

Description:

- On the coaches call ● runs through the gate and cleans-out the hit shields ■
- At the same time ● re-align ready for second phase attack
- 9 passes the ball from last hit shield to the attacking line.
- ● Defends against the attacking line
- Once the attackers have engaged into contact against the defenders ● folds around and re-aligns ready for the third phase

Variations/Progressions

- Instead of having hit shields have players in tackle suits so players can perform a live tackle situation.
- Have the attacking line perform all their attacking options off phase play

Coaching Points:

- ● Runs through the gate and engages into contact parallel to the sideline. Very important that the head is up, body position is low(bend at the knees – squat) and the players lead in with their shoulders and not their hands
- Important for the attackers to have good running lines – run straight, pass across the body, keep good depth and communicate.
- Defenders must practice their teams defensive system e.g. Drift, rush, man-on, man-out

Diagram:

