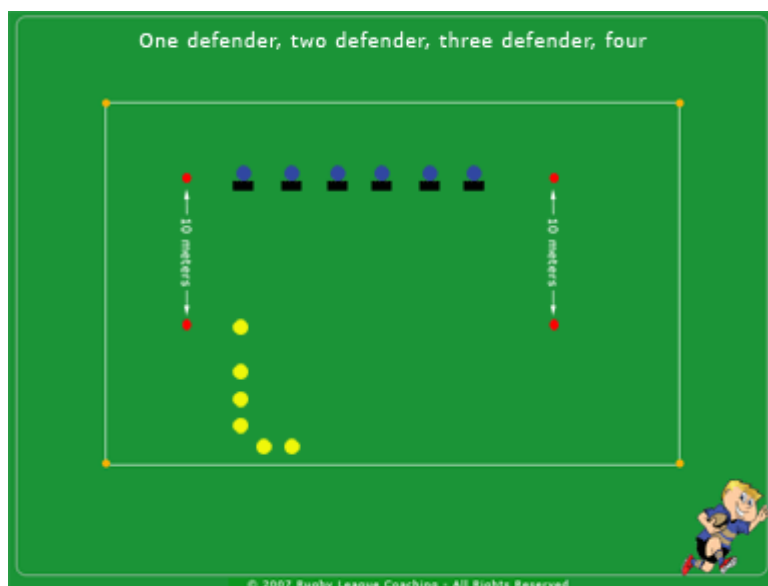


RUGBY LEAGUE Coaching



One Defender, Two Defender, Three Defender, Four



INTRODUCTION

This defensive drill works on a number of the core defensive skills as well as getting your defenders working together as part of a defensive unit. This drill will also work on player fitness when done continually for a set number of minutes.

INSTRUCTIONS

This is a drill that can be carried out in a really confined space with anything from 4 to 8 or 10 defenders depending on the number of tackle shields you have available.

Set your attacking line up with the number of tackle shields you have available and your first defender 10

meters away from the first attacker with the rest of your defenders in a line behind them.

1st man moves in and makes the tackle, using the correct technique but doesn't drive the player or take him to the ground and then slides across to attacker 2 as he retreats the ten. Your first player should then communicate with the next man and they go in and complete the tackle together.

Coaching Points

Get your players to signal at the attacker they are defending against.

Make sure the line looks to make sure everyone is set, that they communicate and move in together maintaining the line.

1st impact in the tackle should be the shoulder, grip around the back with the arm connected to that shoulder and then lever the opposite leg.

Are your players practicing the tackle on both shoulders by alternating?



EXTENDING THE DRILL

Allow the attacking line to move in making the drill a full contact one.

Remove the tackle shields so that the players get used to the contact.

Complete the drill by having the defenders lift the leg, drive and then ground the attacker. When doing this one complete the drill by working the floor and offloading to the marker position.