

Backs v forwards

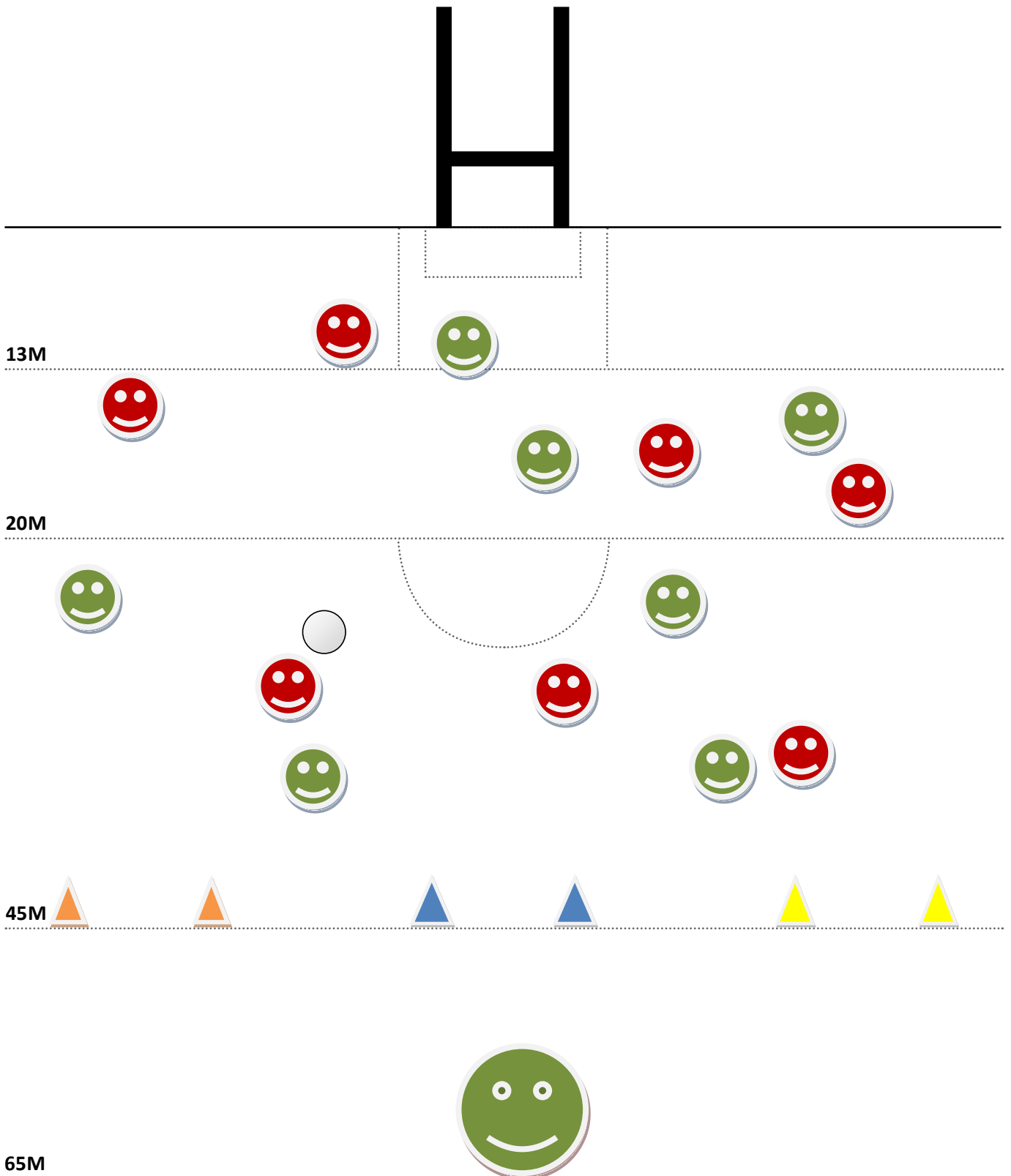
Basic game to wrap up a session where there aren't sufficient numbers to play a full pitch match.

Coach starts game with a throw ball on the 45. The team who wins the ball are on the attack.

If the defending team turn over the ball, they have to work it back out to the 45 before they can become the attacking side. If the attacking side turn the ball over again before the defenders reach the 45 then they are immediately on the attack again.

Develop the game

Put three different coloured gates along the 45 and if the attackers lose the ball, call a gate colour for the defenders to go through. This can encourage attackers to work harder to turn the ball over again.



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