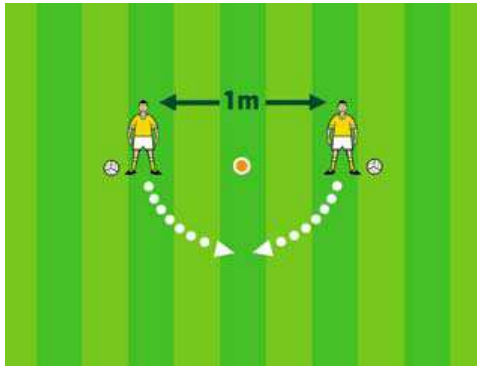


Basic Drill



Imitation Charge

Each player steps towards each other and performs the Side to Side charge on the whistle

Side to Side Charge

Key Points

1. Move into position alongside opponent
2. One foot on the ground, arm in tight
3. Shift body weight towards opponent
4. Ensure contact is shoulder to shoulder or hip to hip

Head - Hands - Feet

STEP - Vary the activity

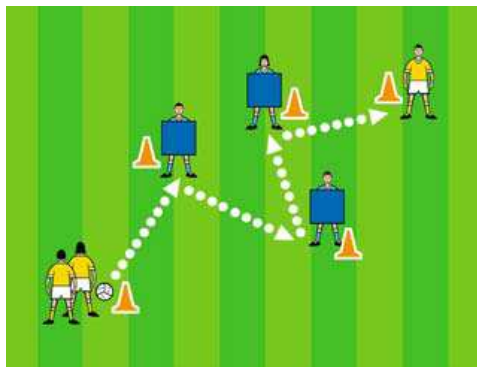
Vary Space

Vary Task

Vary Equipment

Vary Players

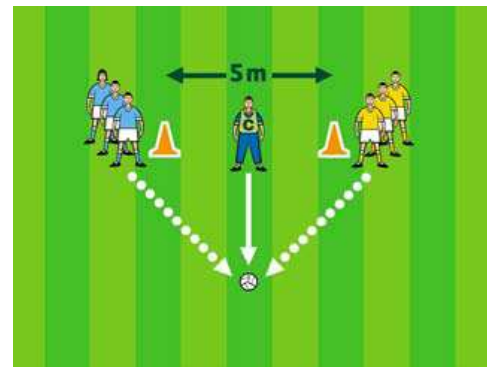
Intermediate Drill



Tackle Bag Charge

Players in turn jog through the formation practicing the Side to Side charge

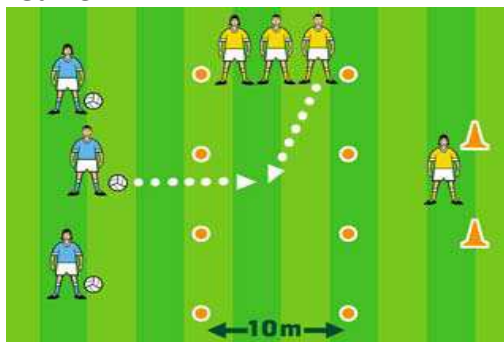
Advanced Drill



Charge and Lift

Coach rolls the ball for players to run on and contest using the Side to Side Charge

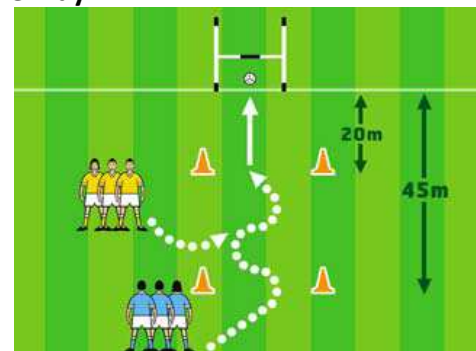
Fun Game



Charge Zone

Defenders and attackers enter the grid where defenders use the Side to Side charge on the attacker

Game Play Drill



One on One

Attacker attempts to get past the defenders and score, while defenders use the Side to Side charge on them