

Date:		Session Objectives:
Defensive Principles #18		Basic D Principles - Building good Habits COMPETE Front on Tackle Technique

TIME (Min)

6	WARM UP - MAPPING DRILL in 4s -	Communication, Up Square, Fill the space
		SKILL GAME
6	1. GAME: 7 v 4 SCRAMBLE D	FOCUS: Defence Stay CONNECTED Near Post to Sideline 4 plays - Flap Jack pre PTB Attack to Defence
10	2	SKILL REFINEMENT Building a Strong Straight Line Outside foot - Why? Not Reading a pass, Fill the Space COMMUNICATE & LINESPEED No Step Back, No Overchasing etc STAY CONNECTED
6	3. GAME: 7 v 4 SCRAMBLE D	Near Post to Sideline 4 plays - Flap Jack pre PTB FOCUS: Defence stay CONNECTED
		SKILL GAME
12	4. FRONT ON TACKLE TECHNIQUE	1. ATHLETIC POSITION - Stiff Core - Head in tight, Head Up Hose Drill + Coach in behind 2. TIMING - Simultaneous foot/shoulder contact 2 Step Drill. 3. FAST FEET Jump Drill
40	4. SHOOT THE ARMS THRU	Highlight difference between holding and lock up

Extras/Meetings:	Next Session:
Individual extras - Coach driven initially	

