful not to hit the running players.



2 V 1

Category: Passing and catching

Objective: To practise passing in space.

Equipment: 1 ball per group

Group Size: 5-9 players

Area: Half Field



Drill Explanation

1. A runs forward at pace and commits the defender to create an overlap for B.
2. Initially the defender Z marks A only.
3. Defenders may form a single line up the field about 10m apart. Each group of 2 attackers should attempt the drill against all the defenders.

Key Coaching Points

- Player with the ball should run at speed to commit the defender.
- If there is no defender approaching, the ball carrier should continue running.
- As the defender approaches; the pass should be timed to allow B to score.
- Attackers should run to the opposite shoulder of the defender to the direction in which the pass is to be directed.

Variations / Progression

1. When technique improves allow the defender to move towards A or B.



→ → **B**



Z

→ →



A



Z



Z

RATS RUSH

Category: Running and tackling

Objective: To improve players' evasive running and tackling.

Equipment: 10-16 cones to mark area

Group Size: 16-26 players

Area: 20 x 20 metre grid or larger

Drill set up: Players line up on one side of the grid, with one player selected as the defender in the middle.



Drill Explanation

1. On the coach's call, players must run from one line to the opposite line without being touched or ripped by the selected defender.
2. Once touched or ripped, that player joins the defending team.
3. This continues until the last attacking player is declared the winner.
4. No more than one defender at a time should attempt to touch or rip any one player.

Key Coaching Points

- When there is more than one defender, the defenders should nominate their chosen attacker prior to the rush.



20m

START

FINISH



Attackers

Defenders

OCTOPUS

Category: Running and tackling

Objective: To improve evasive running and tackling techniques.

Equipment: 4 Cones

Group Size: Class

Area: Depends on class size



Drill Explanation

1. Line half the class along one side of the grid and the other half along the next line of the grid.
2. Choose an octopus, who goes in the middle.
3. Octopus or teacher calls a group and they run across the grid.
4. Octopus tries to tag or rip flags from the runners.
5. If tagged or ripped, the runner goes to the point they were caught and stands there.
6. On the octopus' next call, stationary runner can rip or tag, but they can't move feet. (They have become an octopus's tentacle.)

Key Coaching Points

- Runners should look for space and use evasive skills.
- Tags or rips should be aimed at the hip area.
- Avoid collisions through evasion skills.

Variations / Progression

1. Increase or decrease the size of the grid.
2. Octopus can call both groups at once.

Group A



OCTOPUS



Group B

RATS AND RABBITS

Category: Running and tackling

Objective: To develop speed, acceleration, reaction time and evasive skills.

Equipment: 8-10 cones

Group Size: 6-30 players

Area: 15 x 30 metre grid depending on the size of the group

Drill set up: Players pair off and stand side by side in lines. One line is called "Rats", the other "Rabbits". Two lines are marked 10-30 metres from each group.



Drill Explanation

1. On the call "Rats", the Rats sprint out towards their line.
2. At the same time the Rabbits chase the Rats and try to tag or rip them on their waists.
3. Points are given for tags or rips that are made.
4. When "Rabbits" is called the reverse happens i.e. the Rats give chase.

Key Coaching Points

- Concentrate on getting players to listen.
- Focus on quick reaction times and speed off the mark.



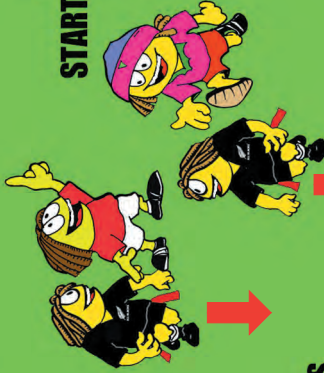
FINISH



RABBITS



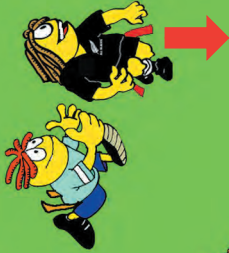
START



FINISH

RATS

RABBITS



GRID TACKLING



Category: Running and tackling

Objective: To practise tackling from a side-on approach by using Rippa belts or two-handed touch.

Equipment: 4 cones

Group Size: 6-7 players

Area: 10 x 10 metre grid

Drill set up: The tackler stands in the middle of the grid with 3 players lined up at cones A and B.



Drill Explanation

1. The aim of the players at cone A is to pass through the grid and to run through to cone C, and for players at cone B to pass through the grid and run through to cone D.
2. The player in the middle of the grid attempts to tackle alternating runners.
3. As soon as the tackler finishes making the tackle the next player from the opposite cone sets off.

Key Coaching Points

- Tackler should focus on the shorts of the attacker.
- Next attacker should not leave until the tackler has stood up from the previous tackle.

Variations / Progression

1. Have attackers running with ball in hand.



BASIC TACKLE

Category: Running and tackling
Objective: To practise techniques with the side/front-on tackle by using Rippa belts or two-handed touch.

Equipment: 3-4 cones

Group Size: 4

Area: Small

Drill set up: Tackler stands facing 3 attackers who are next to cones.



Drill Explanation

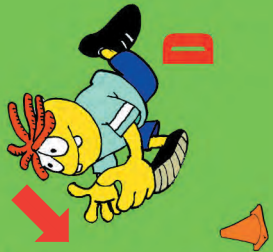
1. On his/her knees, tackler makes three tackles (Rip or touch): two side-on and one front-on. Upon making the three tackles each player rotates and the drill continues.

Key Coaching Points

- Technique with confidence is the key to effective and safe tackling - it must be practised regularly.
- Build up with progressions.
- Watch and correct their technique.
- At each stage players should practise with both sides of their body.

Progression

1. Tackler on knees - Attackers walking.
2. Tackler on knees - Attackers jogging.
3. Tackler on knees - Attackers running.
4. 4-6 repeat 1-3 with tackler in a crouch.



FORCE BACK

Category: Kicking

Objective: Put into practice a range of kicking skills.

Equipment: 1 ball

Group Size: 10-a-side

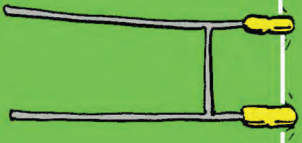
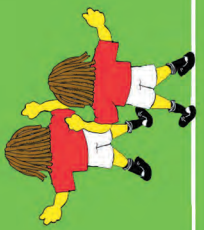
Area: The field



Drill Explanation:

Groups advance only by kicking within the following rules:

1. The ball is kicked off from halfway as in a normal game.
2. If the ball is caught on the full, the catcher may advance 10 metres before kicking the ball again.
3. If the ball is dropped, the kicking team moves up to this mark and retains possession.
4. If the ball is recovered, but not caught, the next kick is made from the point of recovery.
5. When the ball goes into touch on the full:
 - If kicked from behind the 22 metre line the non-kicking team restarts play 15 metres infield from where the kick went into touch.
 - If kicked from in front of the 22-metre line the non-kicking team restarts play at the point where the original kick was taken.
6. Points are scored by
 - Punting the ball between the goalposts
- 1 point
 - Drop kicking the ball between the goalposts
- 3 points



MEMORY PATTERN



Category: Handling

Objective: To improve your passing and catching.

Equipment: One ball per pattern

Group Size: Team

Area: Depends on class size



Drill Explanation

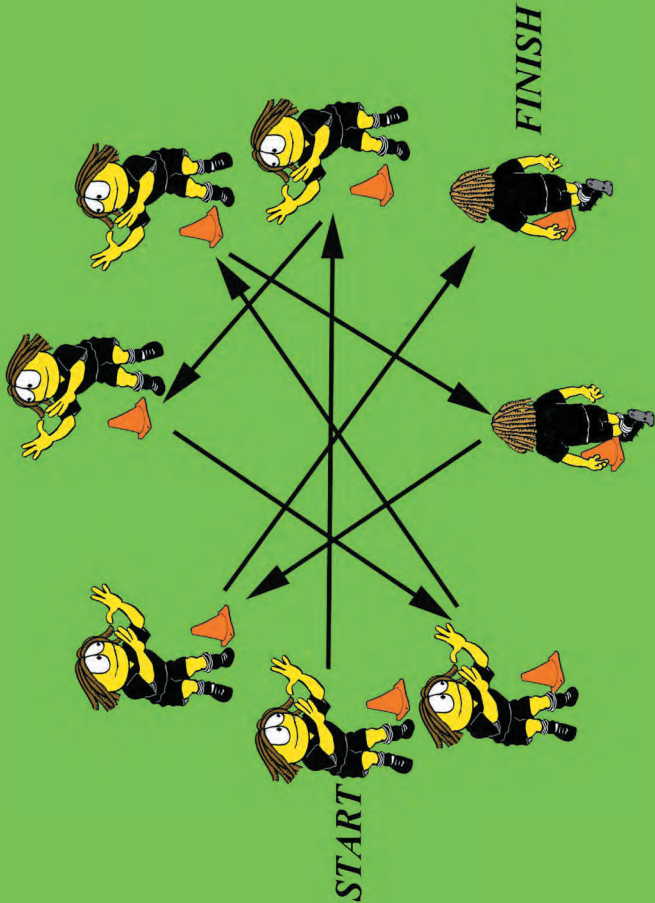
1. Teams form up in a circle with one ball (for a start).
2. The aim is pass the ball in an established pattern and adhere to that pattern.
3. To establish a pattern one person starts with the ball.
4. Everyone else puts their hands up.
5. Once a person has received and given a pass they put their hands down.
6. The process is repeated until everybody has had the ball and their hands are down.
7. The ball always go back to the starter.
8. Players can not pass the ball to a player next to them.
9. The ball is passed in this pattern as quickly as possible.
10. Now the pattern has been set, the ball can be continuously passed in this order.

Key Coaching Points

- Players should have their hands up to receive the pass.

Variations / Progression

1. After a pass, run and take the place of the person you are passing to.
2. Reverse the order.



START

FINISH

RUGGER PAIRS



Category: Handling

Objective: To improve your ball familiarisation.

Equipment: 1 ball per pair

Group Size: Class - even numbers preferable

Area: Depends on class size



Drill Explanation

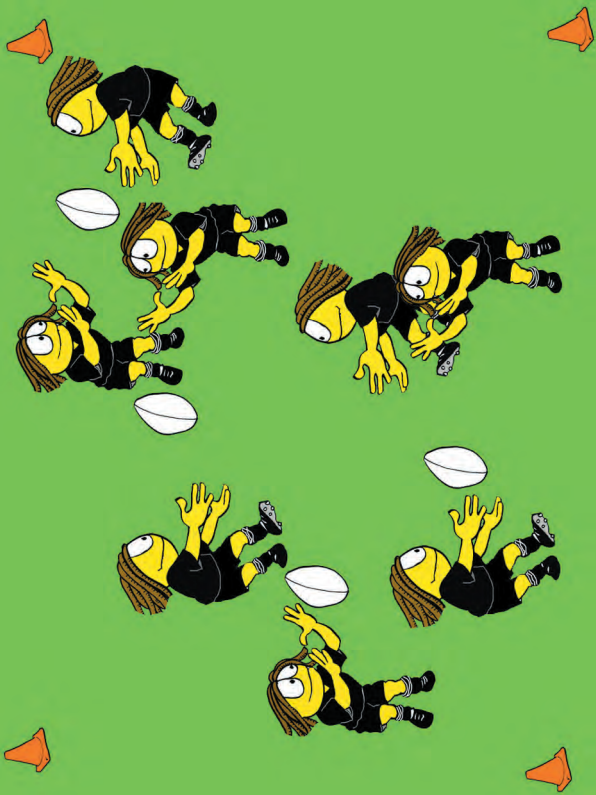
1. All players are inside a grid - don't make the area too big.
2. Players pair up with a ball between them.
3. Moving freely in the area, players pass to partner.

Key Coaching Points

- Runners should look for space and use evasive skills.
- Players should have their hands up to receive the pass.
- Avoid collisions through evasion skills.

Variations / Progression

1. Increase or decrease the size of the grid.
2. Use any type of pass.
3. Can only pass backward.
4. Place down and pick up.
5. Chase and tag partner.



FITNESS PASSING 1



Category: Handling

Objective: Maintain basic passing skills under pressure.

Equipment: 3 balls

Group Size: 5

Area: 8 x 8 metre



Drill Explanation

1. Players stand on four corners of grid with player A in the middle.
2. Players B, C and D on 3 of the 4 corners have a ball while player E does not.
3. Player A faces player C and as he/she runs toward C, he/she catches a pass from B and gives to E.
4. When A is a couple of metres from C, C passes to A who immediately returns the ball, turns and runs back towards D, catch/passing from E to B.
5. The exercise continues for a set time, a set number of loops, until the middle player drops the ball or until exhaustion.

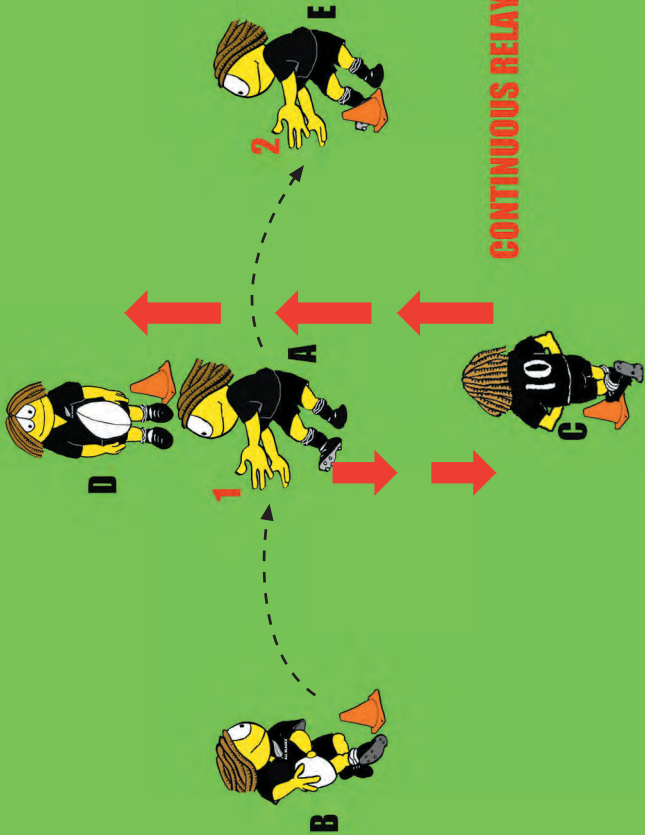
Key Coaching Points

- Ensure players don't fall away from their pass.
- Encourage the players to work themselves hard.

Variations / Progression

1. Add another runner so two passes are being performed in the middle of the grid.

CONTINUOUS RELAY



PASS & PRESS



Category: Handling

Objective: To improve conditioning, handling, timing and team work.

Equipment: 1 ball per group

Group Size: 4

Area: Small



Drill Explanation

1. Players, one with a ball, adopt a squat position at the corner of a small square.
2. On the coach's signal the ball carrier passes in a nominated direction and then drops to the ground and does one pushup.
3. The next player does the same and the drill continues.

Key Coaching Points

- Fatigue can spoil the rhythm of the drill... keep them focused.
- Choose groups of similar build.
- Make sure that pushups are real PUSHUPS!

Variations / Progression

1. Introduce 6 players to the grid and make a circle. Now do 2 pushups and a setup.

Start



1



CONTINUOUS PASSING



2



CONTINUOUS TOUCHDOWN



Category: Handling

Objective: Create space and score tries.

Equipment: 1 ball for each group. 10 cones.

Group Size: 8 players in each group

Area: 20 x 22 metre grid

Drill set up: Four defenders: A, B, C, D

Four attackers: 1, 2, 3, 4



Drill Explanation

1. The attackers attempt to score at either end.
2. A and B; C and D defend at their respective ends. This creates a 4-on-2 situation in favour of the attack.
3. The attackers attempt to score as many touchdowns as possible in a given time.
4. The players then change roles and A, B, C, D try to better the target set by 1, 2, 3, 4.
5. A touchdown is scored in the usual way. If the attackers infringe the Laws of the Game, they must cease attacking at that end and develop an attack to the opposite end.
6. The team with the most touchdowns wins.

Key Coaching Points

- Anticipate point of attack.
- Stay inside the ball initially.
- Maintain depth.
- Communicate your position/options.

Variations / Progression

4 on 3.

Group C



Group A

1



Group B

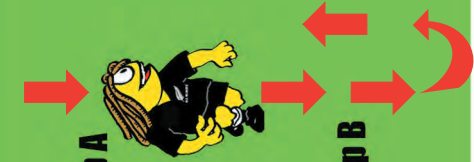
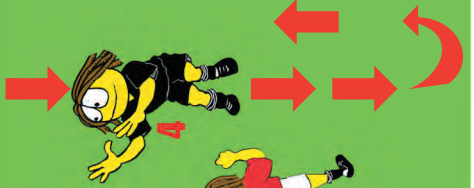
2



3



4



ORDER BALL



Category: Handling

Objective: To improve ball-handling skills

Equipment: 1 ball

Group Size: 2 teams of 4, 5 or 6 players

Area: 10 x 10 metre grid

Drill set up: Two teams grouped within the grid.



Drill Explanation

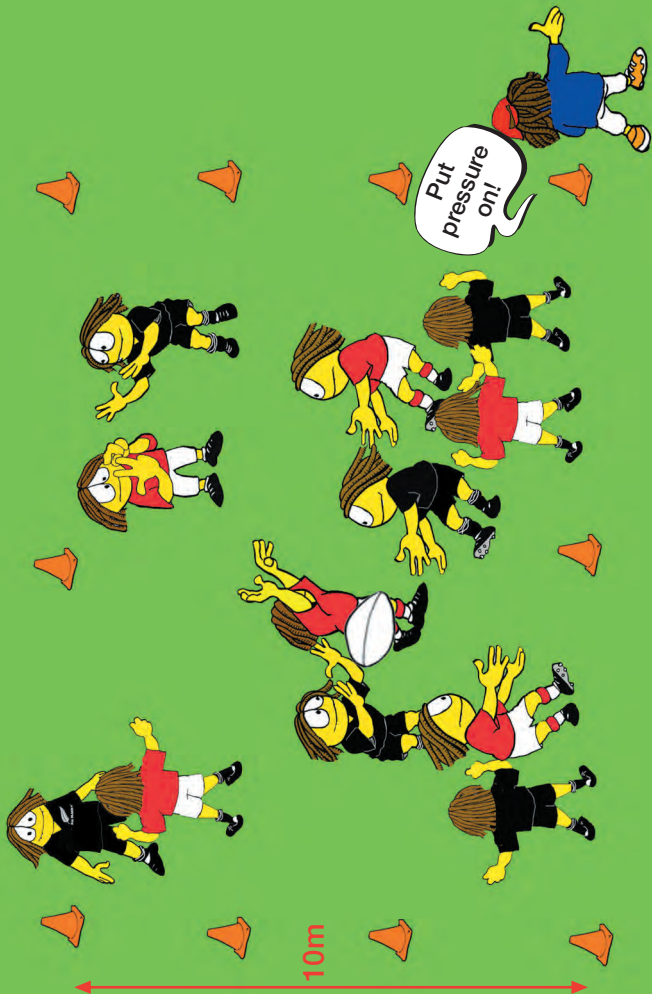
1. Each player in the team is given a number.
2. The ball must be passed through the team in order (1 - 2 - 3 - 4 - 5 - 1).
3. The players are free to move only within the boundary.
4. The ball carrier can move when they have the ball.
5. The other team tries to pressure the team with the ball into bad passes or to intercept the pass.
6. The ball changes team if it is dropped or intercepted.

Key Coaching Points

- Next players in number order must move to get themselves free to receive a pass.
- The ball should be passed to the space where the receiver is running into.
- Communication is essential, players must be aware.
- Defending players should shadow their opposite.

Variations / Progression

1. Introduce a second ball.



Put pressure on!

10m

HOW MANY PASSES?



Category: Handling

Objective: To improve players' passing skills and reactions.

Equipment: 1 ball

Group Size: 4 players

Area: 5 x 5 metre grid

Drill set up: Four players inside grid area.



Drill Explanation

1. Four players group together inside the grid area with one player nominated as the interceptor.
2. The interceptor is to try and pressure the other players into making bad passes or dropping the ball.
3. If the ball is dropped or intercepted, the player who made the error and the interceptor change roles and the drill continues.

Key Coaching Points

- Accurate and correct passing techniques.
- Communication between players.
- Accuracy under pressure is the key to the drill.
- Attacking players not in possession of the ball must run into space.
- Passes should be aimed at the space into which the runner is running.

Variations / Progression

1. Introduce a scoring system for the most number of passes made uninterrupted.
2. Increase the number of interceptors.



CORNER BALL



Category: Handling

Objective: Quick passing between teams.

Equipment: 1 ball, 4 cones

Group Size: 10-20 players split into 2 teams

Area: 10 x 10 metre grid

Drill set up: Both teams stand inside the grid marked out by cones.



Drill Explanation

1. Players must not run outside the grid.
2. The ball is passed amongst the members of one of the teams with the aim being to corner and tag or Rip a member of the opposite team with the ball.
3. All members can move anywhere in the area but once the player is in possession of the ball they must not move.
4. The team loses possession when the ball is dropped.
5. Once a player is tagged they must leave the game.
6. When the ball is dropped, those who have been tagged or ripped re-enter the game.

Key Coaching Points

- Communication and awareness of the players.
- Accurate and correct passing skills.
- The team with the ball should concentrate on tagging one player at a time.
- Support players should position themselves in a position close to the nominated target.

Variations / Progression

1. The team being tagged or ripped can try and intercept the ball to regain possession.



TAG!

10m

Tagged player

SOFTBALL



Category: Handling

Objective: To practise kicking and catching skills.

Equipment: 1 ball, 4 cones

Group Size: 18-20 players divided into 2 teams

Area: 50 x 50 metre grid

Drill set up: One team is the "batting" team whilst the other spreads out around the field. The cones are arranged into a grid formation 15-20 metres apart to act as bases.



Drill Explanation

1. Members of the "batting" team kick the ball by any method out into the field and try and get as far around the bases as they can before the ball is returned to the cones.
2. If the kick is caught, the player is out; if the ball is returned to a base before the player arrives, the player is out.
3. When three players are out the teams swap.
4. Runs are scored each time a player makes it home around all four bases.
5. The number of innings is to be determined by the coach.

Key Coaching Points

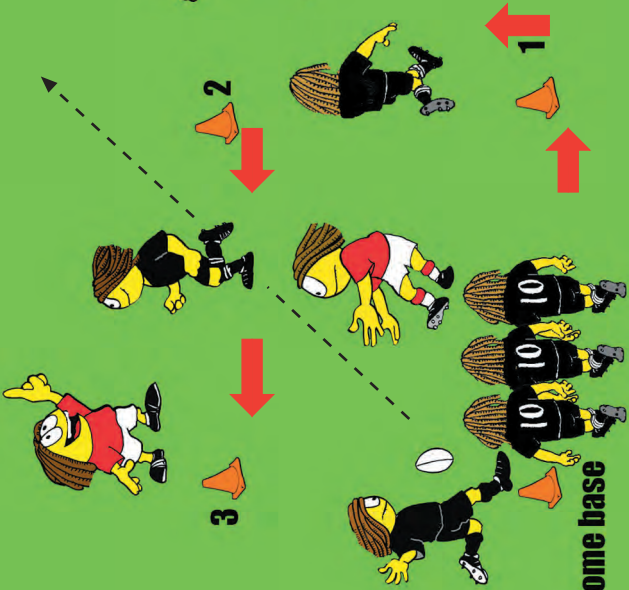
- Encourage a variety of kicking methods i.e. punts, grubbers to be used by players.
- Players in the field should position themselves where they can be involved in a passing movement back to top base.
- High balls should be called for by the fielding team.

Variations / Progression

1. A set number of passes to be used to return the ball to the bases.
2. Return the ball by kicking or a specific type of passing.



Catch it



Home base

TOUCH THE GROUND AND PASS



Category: Handling

Objective: To develop communication, movement into space and ball familiarisation.

Equipment: 10-12 cones to mark area, 1 ball

Group Size: 2 even teams of 6-12 players

Area: 15 x 15 metre grid or larger for a big group

Drill set up: Players are divided into two equal teams and positioned inside the grid area.



Drill Explanation

1. The players in the team that have the ball must touch the ball on the ground then pass to a team member.
2. Players in the opposing team have to intercept the ball from the team with the ball.
3. Ball carrier cannot move with the ball.
4. Players are free to move within the boundary.
5. The other team pressures the ball carriers (1 metre away) into bad passes, or try to intercept the ball.
6. If the ball is intercepted or dropped, the other team becomes the passers.
7. First team to complete 6-10 passes (or designated number) gets a point.
8. Once a point is scored, the other team takes possession.
9. The ball carrier can't pass back or to a person who has just passed to them, and there is a three second limit on the time that the ball carrier can hold the ball.

Key Coaching Points

- The ball carrier should look for two or three options of teammates to pass to.
- Encourage players to communicate.
- Players should use all the area.
- Players should pass and move into space.
- Decrease or increase the size of your grid depending on the skill level of the players.

Variations / Progression

1. Limit the type of passes that players are able to give e.g. no netball passes or overhead passes.
2. Decrease the time that a player is able to hold the ball.



15m

Touch the ground with the ball

2

FOLLOW THE COACH



Category: Handling

Objective: Improve communication and reactions.

Equipment: 1 ball per pair

Group Size: 2 - team

Area: Large



Drill Explanation

1. Players form pairs and position themselves so that only one player in each pair can see the coach.
2. Each pair has a ball and the drill starts with the player in each pair, separated by 1 metre, passing back and forward to one another.
3. The coach blows the whistle and at the same time points in a direction they want the players to go.
4. The player who can see immediately goes in that direction and the other player adjusts.

Key Coaching Points

- Good communication is imperative.
- Keep the players positioning close at all times.

Variations / Progression

1. Introduce groups of four players.
2. Call out direction. ie. left, right, forward, etc.



Large Area

MULTI ACTION RELAY



Category: Handling

Objective: To practise various ball skills.

Equipment: 1 ball per group

Group Size: 6-15 players

Area: 20 x 20 metre grid

Drill set up: Three lines face a marker 15 metres away.



Drill Explanation

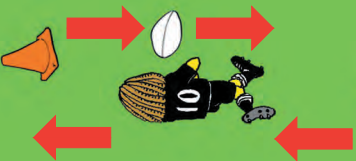
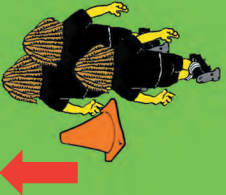
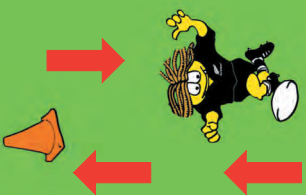
1. Each of the front players runs around their marker performing a designated skill.
2. After completing the skill the players hand the ball to the next player in line.

Types of Skills:

- 1st lap: Roll ball and pick up
- 2nd lap: Dribble ball along the ground
- 3rd lap: Shoulder roll, ball in arms
- 4th lap: Rotate ball around trunk
- 5th lap: Chip kick and chase

Key Coaching Points

- When picking up a rolling ball the players should bend legs and scoop through with their back hands.
- When dribbling the players should use only short kicks and keep control of the ball.



BALL FAMILIARISATION



Category: Handling

Objective: To develop players' awareness of a rugby ball by working on a range of ball-handling skills.

Equipment: 1 ball per player

Group Size: Any number

Area: 10 x 10 metre grid (adjust the grid size to match the number of players)

Drill set up: Players spread themselves evenly around the grid with a ball held in two hands.



Drill Explanation

Have players familiarise themselves with the ball by passing it a given number of times:

- Around the head.
- Around the waist.
- Around the knees.
- Around the ankles.
- In figure eights through the legs.
- Into the air, taking one step forward and catching it behind the back.
- Between the legs, leaving the ball in one place and changing the hands rapidly from left at the front, right at back, to left at the back, right at the front.
- These drills can be done on the run. In addition, the ball can be bounced and recovered on the run.

Key Coaching Points

- Encourage players to perform skills with no mistakes.
- Players should move to space and avoid confrontation.

Variations / Progression

1. Use medicine balls.
2. Number the activities.
3. Decrease the size of the grid to put more pressure on the players.
4. Increase the speed and intensity of the activities.



PICK & PLACE



Category: Handling

Objective: To pick the ball up from the ground.

Equipment: 5-8 balls

Group Size: 15-20 players

Area: 20 x 20 metre grid



Drill Explanation

1. Players form a single file. The first player picks up each ball in turn, run two metres with it and places it randomly around the grid.
2. The second player begins when the first player is halfway through the grid.
3. The third begins when the second is halfway around and so on.
4. Players rejoin the end of the line after placing the last ball.

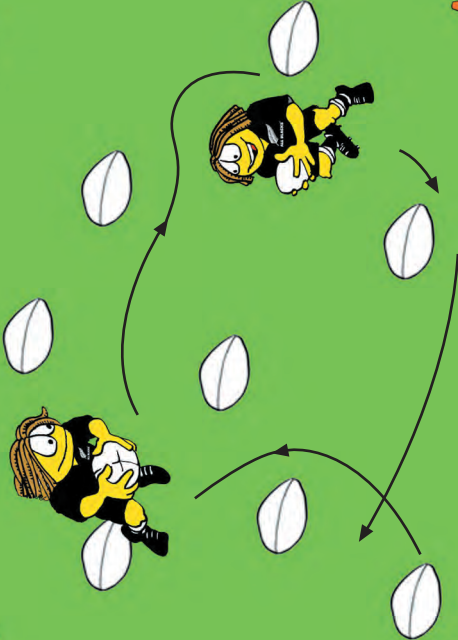
Key Coaching Points

- Balls should be placed firmly with two hands. They must NOT be dropped or rolled.
- Player should practise placing the ball both on the left and right sides.

Variations / Progression

1. Diving on the ball and back onto feet.

20m



START

FINISH



PICK UP PLACE



Category: Handling

Objective: To practise handling the ball on the ground.

Equipment: 4 balls per group

Group Size: 12-16 players

Area: 10 x 10 metre grid

Drill set up: Four balls are placed on the ground in the middle of the grid.



Drill Explanation

1. The first four players run out, pick up their ball and pass it to the player diagonally opposite them.
2. The next four players run out and replace the balls and continue across the grid.
3. The next four pick up and pass and so on.

Key Coaching Points

Players should:

- Stay low on their approach to the ball and bend at their knees.
- Stay close to the ball.
- Call "my place" and "my pickup".
- Not let the ball drop or bounce.
- Scoop up the ball without stopping.
- Not stand up after pickup.
- Stay low and drive away after pickup.
- When picking up the ball players should place their back foot slightly behind the ball, scooping through with the backhand and pushing the ball into the other hand in front of the ball.

Variations / Progression

6-8-cone grid. Receiver lying on ground.



place



pick up



pick up



place



place



pick up



pick up



place

