

Attack v Defense – Quick Passing and Defense

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Equipment - 1 ball, 11 cones, and tackle suits (optional)

Description:

- Attackers ● receive a halfback pass from ●
- The attackers run forward and straight passing the ball laterally
- The defenders ● try and stop the attackers from scoring. Two handed tag.
- Once the defenders have stopped the attack or the attackers have scored a try the drill begins from the beginning.

Progressions

- Increase more defenders
- Make the halfback become a support player
- Decrease the distance between markers so the drill is done with high intensity
- Add tackling

Coaching Points:

- Attackers must have soft hands and reach for the ball – pass quickly across the body
- Attackers must run straight
- All players whether on attack or defense must communicate
- Footspeed must be quick

Diagram:

