**APEX Rugby Academy ©**

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| **Course:** | **Learning:** | **Lesson Number:** | **Length of Lesson:** | **No. of Pupils:** | **Facility:** |
| **BGE** | **Counter Attack** | **3** | **30mins** | **20 - 25** | **Outside**  |

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| --- | --- |
| **Learning Intention:** | * Developing Counter Attack Skills
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| **Success Criteria:** | * I can explain when a counter attack takes place
* I can make effective decisions during a counter attack
* I / My team can score from a counter attack
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| **Teaching Points** | * Head Up / ‘Scanning’
* Make a decision early on
* Support
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| **Time** | **Activity** | **Extra Information** | **Notes** |
| 10 mins | Kick Tennis | * 2 Teams, kicking to each other
* If ball is caught on the full play a game of touch
* 2 ‘touches’ to score
* If the ball is dropped from the catch then turnover possession
 | * Head Up
* Communicate (Direction / Name etc)
* Identify Space
* What is counter attack?
* What options can we do? (kick / draw defender etc)
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|  10 mins | Climb the Ladder | * Start with 6 v 1
* When attacking team score add in a defender in each round (6v2, 6v3 etc)
* To start drill defending kick to attack
* Attack react to what is in front
 | * Go Forward
* Support ball carrier
* How can we communicate effectively?
* Learning for defence – how can we keep our defensive shape?
 |
| 15 mins | Counter Attack Game Scenario  | * Option to do touch / contact
* Equal numbers
* Once ruck is formed 2 defenders out of next phase (creating space)
 | * Step back and let players figure out how to score: Decision Making / Problem Solving
* Add conditions: Counter Attack Try = Double Points
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