



# Three Channel Game

## Skill - Attacking and Defensive Fundamentals

TYPE  
Game

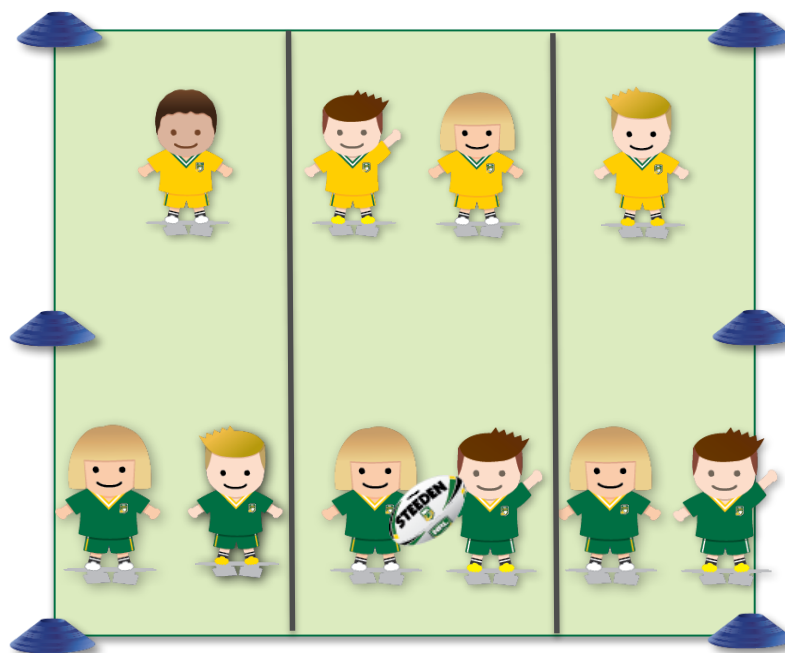
AGE  
13+

## Aim

- » To teach players to play straight and not run across field with the ball.

## Description

- » The attacking team (green) starts with 2 players in each channel. These players must stay in the channel at all times.
- » The defenders (yellow) have 2 players in the middle channel and 1 player in each outside channel.
- » Then let the attackers attempt to score a try.
- » As a progression, allow the yellow players to roam across the 3 channels.



## Equipment



x (6) Markers



Whistle



x (1) Football

## Players



6 attackers and 4 defenders

## 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



PLAYNRL.COM