

## ACTIVITY: 7 V 3

This drill is used to work the players Decision making skills, Catch/Pass, Evasion, Communication and Scramble Defense skills under fatigue.



### HOW TO PLAY

- Overload the Attack to provide the ball carrier with options 7 v 3
- Two teams of 7, when defending only 3 defenders at a time can be used
- Play from the 22m line attacking the try line, using 15m line to 15m line for the width
- Defenders start on the try line
- Play starts when a ball is kicked or passed into the attack
- The Attack must score a try without being touched, if touched the attack ends
- If the Attack scores or ends that ball is out of the game and a new ball is then thrown in behind the Attack
- The Attack must realign and the Defence must get back to the try line before they can defend again
- This drill can be run continuously for two

### CONSTRAINTS

There are multiple adaptations and constraints available for this drill:

1. Run the drill continuously for two minutes to work players under fatigue
2. Reduce time depending on fitness level of the group
3. Emphasis on work ethic and on width to stretch the defenders
4. Rotate defenders after each attack to keep intensity on the attack
5. Increase the number of defenders to create more pressure
6. Reduce the number of defenders to make it easier for the attack

### COACHING REVIEW

**Stop – Start – Continue**

1. What worked well in this drill?
2. What didn't work so well?
3. What will I do differently next time?

### COACHING CUES

- Ball in two hands
- See Space, Attack Space
- Move the defender (commit)
- Communicate early (give options)
- "W" Catch early as you intend to pass it
- Load to Hip
- Punch and Point
- Finish square, go forward and support