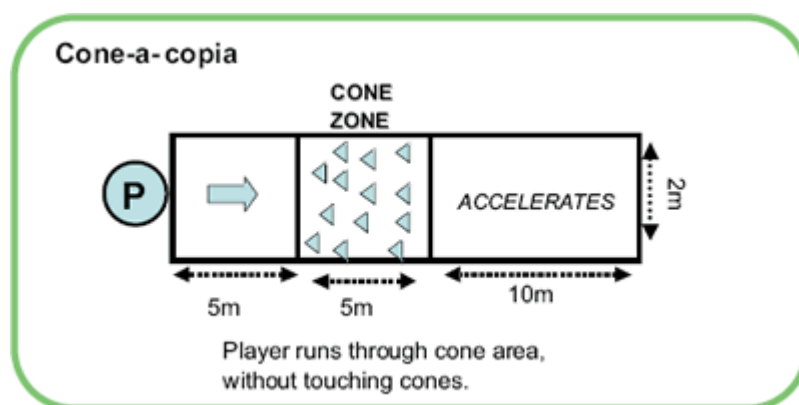


# Faster Rugby Without The Ladders

Though fast feet ladders are becoming more common at training, using them can lead to a couple of problems – the player still tends to look down and poor footwork can drag the ladders out of position, requiring a coach or player to reset the ladder. Avoid ladder problems with these three drills.

## 1. Cone-a-copia

Place about 30 cones randomly into a 5m by 2m area, all upside down. The player, starting 5m away, runs to the “cone zone”, runs through the zone without touching the cones and accelerates away for 10m. Encourage players to keep their heads up. If possible, each player should carry a ball. If not, they should hold both hands together.



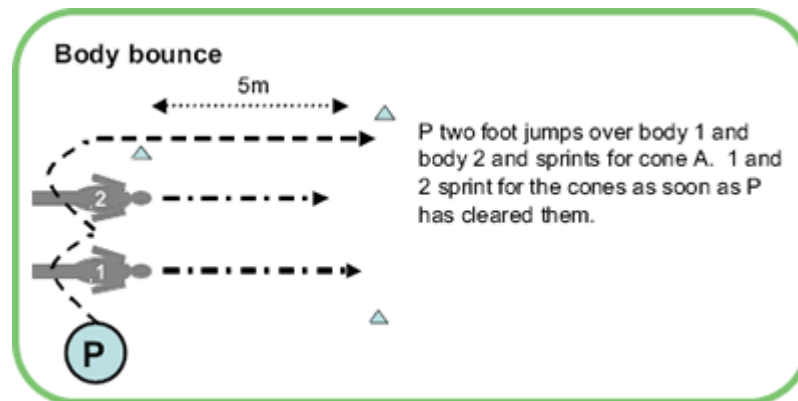
Developments of the drill:

- Each player can receive a pass once through the cones.
- Each player can bounce off a contact player just before the cones, and then accelerate away through the cones.

## 2. Body bounce

Two players lie parallel end to end about 1m apart. From a standing position, a player two-foot jumps over the first and then the second player, and accelerates away to their right.

Once both the players on the floor have been jumped over, they must get to their feet and try to beat the jumper to a cone, as illustrated below.



Developments of the drill:

- The jumper must pick up a ball after jumping over the second player.
- The jumper must pick up a ball after jumping over the first player.

### 3. Sprinters leagues

Divide your players into groups of five. Grade the groups, with the players you think are the fastest in group one, the slowest in the last group. The groups compete in sprints over 20m.

Group one goes first. The players line-up with both feet together, on the start line. The coach only shouts "go", no "ready, steady" or "on your marks". Have a judge on the finish line. The winner of a group is promoted to the next fastest group; the slowest player in a group is relegated to the next slowest group. After each group runs ten races, have a 40m "play off" to see who is the fastest player in each of the groups.