

# Rugby League Drills for Mini-Footy and Mod League

**1. QUESTION: Why should coaches design and use drills?**

*ANSWER:* Drills are a simulation of an aspect of the total game. Drills provide a controlled experience where players can develop new skills or practise and refine those already learnt. Because drills are an ideal contrived situation, they provide an excellent opportunity for coaches to assess player strengths and weaknesses. The closer a drill can resemble the actual game situation then, the more relevant the activity becomes to the players, the easier learning is able to be transferred to game situations and, the more exact the activity becomes as a measure of player potential.

**2. QUESTION: Young people should have fun at practice, can they enjoy drills? After running and exercises, then team training; there would not be too much time left for drills.**

*ANSWER:* Drills can be the main conditioning. A Mini-Mod player needs the correct skill drill programs incorporating both conditioning and learning techniques which are so important for the young player. Training should also be seen as a social event. If the training session is an enjoyable occasion this experience can assist in forming the team into a cohesive unit and contribute to the development of positive attitudes in the team, the coach and the game. Positive attitudes are fundamental to skill improvement. Some call it drive, commitment or guts; whatever it is, careful planning and perceptive coaching will get results. When structuring a training session and selecting drills, keep all the outcomes in mind, remember, your players are going to go away from this training session with more than improved games skills and fitness.

**3. QUESTION: Under 8s, are they too young to participate?**

*ANSWER:* Those playing Mini and Mod League are not little adults. The game and the equipment has been modified to suit the age and the stage of physical, social and emotional development of the kids. It is therefore, important for the coach to adjust their expectations and keep them at a level appropriate to the needs of the game and the abilities of the players. Before any drill is carried out the player should have a grasp of the skills. In very young people the drill should only require the development of a single skill. The skill should relate to the game they play. For instance in Mini-Footy, chip kicks, grubbers or marker defence is not a part of the game.

**4. QUESTION: How much of the time available for practice should be spent on skills drills?**

*ANSWER:* Training sessions should be varied to maintain interest but above all they should be relevant to the needs of the players. Logically new, inexperienced players will need more time on skill practices, drills and fitness but these can be made interesting with a little thought and imagination. While the allocation of time to segments of training sessions is flexible, we must not lose site of the context, keep it relevant to the game and allow ample time for game practice.

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**5. QUESTION: What is a grid?**

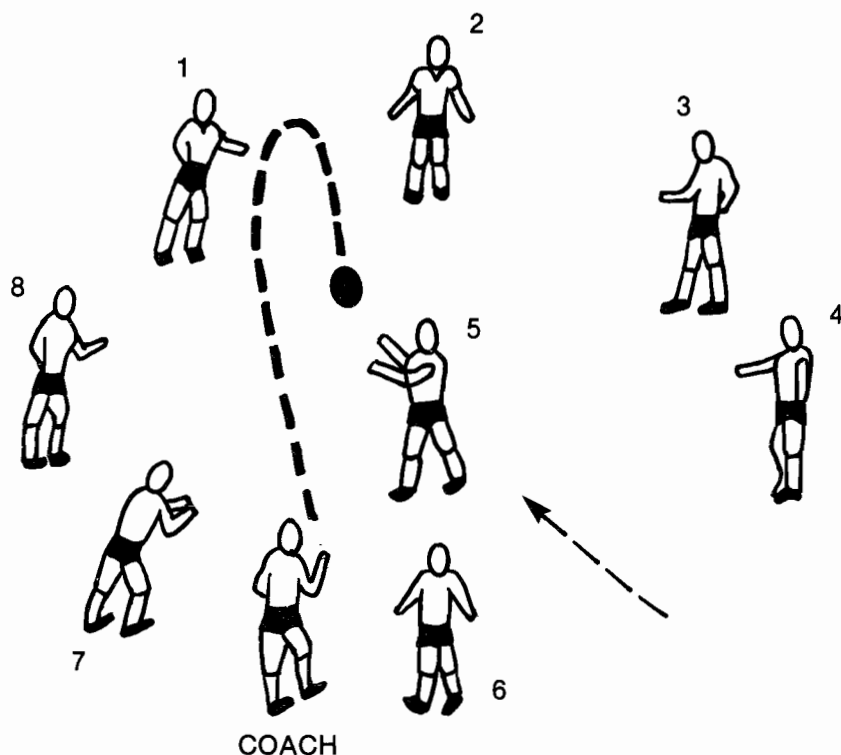
**ANSWER:** A grid is a scaled down representation of the playing field. The bench mark is 10m x 10m, however the grid size will vary according to the ability of the players. The use of a grid allows the coach to monitor practice and repeat skills in need of attention without exhausting players. If you like, it can be seen as a section of the field, the game, or a play under the 'microscope' and so is able to be analysed and errors corrected in a convenient manner with view to not 'practice making perfect but, . . . perfect practice making perfect'.

**6. QUESTION: What should be the main consideration when planning/conducting a drills program?**

**ANSWER:**

- 1) The experience of the kids
- 2) The level at which they are playing
- 3) Keep it relevant to the game and the needs of the kids
- 4) Keep it in context
- 5) Present it in a way the player can convert into a game situation
- 6) Don't 'overwork' by coaching caution into the individual
- 7) Remember players can only play well if they have been taught to play well
- 8) Coaching is really an extension of the classroom

## Catching a High Ball Drill for Mini-Footy and Mod Footballers



### Using the coach and 8-12 players with 1 football

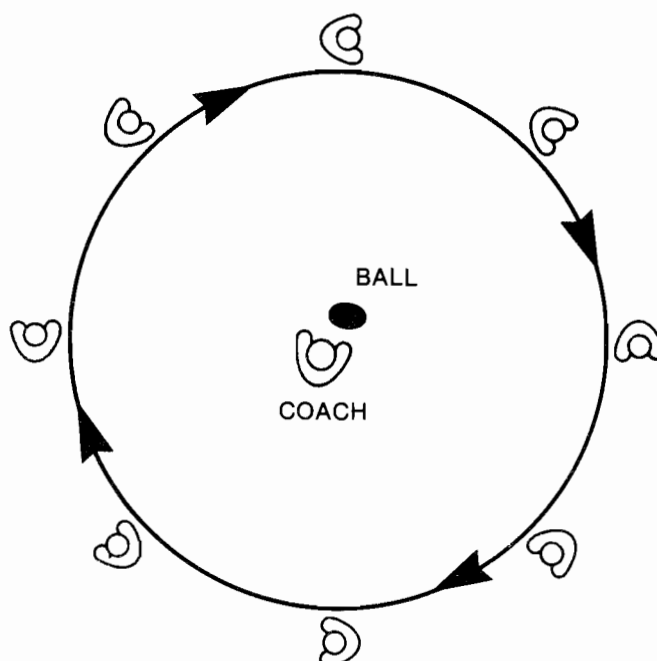
The coach places the 8-12 players around in a circle and gives each one a number, as shown. (The circle should be made to suit the age of the players.)

He stands in the circle with a football and calls each player's number in turn — and immediately throws the ball high up to the centre — for the numbered player to run in and catch the ball correctly.

# Passing for Young Players

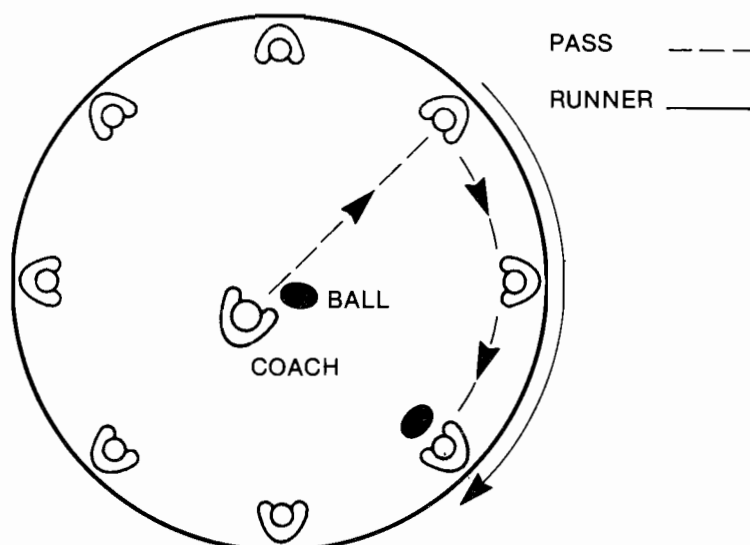
## EXERCISE 1.

1. Players face direction as indicated without ball.
2. All players must learn to lift left leg and take side-ways step towards coach, pointing toes whilst extending hands in a simulated pass.
3. Players to remain stationary — coach continues explanation and passes in one direction to each child, e.g. 1-8 with return pass.
4. Children now jog and coach continues passing 1-8. Player returns pass.
5. Reverse circle for left to right passing, continuing 8-7-6-5-4-3-2-1.
6. Coach passes at random.



## EXERCISE 2.

All players stationary — coach nominates a player to run around outside of circle whilst players pass clockwise or anti clockwise. Depending on numbers and skill, and the player's ability to pass the football, the runner may complete 1 or 2 circles.



# Passing

## Stationary Zig Zag Passing Drill

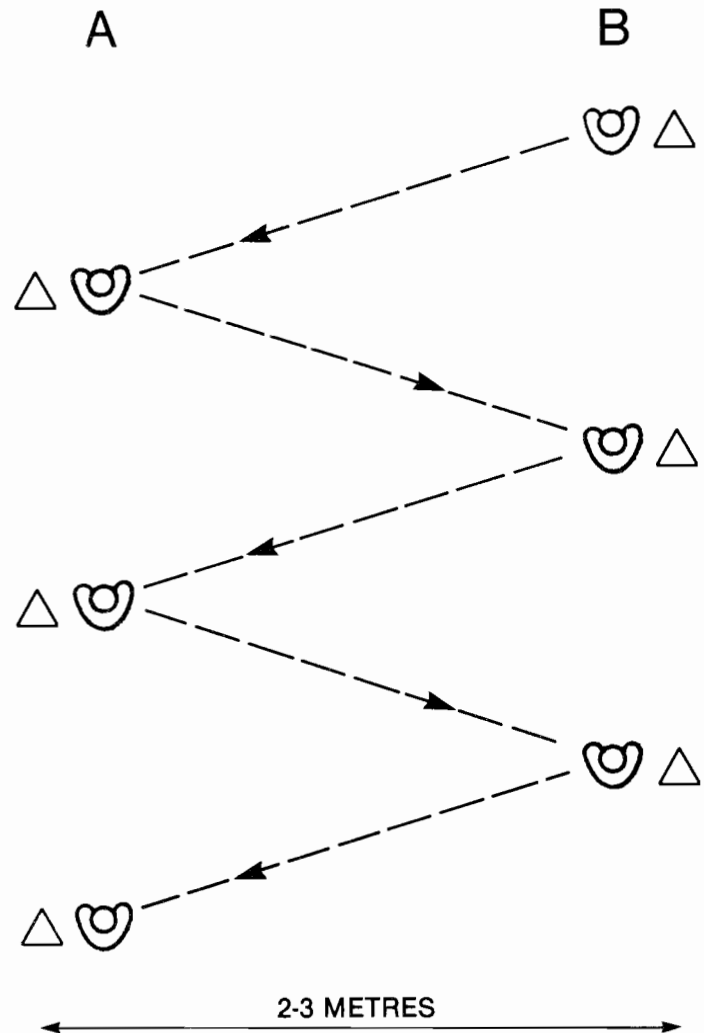
Two lines A and B are formed approximately 2-3 metres apart for outside passing — players receiving the ball should be positioned behind each passers elbows. Every player should face straight ahead. A line players should have their left feet up and right feet back. B line players should have their right feet up and left feet back.

Players should turn their upper bodies when passing and receiving the ball. B player passes to A player and continues to last A player in line. Every player should then turn opposite direction and repeat drill but in reverse, including feet position.

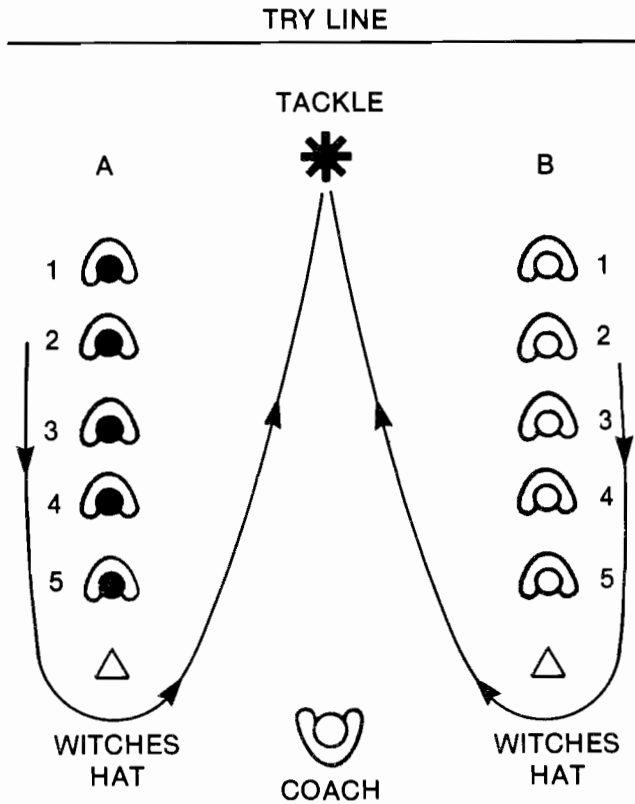
The drill should continue for 8-10 minutes.

When players become proficient at passing and receiving, pressure can be applied. A runner can start at position B and, as the passing is commenced, run down and around the witches hats and back to the start.

This runner endeavours to beat the passing of the ball in the two directions (up and back).



# Tackling



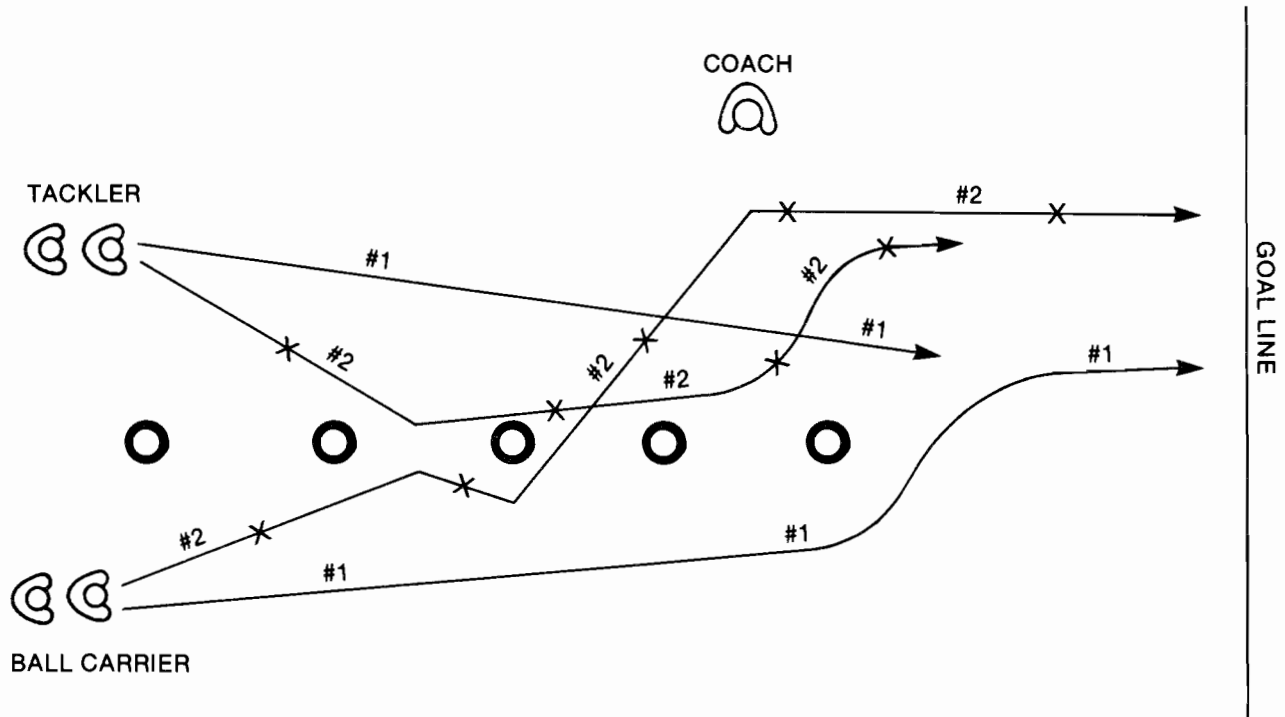
Players in lines A and B have corresponding numbers.

The coach calls a number 1 to 5, and both players run around their witches hat and then run back past the line as shown. Player running in line A has to tackle the player running in line B before they cross the line at the opposite end to the witches hats.

After the players in line B have been tackled, they tackle the players in line A.

All players in line B must have a ball each.

# Find the Hole



## DRILL MINIMUM = 12

The aim of the drill is to encourage the ball carrier to use evasive skills, rather than speed to score (as #1 indicates). Both A and D start together at the coach's command and the object is for A to get through a hole and score without a two handed touch from D. Left and right carry should be practised. Players exchange the ball at the goal line and repeat.

#2 is an example of an ideal carry. The player has:

- Gone in and away to 'stop' the tackler (to create hesitation)
- Got in behind the tackler
- Accelerated behind and past the tackler

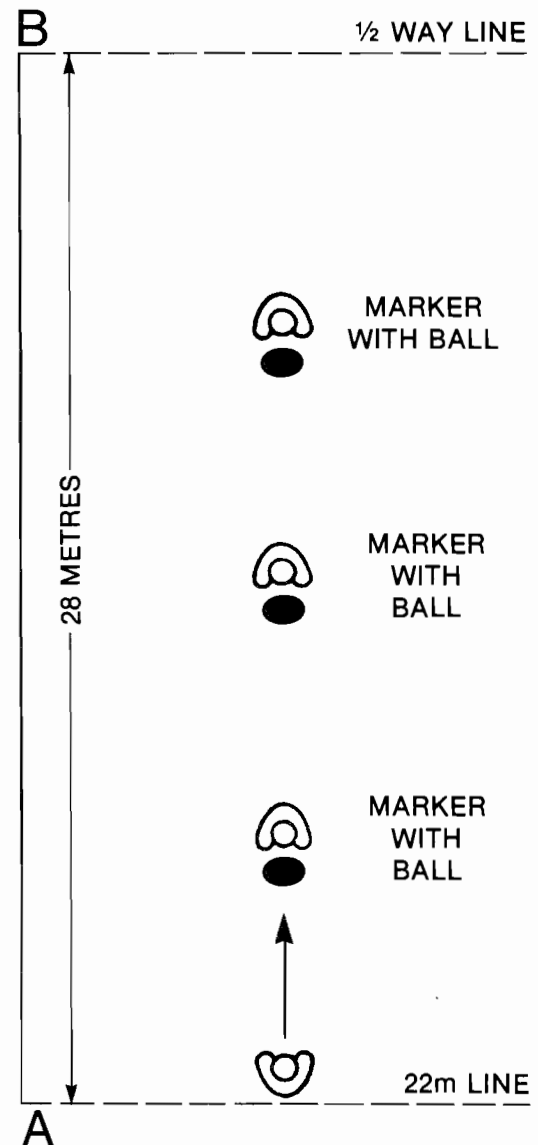
N.B. Speed is not enough as indicated in #1. Of course a quick Back and a slower Forward will have a 'race'. For most of the players it should get down to the beginning of the long learning process of 'fakes'.

# Playing the Ball

## Speed and Technique

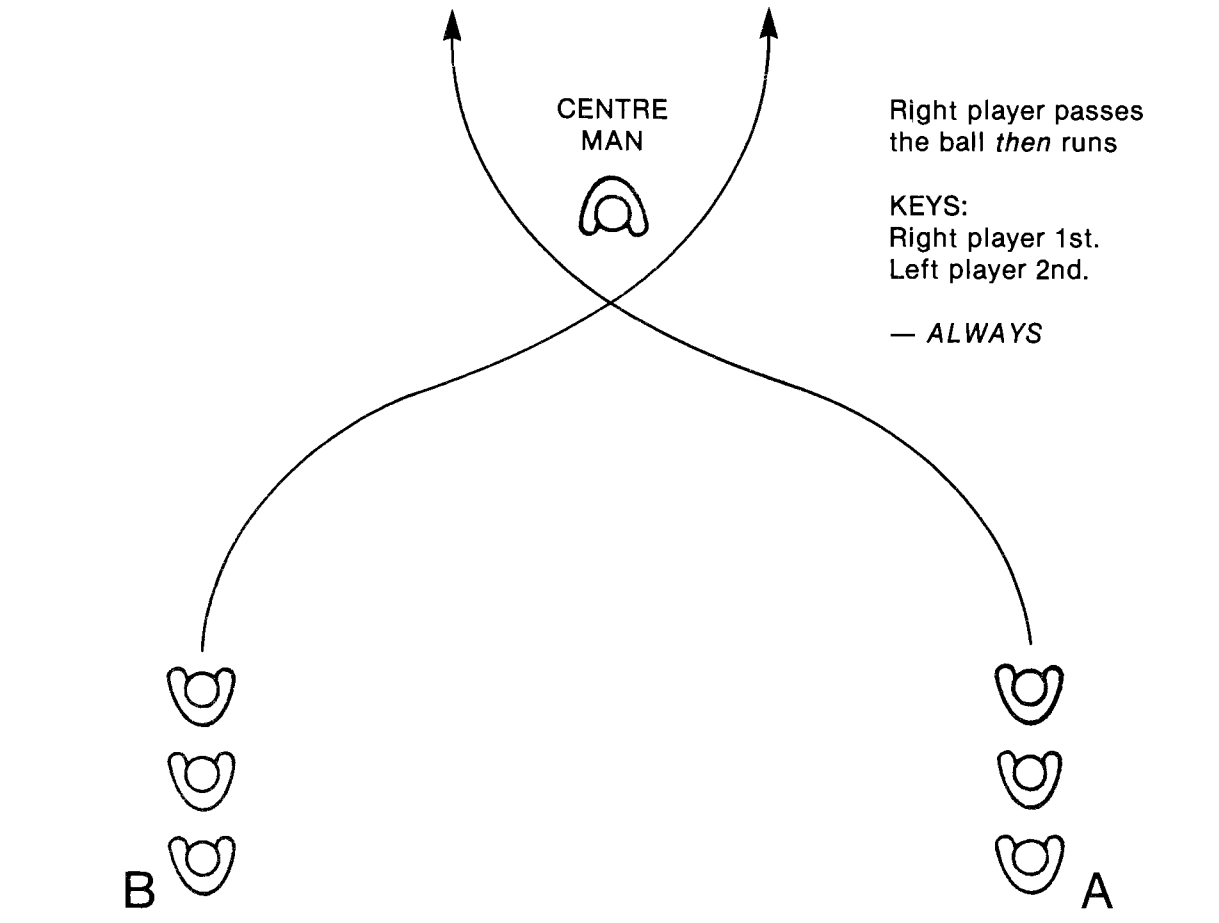
### PROCEDURE

1. Three markers (i.e. players) with a ball each in straight line (e.g. the touchline as shown). Points A and B in this straight line are 28 metres apart.
2. Player starts at A and runs towards B.
3. Along the way there are 3 markers (i.e. players) holding footballs. They place the ball on the ground as the player approaches and then act as his 'marker'.
4. At each ball the player falls to the ground making full body contact to 'smother' the ball, then rises with the ball held in two hands and plays the ball correctly. He then runs around the marker and continues on.
5. After playing the ball before the last 'marker', the player runs to B, turns and repeats the procedure on the way back to A. (The 'markers' have regathered the balls and are ready for the return run.)
6. At A the player turns and repeats the procedure once more.
7. Running A to B is 1 'run'; B to A is 2 runs; A to B again is 3 runs and so on.
8. The player runs for one minute.





# Splits

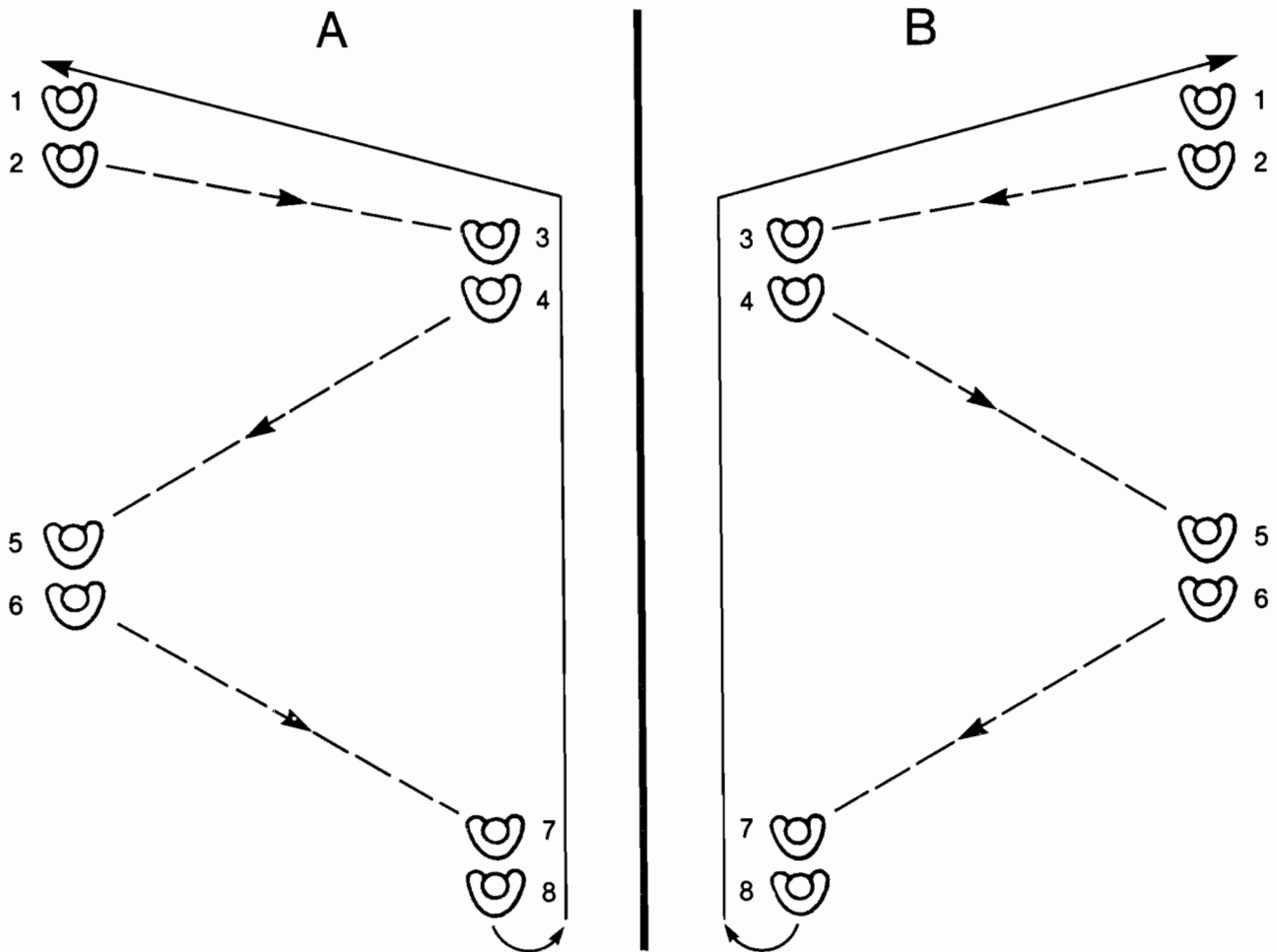


1. This is an excellent drill, taking (for all extensions) only 4 to 7 minutes. It has the unique quality of incorporating many skills and allows a coach's quick analysis of technique deficiency.
2. How is it performed?
  - a) All players in the team have A football and the drill is easily run with up to 12 to 18 players.
  - b) The ball holder passes the ball forward to 'centre man' then follows the path and crosses close and first.
  - c) The first player in B team crosses just after player one from A team.
  - d) Within 6 yards an on-side pass must be unloaded.
  - e) Centre man *always* has option as to whom is to be the receiver.
  - f) Receiver comes back quickly to line A (the ball team).
  - g) Centre man can be changed during the drill. Those people should be *coach, half, dummy half* or first receiver in the team.

N.B. *NEVER* come back in the middle of the grid.

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# Play the Ball Relay Drill



The play the ball relays should have 8 players set out in the positions as shown in A and B for 3 to 4 metre passes from each acting Half (2,4,6,8) to the ball receivers (3,5,7).

A relay to commence with the first pass from 2 to 3 passing from the left to the right.

B relay commences with the first pass from 2 to 3 passing from the right to the left.

After receiving the pass, 3 immediately goes to ground with the ball, regains feet and correctly plays it back to 4.

This procedure is continued until 8, the last acting Half, retains possession and runs to the front of 1, who then takes the Half position. All other players change positions as follows:

- 2 to 3 — 3 to acting Half 4
- 4 to 5 — 5 to acting Half 6
- 6 to 7 — 7 to acting Half 8

The relay continues with all players having a turn as playing the ball, acting Half and ball receiver. Rugby League's play the ball is the most prevalent way of bringing the ball back into play. To have a successful offence, this area should be an important part of practice.

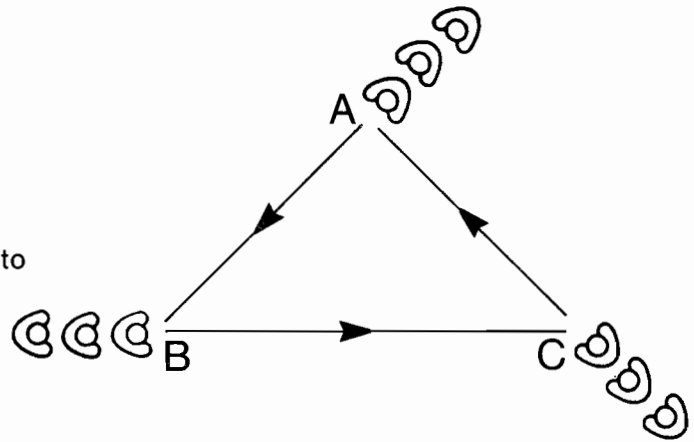
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# Kicking

## PUNT KICKING KICK THE TRIANGLE

Use a 15m x 15m grid.

Ball is kicked around the triangle. Coach is to nominate type of punt kick.

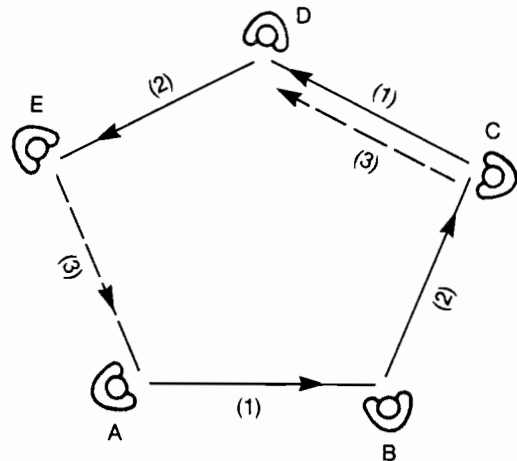


## KICK THE PENTAGON

Use a 15m x 15m grid. Two balls to be used.

A kicks to B at the same time as C kicks to D. Then B kicks to C at the same time as D kicks to E.

Continue this method. Coach is to nominate type of punt kick.

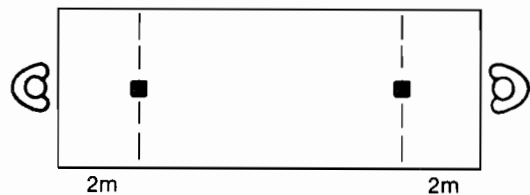


## ACCURACY KICKING

Use a 30m x 5m grid.

Kicker must hit the marker at the other end of the grid, either on the full or on the bounce.

Coach to nominate type of punt kick.



## CHIP KICKING

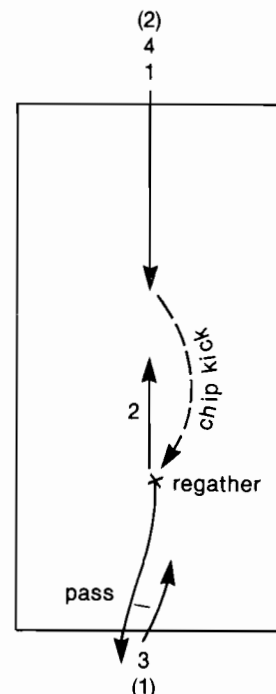
Introduction to drill: players *throw* the ball over on first run through.

## KICK OVER

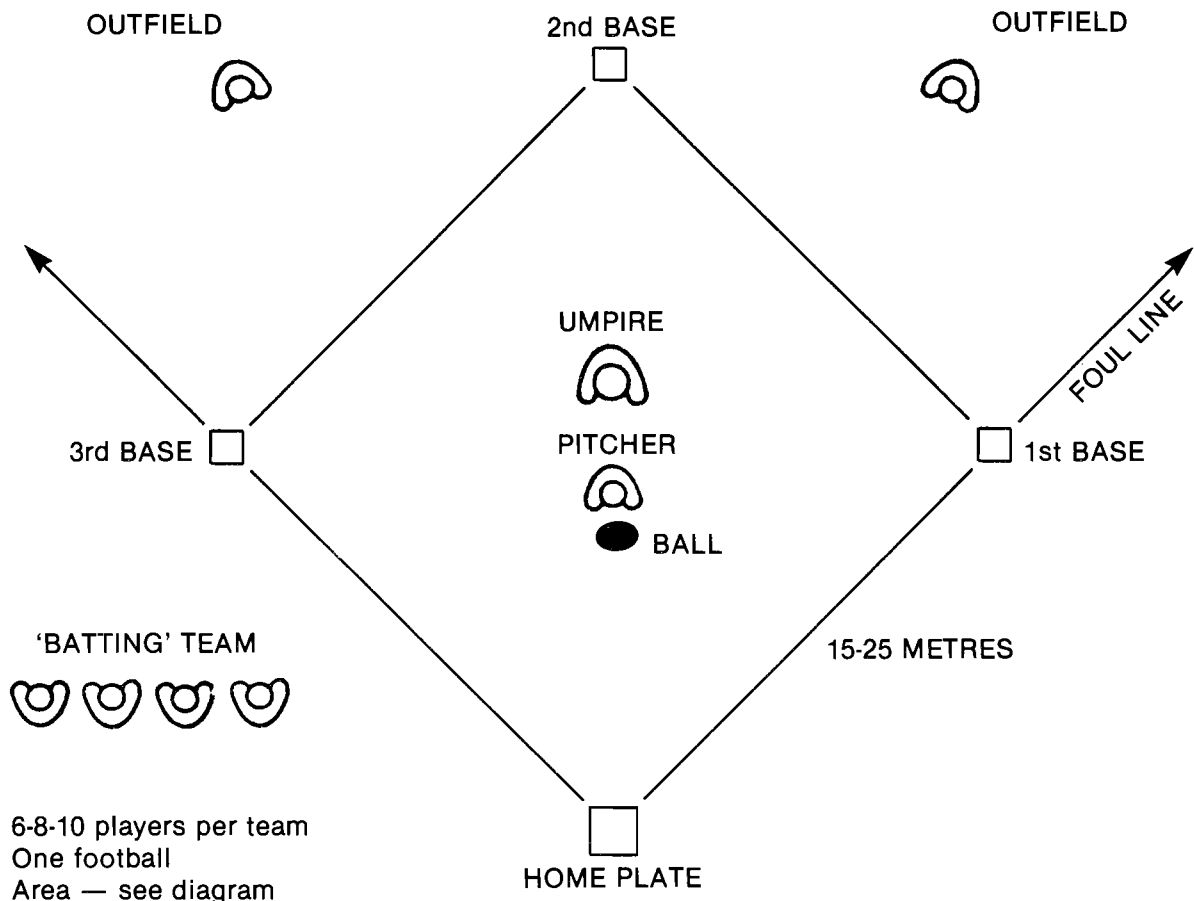
Use a 20m x 10m grid; 4 players per team.

Player 1 runs carrying the ball in both hands, as player 2 approaches from the other end of the grid.

Player 1 chip kicks over player 2, regathers and passes to player 3 who runs, chip kicks over player 4, regathers and passes to player 2, etc.



# League Ball



## PROCEDURE

The game is played along the same guidelines as baseball. The batting team punt kicks, grubber kicks or drop kicks the ball after having it passed by the pitcher. The batter is allowed 2 seconds before he must kick the ball. Once three batters are out the fielding team becomes the batters.

The ball may be kicked or passed in front of the outfield. A fielder cannot run the ball in by himself but two players passing the ball together may run the ball in. Batters on 2, 3 and home base must be tagged before they are out.

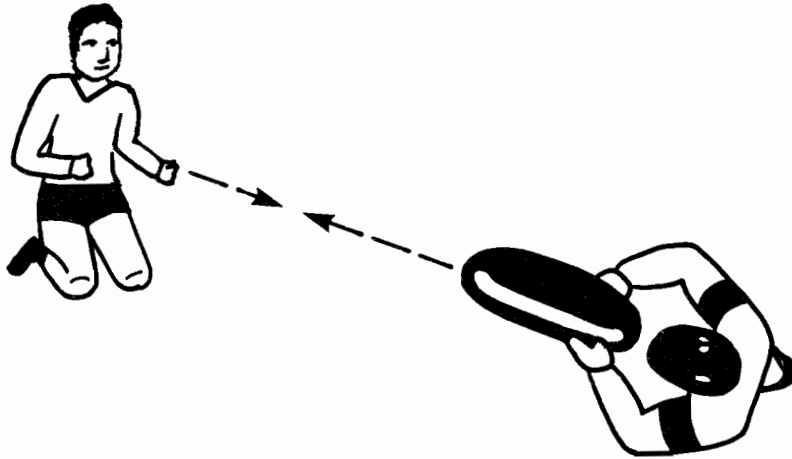
On first base the baseman must have his foot on the base to run the batter out. If the ball lands outside the diamond on the full then the batter gets another kick and players are not allowed to run on bases.

If the ball is caught by the fielding side in or outside the diamond (on the full) the batter is out and if players have stolen bases they must return to the bases they were on prior to the batter being caught. If they get tagged on the way back they are also out.

# Tube Tackling Drills

Using the coach and 8-12 players with a heavy duty truck tube (42-48 inch outside diameter).

*SAFETY: Please make sure heavy strapping tape covers inflator.*



## **BLOCKING TACKLE DRILL**

The coach should roll the tube to each player and they should take turns tackling with their left and right shoulders.

The players should move forward on their knees, keep their heads to the side and grasp the tube firmly.

They should use the momentum of the tube and fall back with it.

At the same time they should roll to the side and finish on top of the tube.

## **USING SMALL TACKLING DUMMY**

Coach holds dummy at right angle and moves at a normal walking pace. Players are instructed on technique and told to make contact with the bag with left and right shoulders.

The bag can be marked with tape to indicate correct point of contact.

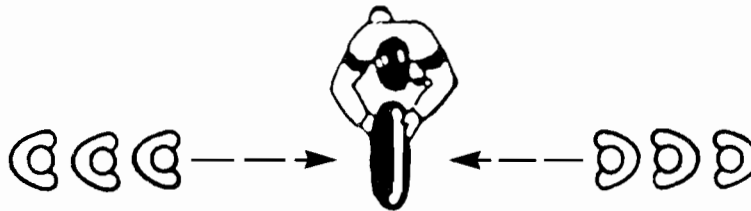
**IDEAL FOR ALL TYPES OF TACKLING.**

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# Tube Tackling Drills

Using the coach and 8-12 players with heavy duty truck tube (42-48 inch outside diameter).

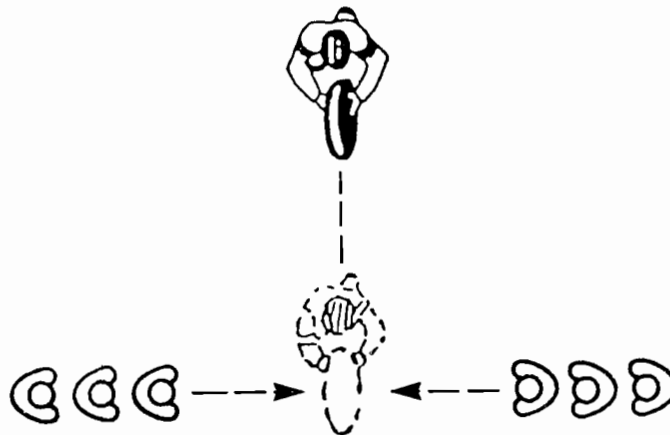
*SAFETY: Please make sure heavy strapping tape covers inflator.*



## SIDE-ON TACKLES

In A drill the coach should hold the tube clear of the ground as shown and the players should carry out side-on tackles on the tube.

The players to take turns tackling from each side to practise using both their left and right shoulders.



## SIDE-ON TACKLES

The coach in B drill should move slowly in a straight line and hold the tube clear of the ground.

Each player should then tackle from the left and right side in turn.

At the completion of each tackle the coach should move back and forward to recommence the drill.

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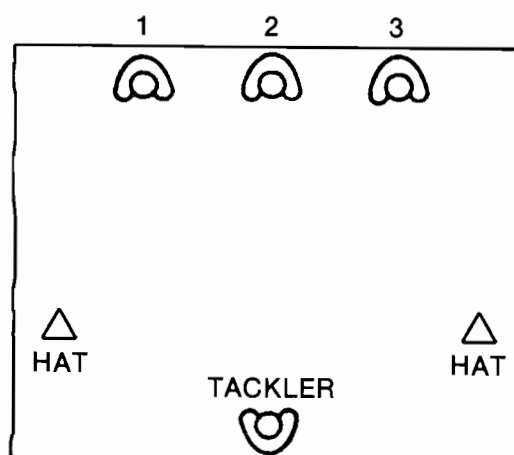
# Tackling (All Types)

## SIDE TACKLING

1. For young players to 13 years.
  1. *Partners:* kneel together; tackler's shoulder driven into thigh; hands around thighs; head on buttock. Pull with arms; drive with shoulders; hold on tight.
  2. *Partners:* still kneeling; player to be tackled moves as past as he can on his knees past the tackler; tackler dives and tackles as in 1.
  3. *As before:* but tackler kneels and the player to be tackled walks past.
  4. As for 3: but tackler tackles from a crouched position.

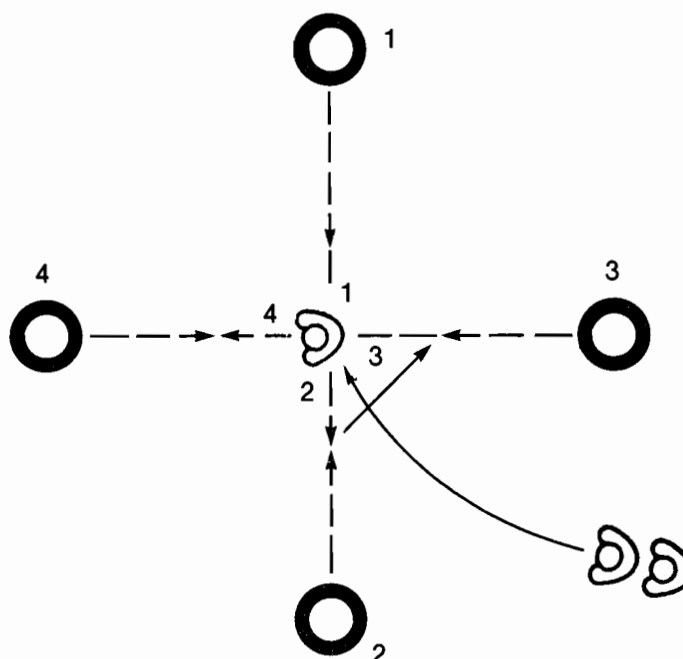
### 2. For youth players.

1. Use tubes to develop shoulder drive.
2. Use 4 as for 13 years.
3. Use 3 as for 14-15 years.
4. Coach calls a player's number. Player runs to either 'hat' — tackler to intercept.



## TACKLING TUBE ROUTINE

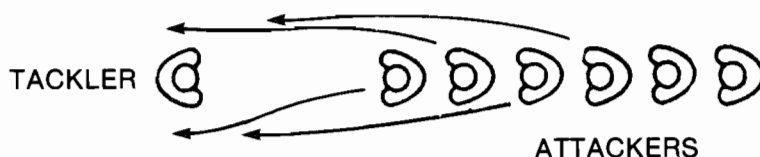
- Each player must complete a tackle on each of the four tubes.
- Players 1, 2, 3 and 4 roll the tube towards the tackler, calling the number as he completes the previous tackle.
- Score 2 points for the completion of each routine.



## FRONT-ON TACKLING — ‘BLOCKING’ TYPE

1. For young players to 13 years.

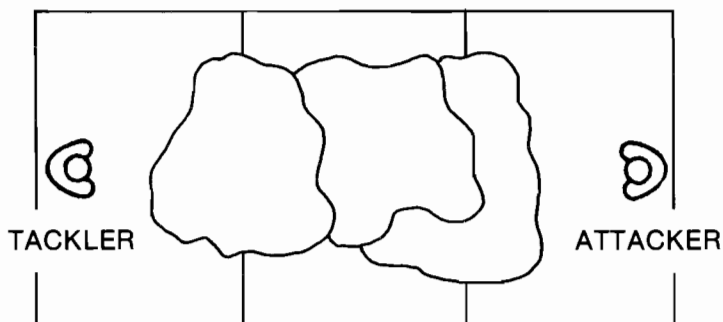
1. *Partners:* kneeling tackler and walking attacker. Tackler ‘hits’, grips tight and turns attacker to land on top of him.
2. *Partners:* as 1 but with tackler now in the crouched position.
3. *Single files:* tackler kneeling and tackling as players run alternatively ‘off’ each side. ‘Stress: ‘hit’, ‘spin’ and recovery.



4. *Single files:* same as for 3 with tackler starting in crouch position.

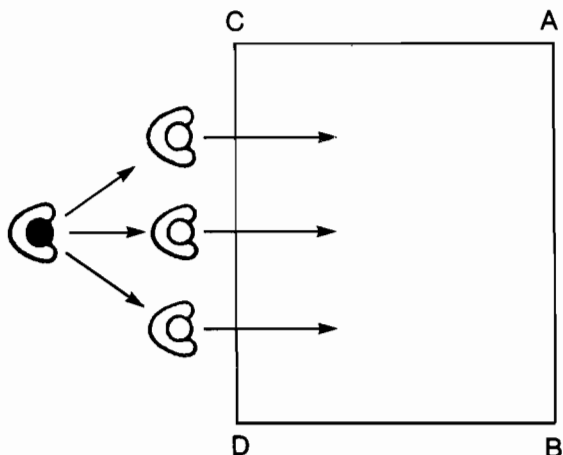
2. For youth players.



1. As 4.
2. Use mats; attacker walking; tackler stationary.



3. As for 2 — attacker jogging; tackler stationary.

## TACKLING FROM BEHIND



 Chases a player  of their choice from behind and attempts to make a rear tackle. Once tackled, and having reached the A/B line, that tackled player then becomes the defender, and continues the drill back to the C/D line.



## Continues Passing whilst Running into 'Gap'

Sets of four line up laterally behind each other and work across one half of the field from sideline to sideline. The teams set off passing with about 30 metres between each group. The first team reverses the direction when it gets to the other side, thereby causing it to avoid the other sets as they approach.

Grid width 12m (min.); length 25m (min.). Four to a group. Two, three or four groups.

This drill is designed to teach players to:

- pass before opposition line
- pass to support player correctly whilst running straight
- for support run into gap with ball

To ensure that each group is running between the oncoming four. The witches hats at each end of grid should be offset so individual players run around into correct positions.

