

# Session 3

## Ball Handling, Evasion, Tracking & Tagging, Game Application

# TRAINING SESSION FORMAT

## Session 3 – Ball Handling, Evasion, Tracking & Tagging, Game Application

## Group – TryRugby Walla

### Session Objectives

- Improve an understanding of Ball Handling and passing
- Improve an understanding of evasion, tracking / Walla tagging
- Improve body position in Walla tag
- Use catch & pass in a game situation
- Develop an understanding of attack & defence
- Develop an understanding of working as a team

### Equipment Required

- 24 Markers
- 4 Spare balls

## Session Plan.

### Activity 1 – Agility Slalom

#### Key Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

### Activity 2 – Passing Chain (short & long) static & dynamic

#### 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 3 – 1 v 1 (static), 2 v 1 Beat the man

#### 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 4 – EdRugby Invasion Game

#### Key Points

- As above

#### Warm Down

### Evaluation

### Injuries

### Next Session – Coach

### Next Session – Players

Players to bring water bottle & ball

<b>ACTIVITY NAME:</b>	<b>Agility Slalom</b>			<b>NUMBERS:</b>	2+
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

### Description

- In a grid that is 20m wide and 40m long, set out a series of agility poles as gates or use markers.
- Ensure these are off set to create a zig-zag pattern.
- Have players arranged in groups of three or four and take turns to move through the course.
- Individuals race each other, or a group can race another group as a team relay.

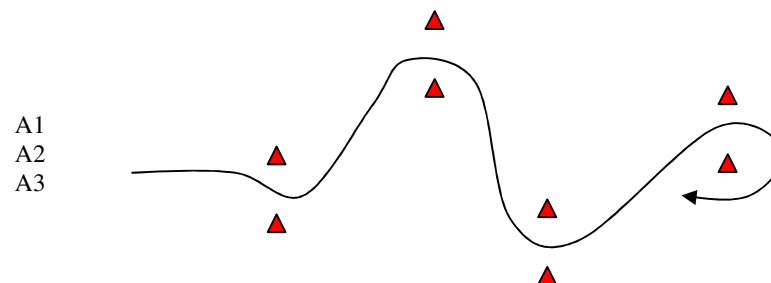
### Variations/Progressions

- Carry a ball
- Remove one agility pole or marker and have players run laterally and backwards on the return leg

### Coaching Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

### Diagram



<b>ACTIVITY NAME:</b>	<b>Passing Chain (short &amp; long) Static &amp; Dynamic</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="text" value="2"/> Footballs <input type="text" value="12"/> Markers <input type="text"/> Shields <input type="text"/> Tackle bags <input type="text"/> Contact suits <input type="text"/> Agility poles    Other:		

<b><u>Description</u></b> <ul style="list-style-type: none"> <li>4 Players (A1 – A4) stand between the markers and perform a controlled lateral short pass.</li> <li>Rotate the positions after a number of repetitions</li> <li>Progress the 4 Players (B1 – B4) stand between the wider markers and perform a controlled lateral long pass.</li> <li>Ensure players work on the short pass before migrating to the long (spiral pass). Once the 4 players have mastered this, have them move up and down the channels in the grid whilst attempting the short and lone pass.</li> </ul>	<b><u>Variations/Progressions</u></b> <ul style="list-style-type: none"> <li>Have the players progress to moving – walk, jog and run, up and down the channels.</li> </ul>
<b><u>Coaching Points</u></b> Catch <ul style="list-style-type: none"> <li>Head facing the ball, hands up and fingers spread</li> <li>Turn the shoulders towards the target</li> <li>Reach for the ball with both hands up, elbows spread</li> <li>Watch the ball into soft hands</li> </ul> Pass <ul style="list-style-type: none"> <li>Hands and elbows up, fingers spread</li> <li>Hold the ball outside hip, lean forward over the ball</li> <li>Turn head quickly to look at the target</li> <li>Transfer the ball across the body towards the target</li> <li>Fingers point at target after pass</li> </ul>	<b><u>Diagram</u></b> <p>The diagram illustrates the setup for the Passing Chain drill. It shows a grid with three rows of markers, represented by red triangles. The top row has three markers. The middle row has four markers labeled B1, B2, B3, and B4. The bottom row has four markers labeled A1, A2, A3, and A4. The markers are arranged in a staggered pattern, with B1 and B4 aligned with the first and third markers of the top row, and A1-A4 aligned with the second and fourth markers of the top row.</p>

<b>ACTIVITY NAME:</b>	<b>1 v 1</b>				<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags		
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:			

### Description

- In a grid an attacker (**A**) begins at one end and a defender (**D**) begins in the middle opposite.
- (**A**) carries with the ball
- Grid should be relevant to the defenders normal position in a game. i.e. a prop should work in a smaller grid as they often defend in a smaller area (e.g. next to a ruck) compared to a winger who would have more area to defend
- Attacker should accelerate quickly to cross gain line
- Defender can only move laterally
- Attacker should attempt to fix the defender, forcing defender to make the tag from the side or behind
- Attacker should vary his/her starting position

### Variations/Progressions

- D begins by passing the ball to A who catches and immediately attacks
- D begins at the end of the grid and can move in any direction
- Change the grid shape by opening the defenders end (making it wider than the attackers end). This will form a funnel shape.

### 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

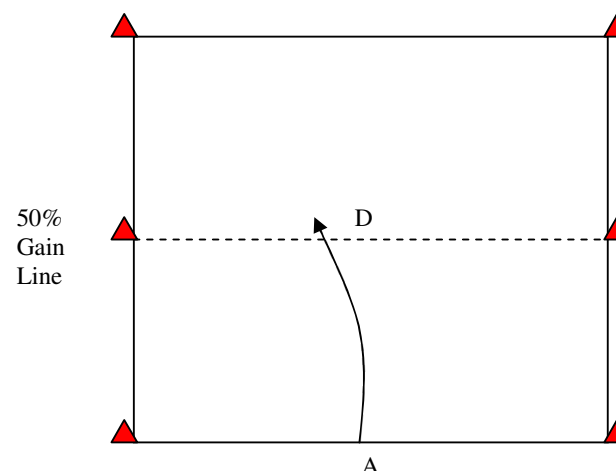
#### Tracking

- 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

#### Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

### Diagram



<b>ACTIVITY NAME:</b>	<b>2 v 1 Beat the Man (coach start)</b>			<b>NUMBERS:</b>	<b>3+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 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

- 2 Attackers (A1,A2) v Defender (D)
- Coach (C) starts by throwing the ball to A1, A1 and A2 attempt to beat the defender (D)
- A1 and A2 can run any line they want
- D1 must work hard to get off the line and cut down time and deny space
- Defender to make a 2 handed tag on the attackers

### Variations/Progressions

- Make the defender attempt to push the attacker out of the grid
- Add more attackers and defenders

### 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

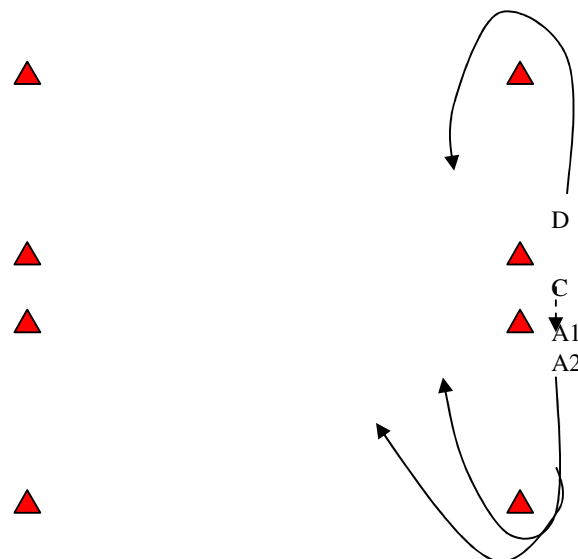
#### Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

#### Receiver

- Change your speed or angle of run to run into space
- Call for the ball
- Use fast feet and accelerate onto the ball
- Run into space

### Diagram



<b>ACTIVITY NAME:</b>	<b>EdRugby Invasion Game</b>			<b>NUMBERS:</b>	6+
<b>EQUIPMENT:</b>	<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
- 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 defenders must step back 3m and the person who was tagged restarts play by passing to a team mate
- 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

