



Drop off Game

Skill - Attacking Fundamentals

TYPE
Game

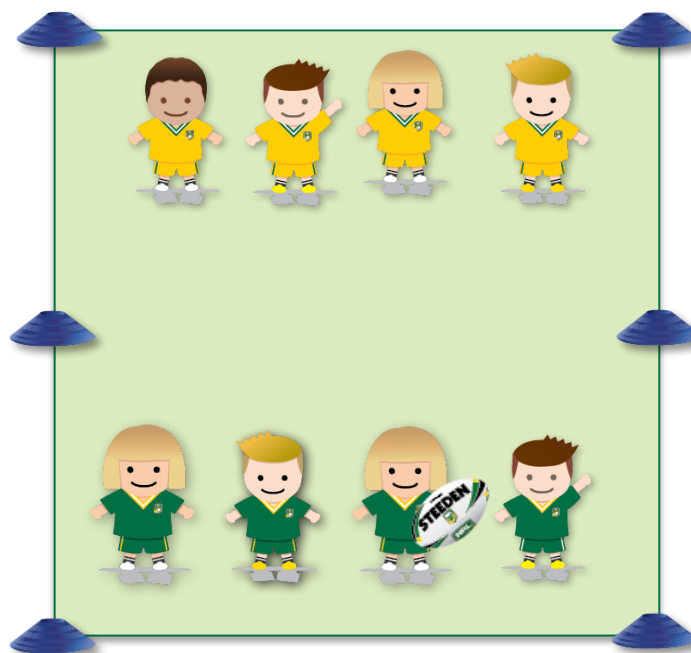
AGE
10+

Aim

- » Improve your teams vision and ability to identify space in the defensive line. Also good for defensive communication and scramble.

Description

- » The attacking team has 4 tackles to score a try. Each time a defender makes a tag, they must run around one of their own corner posts before they are allowed back in to the defensive line.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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