



One on One

Equipment required:

4 cones, 1 football and tags

Aim:

To teach and develop footwork & evasive skills within a confined area, along with improving their tagging skills against agile opposition.

Action:

Player with the football attempts to score at either of the two try lines (marked below). The defender attempts to tag the ball carrier before a try is scored.

Progression:

Defending player can start with the ball and make a pass to the attacking player. Once the attacking player catches the ball the attacker can take off and attempt to score within the allocated area.

