



Drill No.	Colours Touch	Date	June 2006
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Objective	Spatial awareness, Communication, Decision making, Attacking skills into space
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Equipment

Balls	1
Cones	12
Shield	N/A

Bags	N/A
Suits	N/A
Bibs	N/A

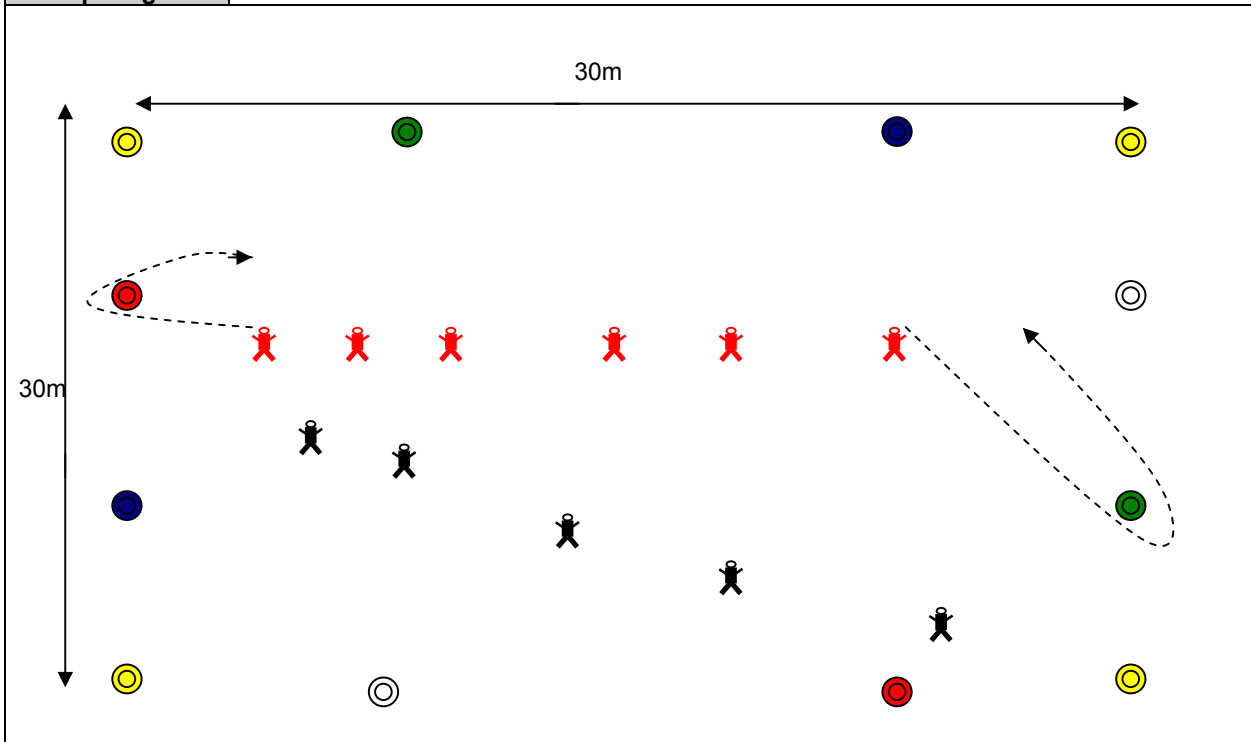
Drill Requirements

Area	30x30 grid
Players	All
Time	

Drill Description

- Each player is given a colour
- When the attacking team are mounting an attack if colour is called all defensive players with that colour runs around the nearest cone of that colour
- For conditioning and realignment purposes all players can run around an allotted cone colour.
- Coach must have two rugby balls to ensure a fast game and a change of defence to attack at times.

Set Up Diagram



Key Coaching Points

- Look-Think-Do Process
- Visual Acuity-Looking for space
- Spatial awareness
- Communication-Highlighting spaces and mismatches
- Evasion skills and footwork
- Decision making-How to attack the space
- Skills needed to attack space

Relevance to the game

This game is excellent for visual acuity and counter attacking. Spaces are created by the leaving defenders, which the attackers have to identify, decide on the appropriate action, and attack it. This game promotes identifying and attacking space, communication and handling.