

GAME: OVERLOAD DEFENCE GAME

This is a game used to develop players understanding of how and why you can use linespeed in defence to put pressure on the attacks skill set.



HOW TO PLAY

* The pitch size will vary depending on the number of players on each team. Smaller pitch will mean more Tackles

* Overload the Defensive Team.

* Players in Defense can now bring Linespeed Looking for the 'GO'.

* The defender will now see less numbers in attack so must put pressure on the attack with proper spacings and big Linespeed.

* The Defender still looking at tackle tech and approach to tackle

* The defender who made the tackle looking to get to feet ASAP

COACHING CUES

Fundamental Movement Cues:

- Linespeed
- Spacings in D
- Boxers arms
- Boxers feet
- Shoulder&Bite
- Wrap/Chop/Squeeze
- Ear in Pocket

GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. More Numbers in Defensive line
2. Start with 1 tackler to make the tackle so as to develop everyones technique
3. The Defence must bring Linespeed to close and pressurise the Attack
4. Progress to bring in Poach/Blast if you see fit
5. Increase or decrease the Defenders as the players progress (defenders in backfield)
6. Make pitch wider...make pitch narrower
7. Poor technique or safety issues please stop and correct technique

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?