

LIMITED TIME: SAVE £10
RUGBY COACHING MADE SIMPLE



Sevens rugby coaching drill to improve defensive systems

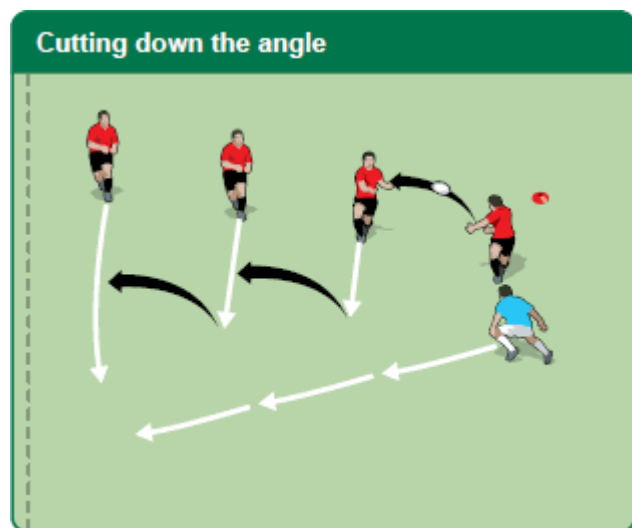
1. Cutting down the angle

Objective: Understanding how to track back as a single defender.

Spread out four attackers over 20 metres from the edge of the touchline. Start a defender about five metres away from the first attacker, who is the furthest infield.

Make this attacker run forward with a ball. He **passes** the ball once the defender is covering him. The rest of the attackers do the same. In the meantime, the defender covers across and back so he is in a position to push the final attacker into touch.

Start slowly to give the defender the confidence and technique to keep a metre inside the ball carrier. Speed up the running and passing, with the attackers aiming to score 30m ahead. However, they cannot switch or pass the ball back inside. Use touch tackling.



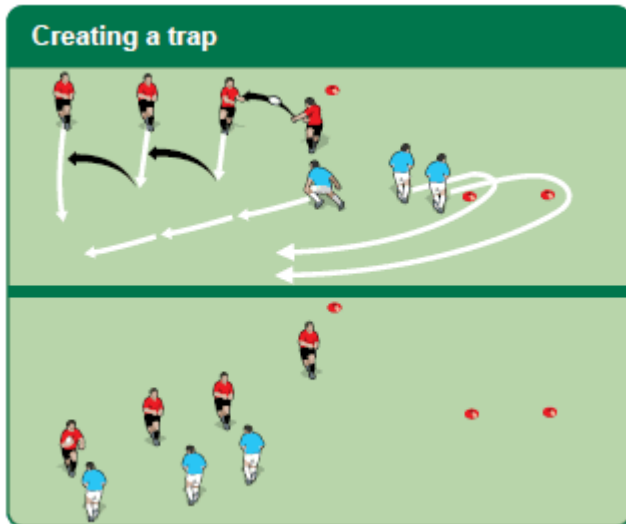
2. Creating a trap

Objective: Trapping against the touchline

Spread out four attackers over 20 metres from the edge of the touchline. Start a defender about five metres away from the first attacker who is the furthest infield. Put another two defenders about two metres away from the first defender.

The attackers aim to score 30 metres ahead. The first defender aims to cut down the angle, while the other two defenders must run to two cones about three metres away, before racing across to help create a trap.

The defenders aim to cover the passing channels so the attacker nearest the touchline cannot pass the ball back.



Click the link to order a copy of Colin Hillman's [*Expert Guide to Sevens*](#), the essential guide to Sevens rugby. This manual covers attack, defence, tactics, set pieces, training, match management and the laws. It is full of "trade secrets" from leading coaches and sevens specialists.

Click the link for [tips on setting up your rugby sevens defence](#).