GAME: OVERLOAD ATTACK

This game can work on a number of different cornerstone skills. Attacking players must try Identify and actively exploit space.

HOW TO PLAY

* The pitch size will vary depending on the number of players on each team. Smaller pitch will mean more touches on attackers but will also encourage and develop better footwork.

* More Attacking players than defenders.

*Game can be started from a similation ruck, lineout, scrum or kick off.

* On a touch or tackle attacker fights/falls forward and presents the ball back to support.

 * The coach can decide to have 1 or 2 attackers support over the ball showing effective ruck clearout or low and compact technique.

* The defender who made the touch or tackle takes a knee until SH passes from the Breakdown.

GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. The Attacker must use footwork pre contact .
2. If attackers are to slow to resourse the ruck turnover the ball.
3. To make it harder for the defence give them less numbers so the attack should have more success.
4. Make pitch wider…make pitch give more opportunity to the attackers and increase pressure on the defenders.
5. Increase the amount of bodies needed to resource the ruck.
6. Poor technique or failure to clear ball in time means turnover.

COACHING CUES

Key Coaching Cues:
* Anticipation
* Height
* Grip with T-rex arms
* Low and Compact

COACHING REVIEW

Stop – Start – Continue

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