

Drill Name

Contact & Alignment

Drill Code: Alignment

Continuity

Equipment: 1 ball, 4+ hit pads

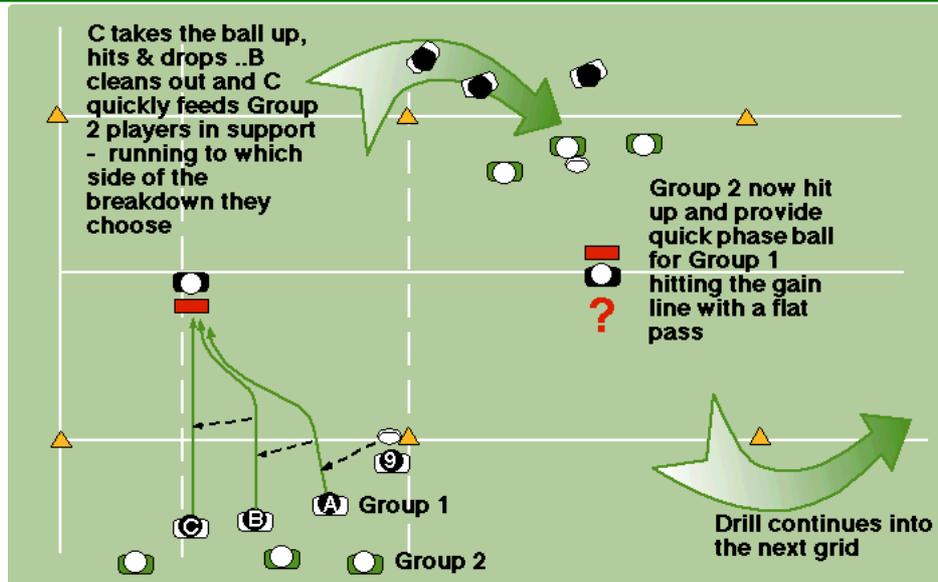
Suitability

Secondary

Club +

Grid Size Half Field

Group Size 7 (Backline)



Drill Description

Coaching Points

Two rows of cones are laid out across the field forming 3 or more grids. The rows are about 20m apart and the cones within each row are about 15m apart. If available use field lines as suggested in the diagram.

One or two defenders with hit pads are positioned in the first grid. The backline breaks up into 2 groups of 3 players with the scrumhalf starting the drill and then working with either group as they work through each grid and up the channel.

Group 1 puts the ball through the hands with the end player, **C**, taking the ball up and aggressively making a hit on the player with the pad before dropping and placing. **Player B** cleans out and **Group C** feeds players from **Group 2** on the burst on either side and with whatever alignment they choose.

When the pad holders are passed they should slide on to the next vacant grid to prepare for another attack.

Group 2 players now lead around the yellow cone as shown and enter grid 2. The ball carrier places the ball on the line near the corner cone and the 3 players in **Group 2** position off the ball quickly in readiness for the clearance by 9 as soon as he arrives at the ball. The groups now repeat the exercise in grid 2, this time with **Group 2** leading.

As the backline improves add to the attacking options they use and give more freedom to the defenders.

If the player making contact stays on his feet, the player "hitting up" must -

- (i) get strong on his feet and protect the ball - holding it firmly to the chest with elbows out and rotating the shoulders
- (ii) The primary support player should be the player on the immediate inside of the player making contact
- (iii) The support player should secure the ball and quickly distribute with a screen pass or move the ball away from the initial contact area.

