

# GAME: SQUEEZE BALL

This is a game used to develop Catch pass and Alignment skills in Attack works on communication and work rate in a scramble defence..



## HOW TO PLAY

- \* The pitch size will vary depending on the number of players on each team.
- \* You can start with 2 equal teams.
- \* Play a normal touch or tackle game no contest at the breakdown, when a touch or tackle is made all defenders squeeze in shoulder to shoulder onside at the breakdown, the attacker only passes the ball when all defenders are in squeeze position.
- \* The Attackers must realize where the space is and use their catch pass skills to get the ball to space and score.
- \* The same thing happens on every touch or tackle.

## COACHING CUES

Key Coaching Cues:

- \* Hips square to try-line
- \* W up, catch as you intend to pass
- \* Punch and point at receiver
- \* Finish square, go forward & support

## GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. To challenge either the attack or the defence you can overload either one to challenge the other.
2. Smaller pitch will make it more challenging to the attackers and a bigger pitch will make it harder for the defence but also challenge the Attackers Catch Pass.
3. The defender who made the tag must retreat to his/her own try-line before coming back in to join the defence again.
4. Leave 1 defender stand away from the rest of the defenders to challenge the Attackers and then increase this number if you need to challenge the attack further.
5. Make pitch wider...make pitch narrower
6. If touched or tackled before 2 passes, turnover.

## 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?