



3 v 2

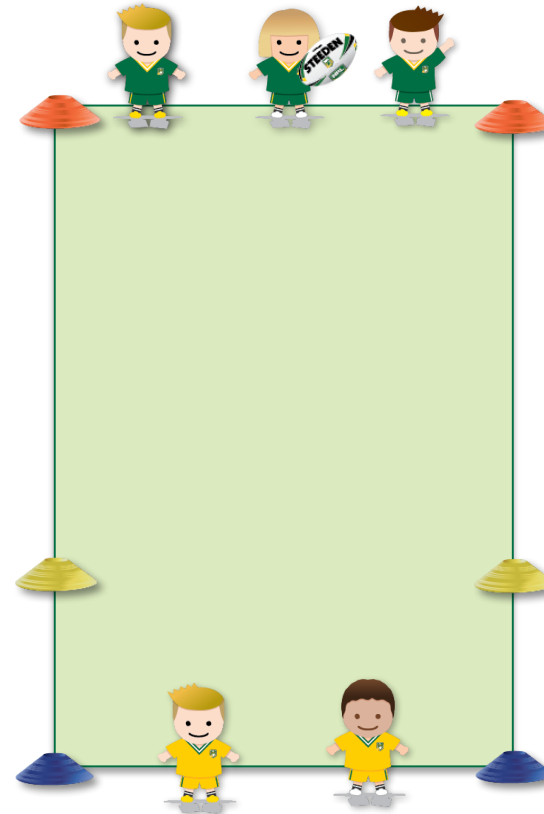
Skill - Catching and Passing

TYPE
Open

AGE
11+

Description

- » Defenders (yellow) line up on the try line (blue markers).
- » Attackers (green) line up between the red markers at the end of the grid in a line of three.
- » On coaches whistle, the two defenders proceed to the yellow markers, then turn and run back to the try line as quick as possible, before moving forward off their line again.
- » As soon as the defenders return to the blue markers, the attackers can begin to move forward.



Field Size
(10m)



Players



x 3
(minimum)



x 2
(minimum)

Progression

- » Have attackers begin when the defenders touch the yellow markers, so attack is coming while defenders are retreating to the blue markers.
- » Have the coach throw the ball in to the attackers to mix up who starts with the ball.

Equipment



x (6) Markers



Whistle



x (2) Footballs Per Grid



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