**CONDITIONED GAMES**

1. *OFFLOAD TOUCH (1) (Rules: ball carrier must get offload away immediately or he must go to ground and present ball. To encourage good support, the offload can only be a maximum of 1.5m in length. It’s best to have 1-2 more attackers than defenders, and also to have a number of defenders with shields to encourage attackers to run either side of the defenders)*
2. *OFFLOAD TOUCH (2) (Rules: Defending team carry hit shields – after first touch with a hit shield the attack can offload, but if they are hit with a second defender they must go to ground and form a ruck)*
3. *ERROR TOUCH (Normal offload touch but session ends if both teams commit a previously agreed number of errors – players either move on to skills, fitness or wrestle session)*
4. *3-SECOND TOUCH (Attack must play the ball within three seconds (pick-and-go allowed). Add a 2-pass minimum rule or offload after one pass if needed)*
5. *MULTIPLE-PASS TOUCH (Start with a 3-touch limit for each team. If a team passes the ball more than twice, they gain another touch, if less they drop one.*
6. *LINK TOUCH (Two players in the defence hold shorts to create weak links – these players can either defend normally or the attack is able to offload when touched by them. When it’s 15v15, at least two pairs of linked players must be deployed by the defending team)*
7. *TRANSITION TOUCH (Evenly matched teams (6v6 is good) with 3 additional players wearing a different coloured bib. These players will always be in the attacking team; and switch to the opposing team whenever a try is scored or a mistake is made. Referee must control how quickly the attack can play after a mistake is made so as not to make the transition too difficult for the defending team)*
8. *GALA BALL (Evenly matched teams (8v8 is good) play a form of Hawick/End ball, with one rule variation: the first pass after every touch/turnover must go backwards. Each team is allowed 3 or 4 touches. Points are scored for ten consecutive passes, and getting the ball passed into the far end zone (square) of the 22m area. They can also score a point if they touch a post or a square marked at one touchline close to the halfway line. To improve hand-catch skills this can also be played with tennis balls, netballs, grip balls, etc)*
9. *GALA BALL VARIATIONS:*

*Wigan Ball - To develop fending the attacking team gains an additional touch if they use a hand-off before they are touched.*

*Jed Ball - To develop offloading the opposition can offload in a designated area of the pitch – either the middle, or close to the scoring zones.*

*Gala-Dive Ball -To encourage catching in the air, a point is scored when the ball carrier catches the ball while diving into the high jump mats in the end zones. Players can go behind the mats, like in ice hockey.*

*Scotstoun Ball – Four different coloured scoring zones set out equidistant from each other around the playing rectangle. Attacking team can’t score in same zone twice in a row*

1. *BORDER BALL (Like Gala Ball but played in a much narrower rectangle to encourage offloads. Players are allowed to offload after a touch, but if the defence wraps up the ball carrier, then he must go to ground and the nearest supporting player must clear the defender before the game is resumed. If the defence is on top, constraints can be made to keep at least two players from each side in one half of the pitch at all times)*
2. *SPEED BALL – Played in a square or rectangle with four cones spread out at each end of the pitch (the scoring zone). Four different balls (rugby, soccer, tennis ball, etc) are placed within the playing area and the coach calls which ball must be used. The object is to place each ball on one of the 8 cones. The attack have two touches to do this, if the fail then the ball is put on the ground and the coach calls another ball to be played)*
3. *RAINBOW TOUCH (Game played in a rectangle, with each side marked out with different coloured cones. Object is to score a try to the coloured line that has been called out by the coach. Two sides are wider to enable players to react to playing to more space)*
4. *CONTINUOUS ATTACK 1 (2v1) Two attackers take on a defender in a competition to see how many 2v1 completions they can make without an error. A new defender comes in each time. Coach can set the width of this 2v1 channel depending on the skill level of the players)*
5. *CONTINUOUS ATTACK 2 (4v2) Four attackers start in the middle of a designated area, attacking two defenders positioned at one end. As soon as they score (or fail depending on the coach) they turn to attack two other defenders at the other end of the pitch. Constraints can be placed on the positions of these defenders (narrow, wide, staggered, etc) by use of running to set cones while they are not defending)*
6. *AUSSIE RULES/SOCCER (Full pitch – 15v15. Normal Aussie Rules game with a point being scored when a kick goes through the posts and is caught by the attacking team on the other side. During this game a football is thrown in and normal football rules apply. If the ball is caught then the game changes to touch or Gala Ball.*
7. *MISMATCH TOUCH (1) (One player in each team wears a different coloured bib – these players are not allowed to touch the opposition)*
8. *MISMATCH TOUCH (2) (Forwards in each team wear different coloured bibs from the backs – only forwards are allowed to touch forwards, backs on backs)*
9. *5-BALL ATTACK (Ideally 9v6: 5 balls are placed along the 10m line, the attacking team spread out behind them. Defenders start 15m from their own tryline. The attack has three phases to score a try with each ball. With each try or mistake, the attack retreat to play the next ball on the 10m line, the defence works back to their starting line. All attackers must get back behind the 10m line for the next attack to start. There must be at least two passes from the attack during the first phase. Clear markings of the defensive starting line by cones will help. It is also important we get someone putting the 5 balls out quickly so there isn’t any waiting on the changeover. A very good conditioning game)*
10. *THE ACCUMULATOR (Same set-up as 5-ball attack – this time starting at 9v3. Five balls are placed along the 22m line with the defenders. One defender kicks the ball into the opposition half and follows the kick with two other defenders. Attack has one phase to score a try. With each ball kicked, the defence add one more player, so on the last ball it will be 9v7)*
11. *COUNTDOWN TOUCH (Best to start with 7v7 or 6v6. Normal touch rules, but one defender drops out of the game after each touch. The attacker who is touched then becomes scrum-half and plays on the coach’s whistle. If the attack scores a try at 6v6, they score 5 points; 6v5=3 points; 6v4=1 point; 6v3=0 points. If the attack fails to score at 6v3 or makes an error at any other time, the defence is awarded 5 points. When a try is scored or an error is made, the defenders return and play re-starts at 6v6. Aim is out-score the opposition in 90 or 120secs – swapping attack & defence for a second game)*
12. *DROP-OFF TOUCH (One defender runs back to the tryline after each touch, but comes back into the game as quickly as he can.* *Pitch should be 10m line to tryline, so two games can be played at the same time. 6 touches for each team.)*
13. *PUSH-UP TOUCH (Just like Drop-off touch, the defence will be penalised on each touch by the defender having to do 5 or 10 push-ups before re-joining the defensive line)*
14. *FINAL THIRD ATTACKS (Goaline drop-out then the attack has 6-10 phases to score a try. Each time the attack scores they get 10 points, if the defence keeps them out they get 5 points, or 10 points if they force a mistake. Each team (either 10 or 15 players) has 4 attacks, unless a tie-breaker is required)*
15. *COUNTER ATTACK TOUCH (1) (Full pitch (backs only) – Both teams must kick or the ball is turned over to the opposition when they are touched. The attacking team is allowed one touch if they catch the ball on the full and/or make gain of 20m)*
16. *COUNTER ATTACK TOUCH (2) (The attacking team must put in a grubber kick after 4 touches – both teams must always have one player in the backfield)*
17. *TURNOVER TOUCH (Four tyres/tackle tubes/cones containing 4 balls are placed across the field. While a normal touch game is in motion, the coach will call one of these balls in play. Breakdown is live and the attacking team then has 5-6 phases with the ball)*
18. *WIDTH TOUCH (1) (Normal pitch. First game play 8-10 per side: two attackers must stay in 5m channels at all times)*
19. *WIDTH TOUCH (2) (Second game is for 15v15: normal touch rules played across the length of the pitch, increasing the width by 30m)*
20. *SUPPORT PLAY (Play 8-10 per side, half of each team wearing coloured bibs, the other half not. A player wearing a bib must take on the defence (grab-tackle); a non-bib player cannot take contact, and must pass. If either is wrong, the ball is turned over. After a while, the bibs are removed but players keep their roles. This takes real awareness and early identification of the ball carrier’s body language. Another possible variation is to vary the number of bibs on each side)*
21. *RUCK RECOGNITION TOUCH (A coach will be placed behind the defending team shouting out the number of players the defence has to put in each ruck (1, 2 or 3). The attack must always put in the same number in the ruck (1 support player for example) and react to the changing defensive picture – attacking the nearest space available)*
22. *3-6 TOUCH (The attack is allowed three touches in their half, then they have to kick. If they make it over the halfway line, they gain 3 (or 6) more touches. This should improve the players’ game understanding)*
23. *3-5-7 TOUCH (The attack is allowed three touches in their third, then they have to kick. If they make it into the middle third, they gain 5 more touches. If they make it into the final third, they gain 7 more touches)*
24. *AWARENESS TOUCH 1* *(6v4, 7v5, 8v6, or 9v7 in 40-50m width (playing across the field from 15m line to a touchline). Unlimited touch with a time limit for each team. After a try or an error, attack must all realign behind the 15m; defence back behind the touchline. Aim is to score as many tries in 90 or 120secs)*
25. *AWARENESS TOUCH 2* *(6v4, 7v5, 8v6, or 9v7 in 40-50m width (playing across the field from 15m line to a touchline). Defenders each have a tackle shield and aim to touch attackers with these shields. If this is achieved, a tackle line is formed and the nearest attacking player must clear out the pad-holder before the scrum-half plays the ball)*
26. *ALIGNMENT TOUCH (When an attacking player is touched he must stay on their feet until the next support player arrives. It is up to the coach if they latch on to the ball carrier, clean out or bridge. The defender must take a knee at the ruck. Once the ruck has formed, the defenders must advance to the opposition scrum-half’s back foot and touch an advancing attackers hand. Both defence and attack must then retreat, with defenders organizing their line and the attackers aligning so they can have another raid. The attack has 4-6 touches/raids before a turnover. (Encourage the attackers to move the defenders when they retreat rather than just sit in the same spot)*
27. *FORCE BACK TOUCH (Attacking team may have 4, 6 or 8 phases to progress up the field. At the end of the set, teams swap roles and the other team tries to better this distance. If an attacking team hits a defender and puts him back they get an extra phase. If a defender puts an attacker on their back, the attacking team loses a phase)*
28. *3-MAN TOUCH* *(6v3. Six attackers start 10 yards from the tryline and the ball is kicked just over the 22m. The defending team starts between the posts and they have 3 touches to prevent a try. If a try is scored or a mistake made by the attack, then both attack and defence go back to their original starting positions. The game continues for two minutes)*
29. *DEFENCE INTEGRITY TOUCH (6v4. Six attackers start on the 22m and the ball is kicked just over their heads. Four defenders start on the tryline and they have 3 touches to prevent a try. The attack get 3 points for scoring near the posts and only one point for scoring out wide)*
30. *LINEBREAK TOUCH (Normal touch rules, but if the coach blows his whistle or shouts ‘linebreak!’ the defence will leave a hole for the ball carrier to break through. Support and defence must react to the linebreak – attack are allowed two touches after the linebreak to score a try)*