

Double touch long place

Hands Drill

	4	3	2	1	
4					
3					Pass 1→3
2					3 pops to 4 on inside
1					4 pops to 2 on inside

Defensive drill

8 along try line

7 along dead ball

Ball thrown to one player in the line of 8 who holds

All defensive line must pick up an attacking player (talk, communicate)

Attacking drill 3 x 2

1	2	3	4	5
X	x		x	x

Position 3 is always in the attacking group

Person calls odds or evens

Odds → 1-5 go out around cone and defend

2,3,4 attack, use width and attack holes, position 1 must engage first defender

Game day structure

BACKS

X x x x x x

8

7 4 5 6

1 2 3

Forwards 8,7,4,1 chase ball to breakdown

6, 2 take centre field

3,5 outside 6 and 2 with width

Breakdown slow ball

Call ICE 2 player feed off ruck