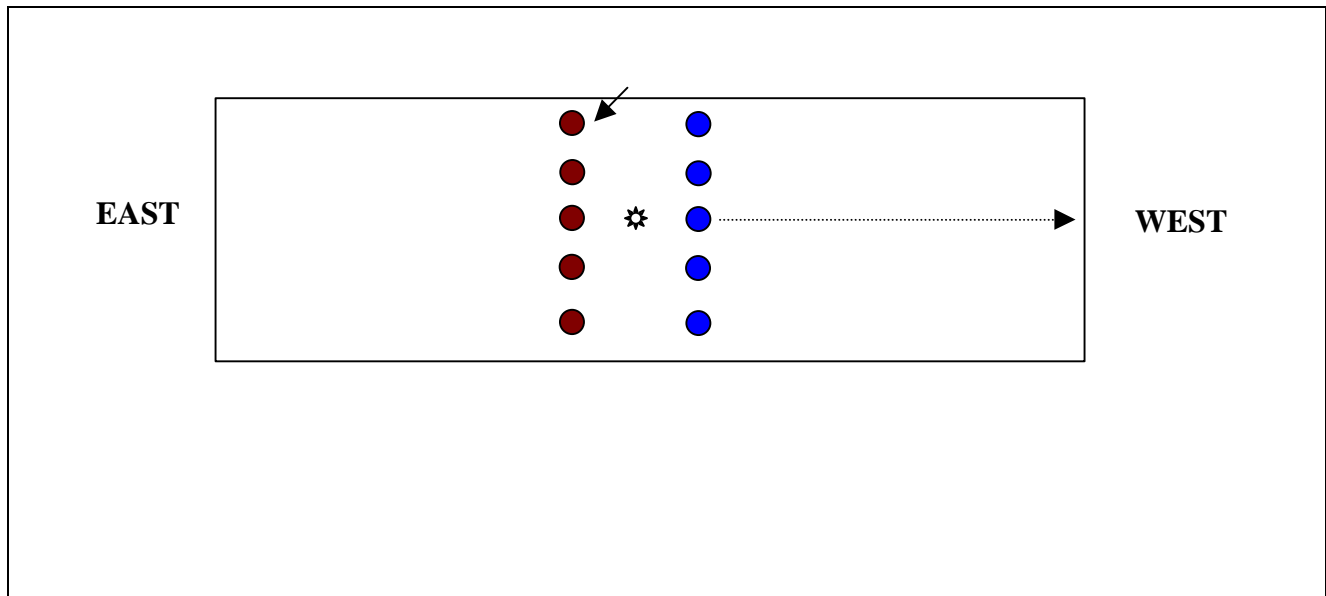


Drill Name		East West Tag						
Objectives		Practice tag tackling when chasing a player from a standing start.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Channel	5 x 20	0	10	10			



Description

- Organise players into pairs. Players should be arranged so that each pair is lined up one behind the other. Each pair should be able to touch the others player's shoulder (i.e. fairly close together)
- The left-hand player in each pair is called "West". The right hand player is called "East" (could use colours, name of rugby teams etc.).
- The coach calls either "East" or "West". If "West" is called all of the players on the left-hand side must run to their home on their side or the pitch. The "East" players must try and tag them before they get over the line of cones
- If the coach calls "East", all of the players on the right-hand side of the pitch must turn and run to their home on their side of the pitch before the "West" players tag them.
- Repeat the exercise randomly selecting the direction of "East" or "West".

Progression

- Start the players further apart.
- Number pair and call number and direction.
- As above, but place a ball either side of the line. The first player must pick the ball up and score a try (start players further apart for this).

Set-Up

- Mark out a channel (grid could easily be used too).
- Split players into pairs and line up in centre of channel
- All players wearing a tag belt.

Key Factors

- Eye on tag / aim for top of tag.
- Stand still after tag is made.
- Shout **Tag..**
- Hand tag back.