



4 v 4 Ruck Defense

Attacking & Defensive Fundamentals

TYPE
Open

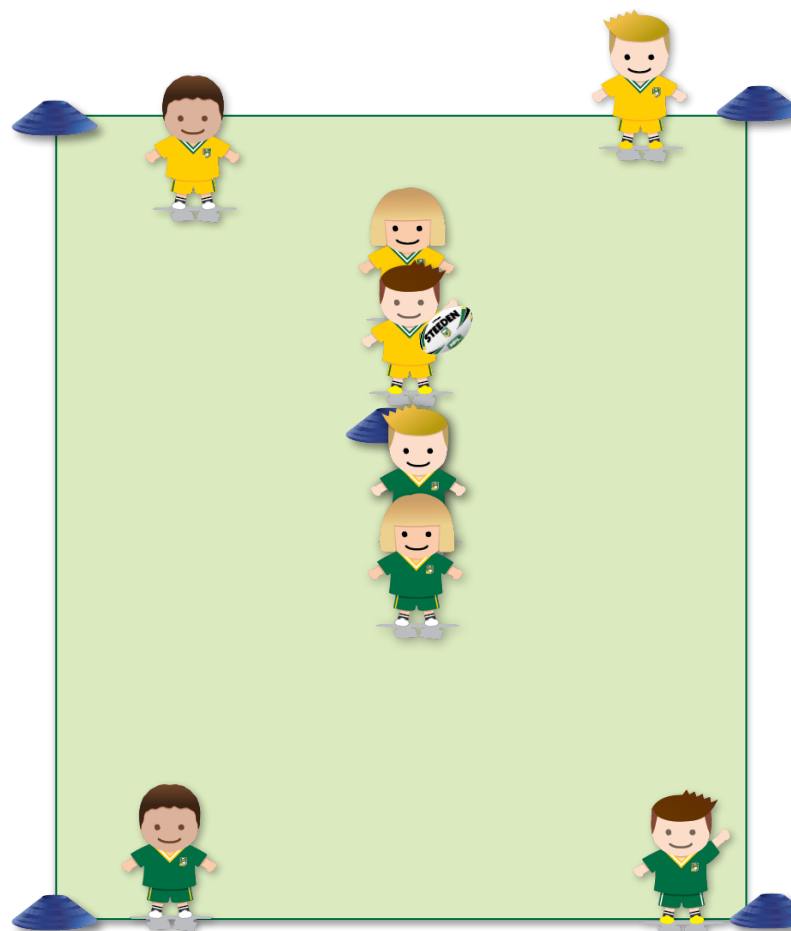
AGE
13+

Description

- » Set up for 1 play from a marker in the centre of the grid.
- » 4 attackers (yellow) play the ball and have 1 attacking play around the ruck
- » 4 defenders (green) set up with 1st marker, 2nd marker & an 'A' defender each side of the ruck.
- » Markers talking and 'A' defenders up quickly.

Progression

- » You can make the grid larger.
- » You can add in more players to have 'A', 'B' & 'C' defenders.
- » You can roll the drill down the field making it continuous instead of re-setting for 1 play each time.



Logistics

(10m)



(10m)

Players



x (4) Attackers



x (4) Defenders

Equipment



x (5) Markers



Whistle



x (1) Football



Click to watch the video



PLAYNRL.COM