

## Phase Play – Support and Running Lines

Compiled by Kent Currie

**Equipment** – 1 ball, 7-8 cones, 3 hit shields, 4 agility poles and tackle suits (optional)

### Description:

- 4 players ● start with a ball and act as the first phase. ■ Are shield holders. ● Is the second phase. | Are agility poles
- First phase line runs forward and passes the ball laterally. The last player takes the ball into contact and the players who have passed the ball support and recycle the ball.
- Once the ball has been maintained the second phase line picks the ball up and runs through the agility poles while drawing & passing the ball. Players run to the inside of the poles to ensure straight line running

### Progressions:

- Have a Halfback to start both lines off
- Put the shield holders into tackle suits so they can contest the ball
- Replace agility poles with defenders in tackle suits and have the second phase line going into contact and then the first phase quickly getting back to their feet and performing a third phase.
- Add in switches, loops blockers and sliders.
- Have ball carriers that are going into contact staying on their feet and his primary support players forming a maul.

### Coaching Points:

- First phase line must run straight and pass across the body. The pass should be performed with one fluent motion – don't bring the ball into the body – Hands out at all times.
- The cleanout must be performed with low body positions and leg drive. The player who has taken the ball into contact must engage into contact with the ball away from the defender. Support runners must enter contact leading in with their shoulders as opposed to leading in with their hands.
- Second phase line must time their runs effectively. Players must have good depth and perform an arc and straighten through the agility poles.

