**APEX Rugby Academy ©**

**www.apexrugbyacademy.com**

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

|  |  |
| --- | --- |
| **Learning Intention:** | * Developing Counter Attack Skills |
| **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 |
| **Teaching Points** | * Head Up / ‘Scanning’ * Make a decision early on * Support |

|  |  |  |  |
| --- | --- | --- | --- |
| **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) |
| 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 |