



6 v 6 Ruck Defense

Attacking & Defensive Fundamentals

TYPE
Open

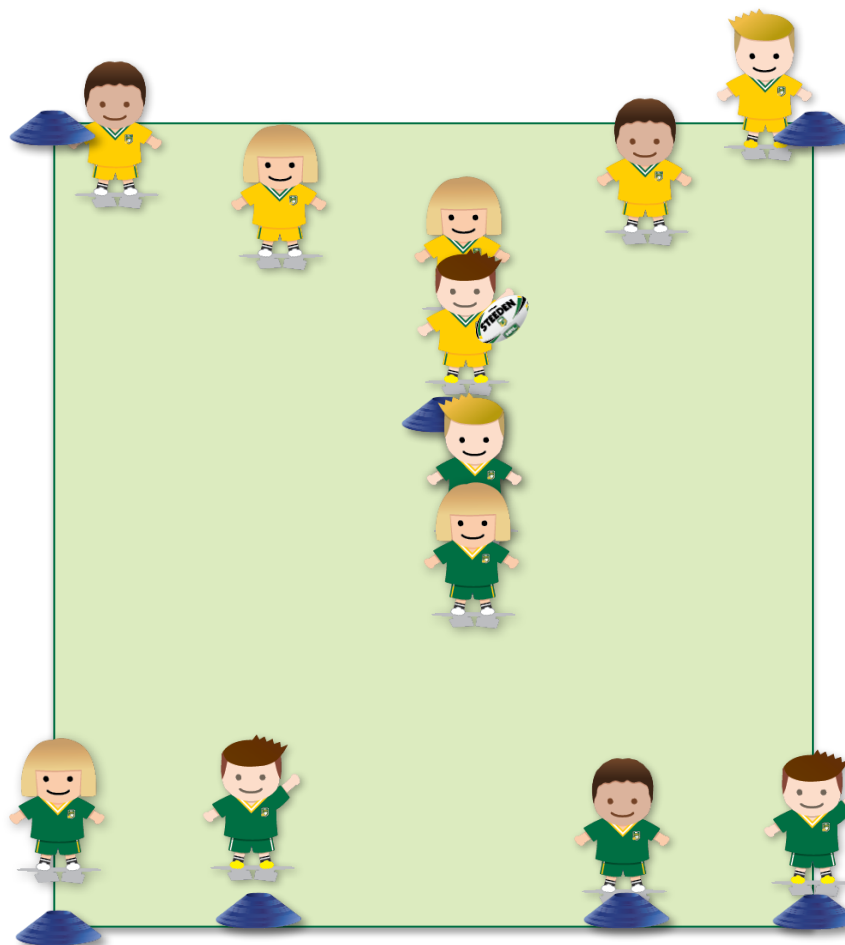
AGE
13+

Description

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

(15m)



(15m)

Players



x (6) Attackers



x (6) Defenders

Equipment



x (5) Markers



Whistle



x (1) Football



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