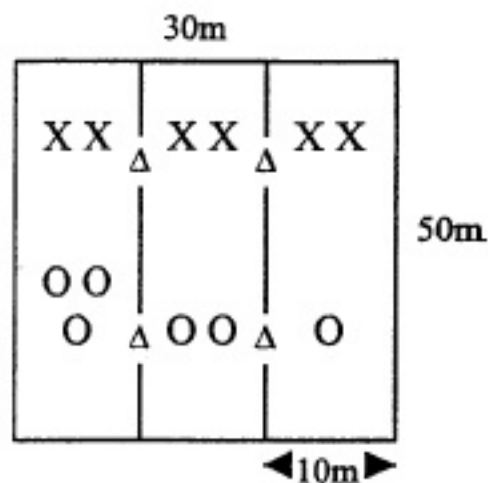


Channel Drill



Overview

Defenders are restricted into certain 'corridors' or channels. The attack can move anywhere as long as they stay outside.

Rules

- Clearly identify the 'channels' with markers or lines on the field.
- The attackers have 6 tackles to score a try
- No markers in defence
- The defenders are given restricted areas that they are allowed in
- If a defender leaves their channel, the attackers get a new set of 6 tackles