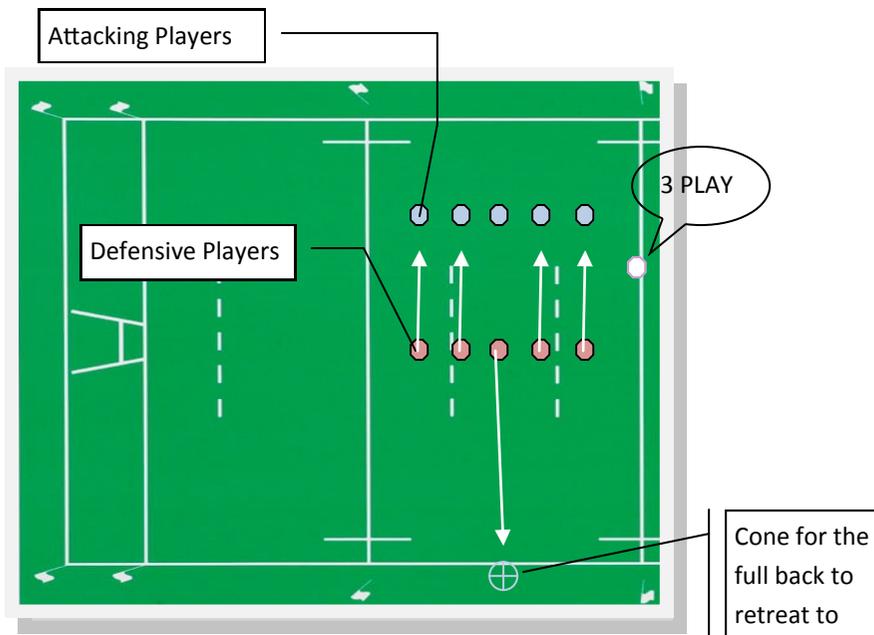


RUGBY LEAGUE COACHING

Small sided games session plan



INSTRUCTIONS

Start with a drill situation that resets after each play

Coach calls a defenders number out (one is always on the side the coach is on) and then play where he feeds the ball into the nearest attacker.

The defensive line pushes up at pace apart from the defender who's number has been called who stays static.

The attack have to put the ball through hands to put the player opposite the gap through the hole.

Reset and go again, don't forget to swap the side the ball is fed from.

KEY COACHING POINTS

- Correct grip and carry, Hands up for the catch
- 6'oclock pass
- Run Good Lines (On players outside shoulder and run into the gap.
- Push in support and communicate
- General communication, (tell ball carrier where the hole is)
- Draw the defender (When the fullback is included)
- Defence to nominate and push at pace
- Defend against the space (Leave the gap open and the player to go through it.

ADVANCE THE DRILL

- ♦ The left out defender has to turn and retreat to a cone and then defend the attack at fullback. Attackers to push through in numbers to support.
- ♦ Defence have to retreat 5 before moving in, Communicate and nominate.
- ♦ Attack have to get a set number of passes in before the runner goes through the gap so they may have to go past the hole and work back to it.
- ♦ 2 handed tag game, defender that makes the tackle has to retreat to own try line before coming back into the defensive line. Attack have to try and play into the hole left, defenders have to cover it. (In a channel)

Visit www.rlcoaching.co.uk for more small sided game ideas

Improvements?

Can you think of any improvements that could help other coaches? Please comment on the website

