


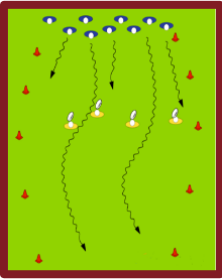
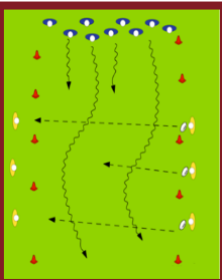



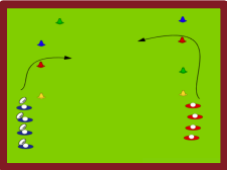




# Ball Carry & Evasion



TIMING	GAME/ACTIVITY	VIDEO (click on to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(10 mins)	<p><b>Introduction to Big Rocks – Pre Session Individual Primers</b></p> <p><b>EVASION</b></p> <ol style="list-style-type: none"> <li>1v1 “Feet”</li> <li>2v2 “Feet-Fight-Play”</li> </ol> <p><b>BALL CARRY</b></p> <ol style="list-style-type: none"> <li>1. Tuck &amp; Fend</li> </ol>	 	<p><b>Transfer ball away from defender</b> -create distance between the ball and the defence</p> <p><b>Tuck the Tip, Tighten the Grip</b> sliding outside hand up to the top of the ball and protect the bottom by tucking under the elbow applying pressure with 3 points of contact – hand, bicep, chest.</p>
(5 mins)	<p><b>Warm Up- 1v1 Tag</b></p> <p><b>Stop Game briefly to include:</b> Squat – Lunges – Leg Swings etc.</p> <p><b>Play while:</b> Hopping L/R- Skipping – Bounding etc.</p>		<p><b>Feet</b></p> <ul style="list-style-type: none"> <li>- Change up</li> <li>- Adjust height / stay low</li> <li>- Chop into the space late</li> <li>- Power off the inside foot</li> <li>- Sharp angles</li> </ul>
(10mins)	<p><b>Warm Up Game - BULLDOG</b></p> <ul style="list-style-type: none"> <li>• Nominate Bulldogs</li> <li>• Can be played as touch with either 2 handed touch or Bulldogs have a rugby ball each and touch player with the ball.</li> <li>• Run from one end to the other without getting tagged</li> <li>• If tagged, they join the bulldogs.</li> <li>• Last man standing wins.</li> <li>• Restart changing the bulldogs.</li> </ul> <p><b>Alternative - ROLLER BULLDOG</b></p> <ul style="list-style-type: none"> <li>• Bulldogs will stand either side of the runway and roll (NOT THROW!) balls to the far side.</li> <li>• Runners will start at one end and on coache’s whistle try to get to the other end without being touched by a ball.</li> <li>• If touched they join the bulldogs.</li> <li>• Last man standing wins.</li> <li>• Restart changing the bulldogs.</li> </ul>	 	<p><b>See space, Attack Space;</b> scan, footwork/rolling onto the ball. Post receiving ball; scan &amp; evasion</p> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li>- Change up</li> <li>- Adjust height / stay low</li> <li>- Chop into the space late</li> <li>- Power off the inside foot</li> <li>- Sharp angles</li> </ul>
(10 mins)	<p><b>GAME(s)– End Ball</b></p> <ul style="list-style-type: none"> <li>• 7 v 7 (7 v 6 mini’s)</li> <li>• 20m x 20m (adjust to players ability)</li> <li>• Tackle – 2 handed touch on shorts</li> <li>• <b>Add constraints</b> –</li> </ul>		<p><b>See space, Attack Space;</b> scan, footwork Post receiving ball; scan &amp; evasion</p> <p><b>Transfer ball away from defender</b> -create distance</p>

	<ul style="list-style-type: none"> <li>- <b>Attacker can only take 1 step when in possession of the ball</b></li> <li>- <b>Can't take any steps when in possession of the ball</b></li> <li>- <b>Defenders can only shadow 1 attacker</b></li> <li>- <b>Defenders can defend any attacker</b></li> <li>- <b>Attackers only get 5 passes to try score/knock ball off the cone etc etc</b></li> </ul>		<p>between the ball and the defence.</p> <p><b>Sight support</b> assess risk factor, scanning decision - offload or finish with ball presentation</p>
(10 mins)	<p><b>1v1 – Colour Cone Evasion</b></p> <ul style="list-style-type: none"> <li>• 10m x 10m Grid (adjust as required)</li> <li>• Coach calls a colour cone</li> <li>• Ball carrier and defender run around that colour cone</li> <li>• Ball Carrier tries to evade tackler and score a try</li> <li>• Tackler 2 handed touch on shorts</li> <li>• Max 8 players per grid</li> </ul> <p><b>Progression</b> Add 2<sup>nd</sup> Attacker so coach will call “Attack Red (Ball Carrier) &amp; Yellow (Support)– Defence Red”</p>	 	<p><b>Feet</b></p> <ul style="list-style-type: none"> <li>- Change up</li> <li>- Adjust height / stay low</li> <li>- Chop into the space late</li> <li>- Power off the inside foot</li> <li>- Sharp angles</li> </ul> <p><b>Transfer ball away from defender</b> -create distance between the ball and the defence.</p>
(10 mins)	<p><b>GAME(s)– RUGBY PRIME (2 Touch Rugby)</b></p> <ul style="list-style-type: none"> <li>• 7 v 7 (7 v 6 mini's)</li> <li>• 20m x 20m (adjust to players ability)</li> <li>• Tackle – 2 handed touch on shorts</li> <li>• On 1<sup>st</sup> Tackle Ball Carrier can keep playing <b>but can't score</b></li> <li>• On 2<sup>nd</sup> Tackle (different defender) Ball Carrier must take action dependent on coaching focus: <ul style="list-style-type: none"> <li>○ stop and pass</li> <li>○ turnover</li> <li>○ go down and present ball</li> </ul> </li> <li>• On scoring a try ball is left on ground and opposition can play straight away or Turn &amp; Burn</li> </ul>	 	<p><b>See space, Attack Space;</b> scan, footwork/rolling onto the ball. Post receiving ball; scan &amp; evasion</p> <p><b>Transfer ball away from defender</b> -create distance between the ball and the defence.</p> <p><b>Two hand offload option</b> <b>Control the ball</b> -can we get two hands back on the ball? <b>Fingers towards the target</b> <b>One hand offload option</b> <b>Control the ball</b> -are we controlling the top tip? <b>Point the nose</b> of the ball <b>Fingers towards the target</b></p>
(5 mins)	<p><b>Cooldown</b> <b>Stretch &amp; Review</b> Check for Understanding</p>		

[Munster Rugby Coaching Resource Playlist:](#)

[Munster Rugby Coaching Children Playlist:](#)

Further details on events and resources: [www.munsterrugby.ie/domestic/coaching](http://www.munsterrugby.ie/domestic/coaching)

**#MunsterStartsHere**