

Session 6

Ball Handling, Game Application

TRAINING SESSION FORMAT

Session 6– Ball Handling and Game

Group – TryRugby Walla

Application

Session Objectives

- Develop an understanding of the Walla Tag
- Develop an understanding of working as a team
- Improve skills through Attack v Defence Play Games

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Stuck in the Mud

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 3 – Ball Take Stuck in the Mud

Key Points

- As above

Activity 4 – Ball Take Walla

Key Points

- As above
- Support player to maintain depth

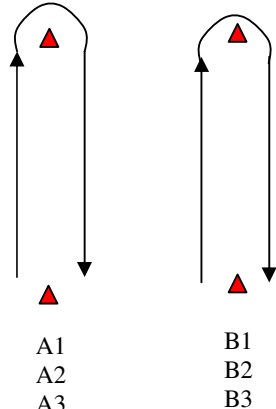
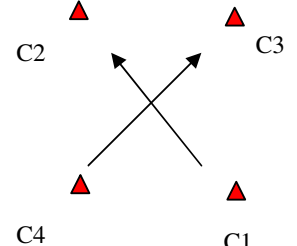
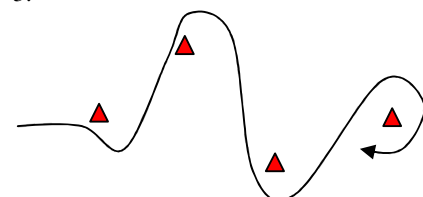
Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<div> <input type="checkbox"/> 8 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags </div> <div> <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other: </div>		
Description <ul style="list-style-type: none"> A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2) Once the whole group has been through then they sit down, the winner is the first team to sit down Depending on the skill level, players will perform the skill while stopped at the end marker or while running Progress according to skill level in order to maintain interest i.e.. from ball in two hands – pat the ball (various heights) – round the body – round the head – figure of 8 - clap and catch – high throw and catch – pass left/right etc 		Variations/Progressions <ul style="list-style-type: none"> Change the drill to a four corners drill or cross-over drill (2) Catch the ball above the head, below the waist, pick & place, move to receive the ball Extra markers can be set up for the players to weave in and out of (3) Anything the coach can think of to increase the difficulty or make more interesting 	
Coaching Points <p>Catch</p> <ul style="list-style-type: none"> Head facing the ball, hands up & fingers spread Turn the shoulders towards the target Reach for the ball with both hands, elbows up Watch the ball into soft hands <p>Pass</p> <ul style="list-style-type: none"> Hands and elbows up, fingers spread Hold the ball outside hip, lean forward over the ball Turn head quickly to look at the target Transfer the ball across the body towards the target Fingers point at target after pass 		Diagram <div> 1.  </div> <div> 2.  </div> <div> 3.  </div>	

ACTIVITY NAME:	Stuck in the Mud			NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- 6 players start with balls (A) and 2 defenders (D)
- Defenders attempt to tag the Attackers with a two handed Walla tag
- When an attacker is tagged they must remain stationary (stuck) with their legs astride. Other attackers can free the tagged (stuck) players by crawling through their legs
- Once everyone is tagged or time has run out the defenders and attackers should swap roles
- Players should be encouraged to free their team mates

Variations/Progressions

- Add more defenders
- Take some balls away and only allow the taggers to tag a ball carrier. Ball carriers are not allowed to move

Coaching Points

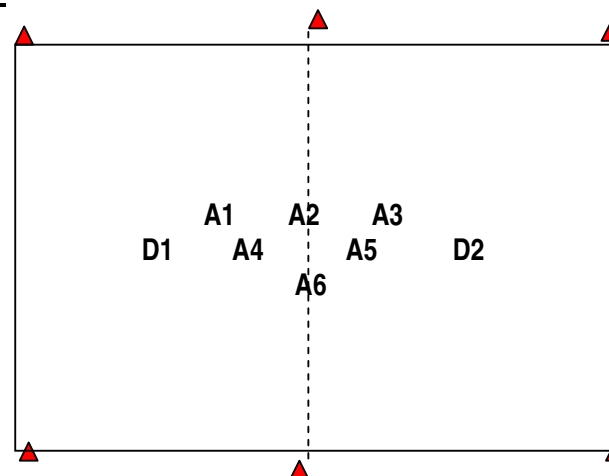
Evasion

- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Stuck in the Mud			NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- 6 players start with 2 balls (A) and 2 defenders (D)
- Defenders attempt to tag the Ball carriers with a two handed Walla tag
- When a ball carrier is tagged they must remain stationary (stuck) and turn and hold the ball out to perform a ball take. Other attackers can free the tagged (stuck) players by grabbing the ball with two hands and passing the ball to another attacker
- Once time has run out the defenders and attackers should swap roles

Variations/Progressions

- Add more defenders
- Ball carriers can't run when they have the ball

Coaching Points

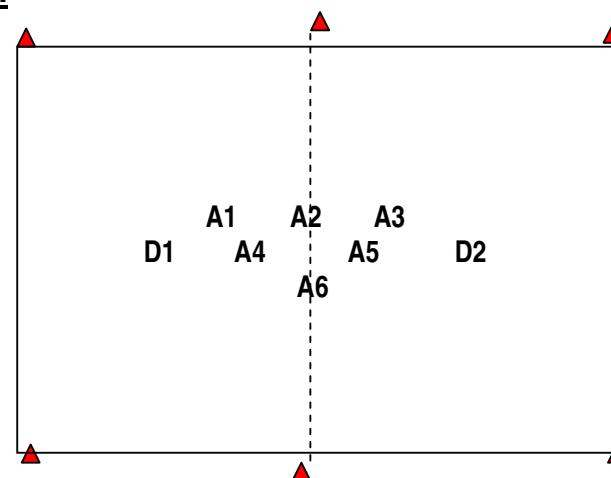
Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Walla			NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- This is similar to a game of Walla with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram

