



- Equipment:** 1 ball, 8 markers, 8 poles, bibs
Name: Thomas Drill 2 – Gates Touch
Category: Passing Technique, Support and Decision Making
Group Size: 2 groups of 7/8
Area: 40m x 40m field

Drill Explanation

- Stage 1. Four scoring gates are set up on each side of the grid. The gates are 3 metres apart
 Stage 2. Players may stand anywhere on the field – there is no off side. The coach gives the ball to anyone on either side. On receiving the ball, the attacking team (with the ball) attempts to score through any gate
 Stage 3. The game is continuous and possession is lost if an attacking player drops the ball; the attacking player is tagged (the game can be played with 3, 2 or 1 touches); or a try is scored through a gate
 Stage 4. To begin the attack, the ball may be passed in any direction. Depending on how many tags are allowed by the coach - when an attacker is tagged with the ball, possession is lost and handed to the opposing team
 Stage 5. To score, an attacking player must run through any of the 4 gates untouched
 Stage 6. On scoring, the team (which did not score), gains possession of the ball and attacks any of the other 3 gates. Defenders may not knock down the ball on purpose – but may intercept a pass
 Stage 7. Even after a turnover, teams cannot score through the gate where the last try was scored

Key Points

- Passes must be rugby passes – no overhead passes; no kicking
- Ball carrier must carry the ball in 2 hands
- A tag maybe made with one hand
- Supporting players must run into space to assist the ball carrier

Variations

- Change the size of the playing field
- Allow the attacking team to retain possession after scoring
- Defenders must tag with 2 hands below the waist