

## Phase Play Attack – Counter Attack drill

Compiled by Kent Currie

Equipment - 1 ball, tackle suits (optional)

### Description:

- 9 starts the drill by passing to the kicker.
- ● Defend the counter attackers ● who run for space and then set up a ruck.
- ● Must run and get into a position to support the counter attack and reload for a second phase attack.
- ● Defends the second phase attack

### Progressions

- Increase the level of contact
- Increase the number of phases to 3 or 4

### Coaching Points:

- ● Must catch the ball on the full and the support players must get behind the ball carrier
- The counter attack must run for space
- ● Must reload with depth and width and run for the space – this must be done with urgency and speed
- ● Must react quickly and position themselves in a position to cut down the second phase attack – communication and staying in a line is important.

### Diagram:

