



MARFU Senior Men

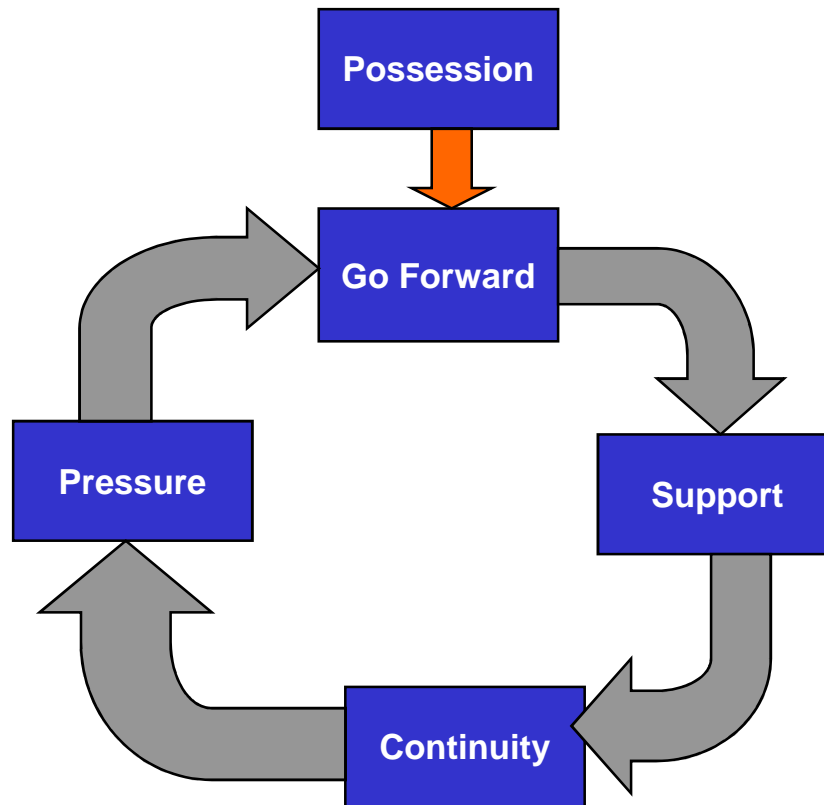
Team Play
Dec 1 Practice

Fall 2007

Team Play

- All rugby players must be decision-makers
 - With the ball “What should I do”
 - Without the ball “Where should I go”
 - On defense “Who should I hit”
- To make decisions you must SEE the opposition
- We must understand the principles of play

Principles of Offense



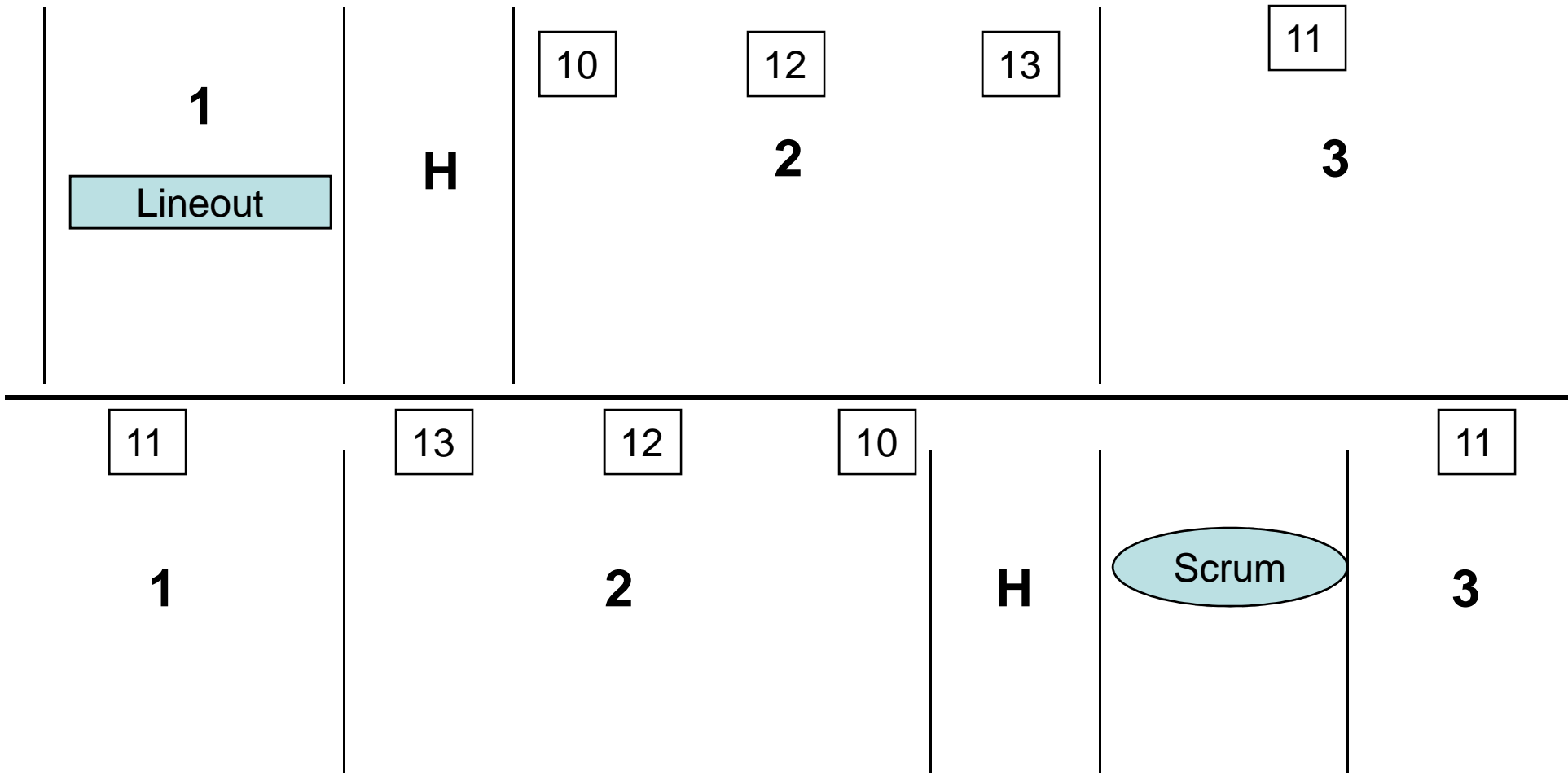
Offense

Steps for good offense from set-piece

- Team attack channel is called
 - 1 = wide attack outside centers
 - 2 = attack between centers
 - 3 = attack “hinge” between FH and forwards
 - 4 = attack blindside on scrums or drive with forwards
 - An added 0 is a kick – 10, 20, 30, 40 – in the same area
- Forwards and backs make their calls relative to the team attack
- Attack executed and supporters to the channel
 - Win the ball in contact
 - If clean break made, move attack to a different channel
 - If no break, commit to continuing attack down the channel



Restart Team Attack Channels

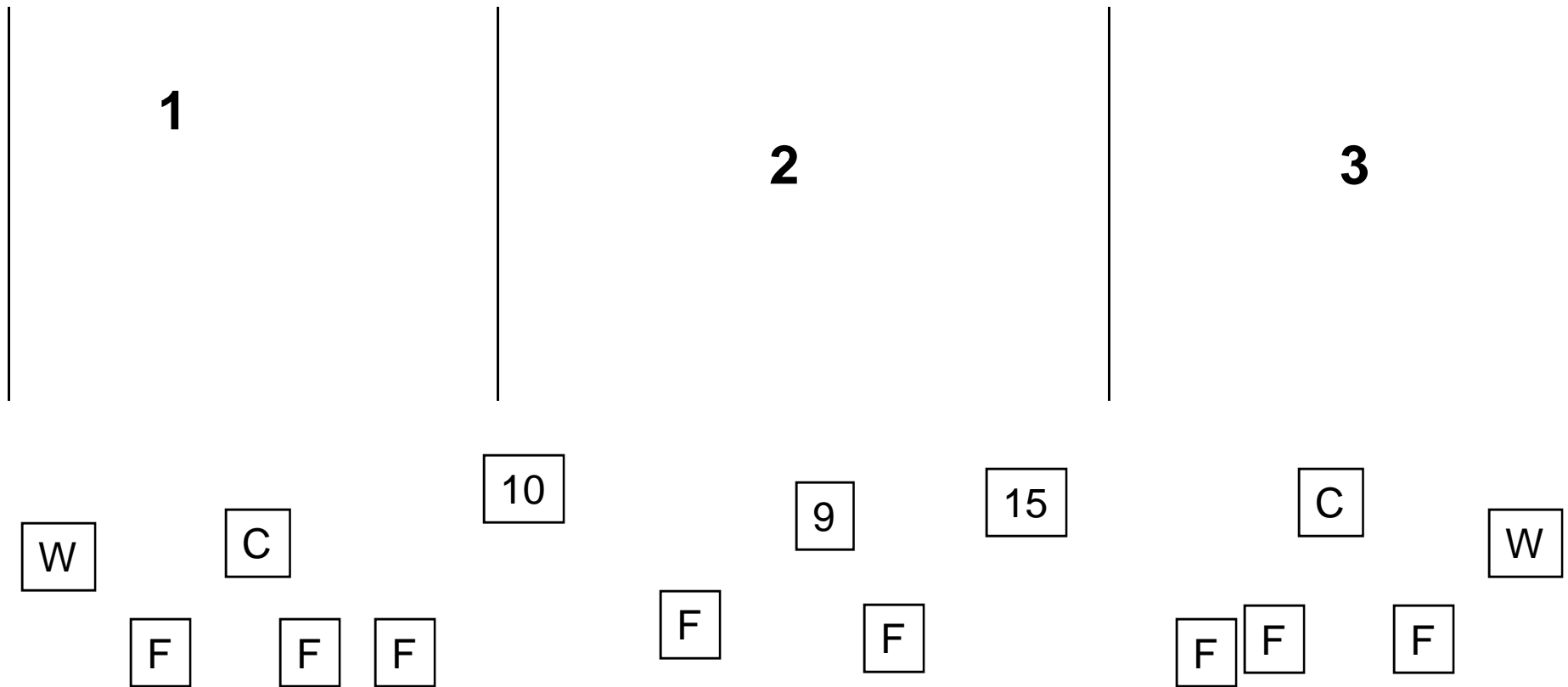


Open Play

- The goal is to create three pods of forwards to support 3 different attack channels
- 3 forwards will cover the wide channels, 2 forwards in the middle channel
- 9, 10 and 15 dictate where the ball goes
- Centers and wings need to help win the ball
- Move the ball to the channel and then attack
- Need set plays from restarts to set this up so forwards know what channels they cover



Open Play Team Attack Channels



Skills Required

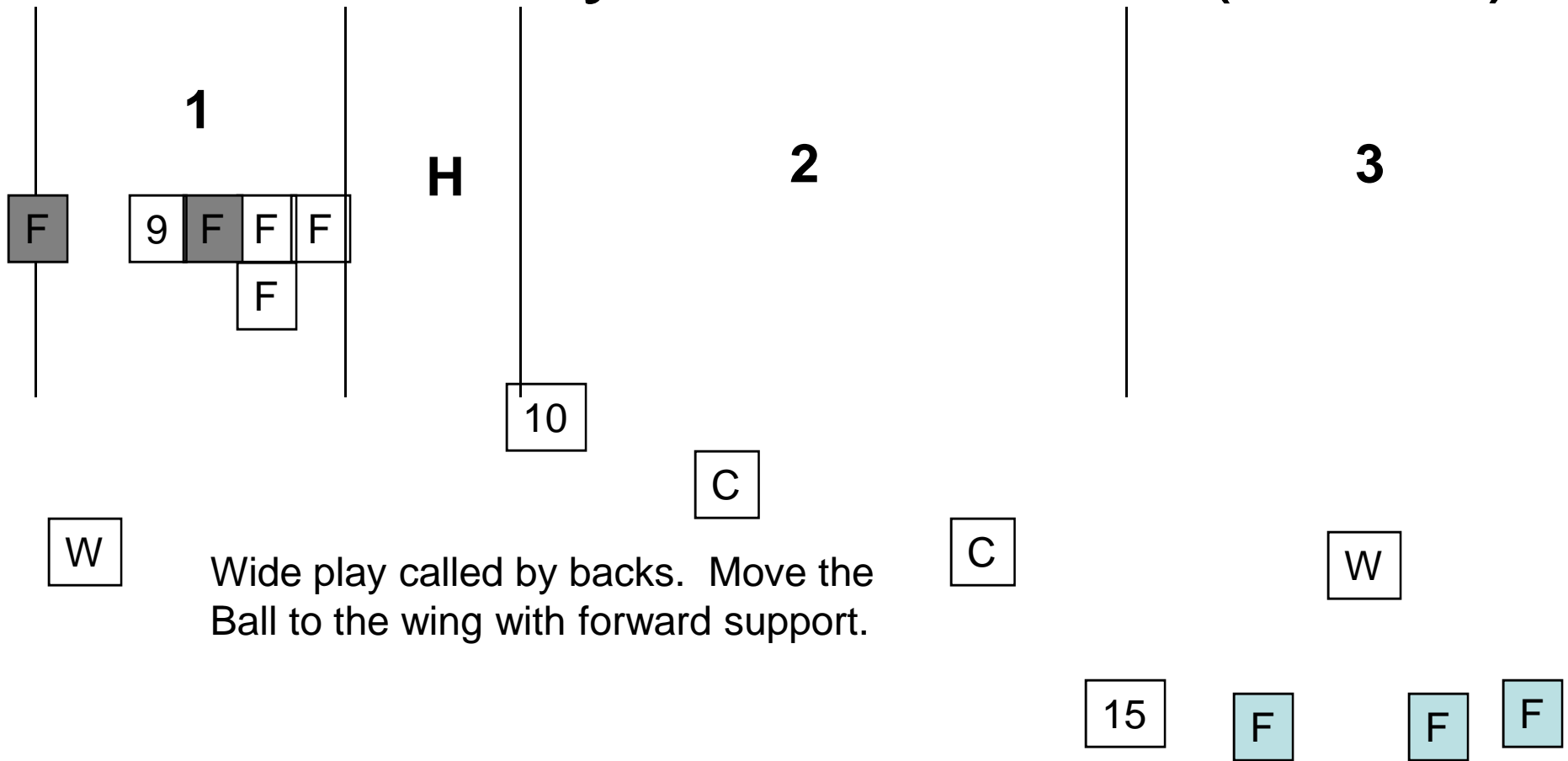
- Ability to break the line within a channel attack
- Win the ball in contact with 3 players
- Keep depth and width to stretch the field

Channel - Offense

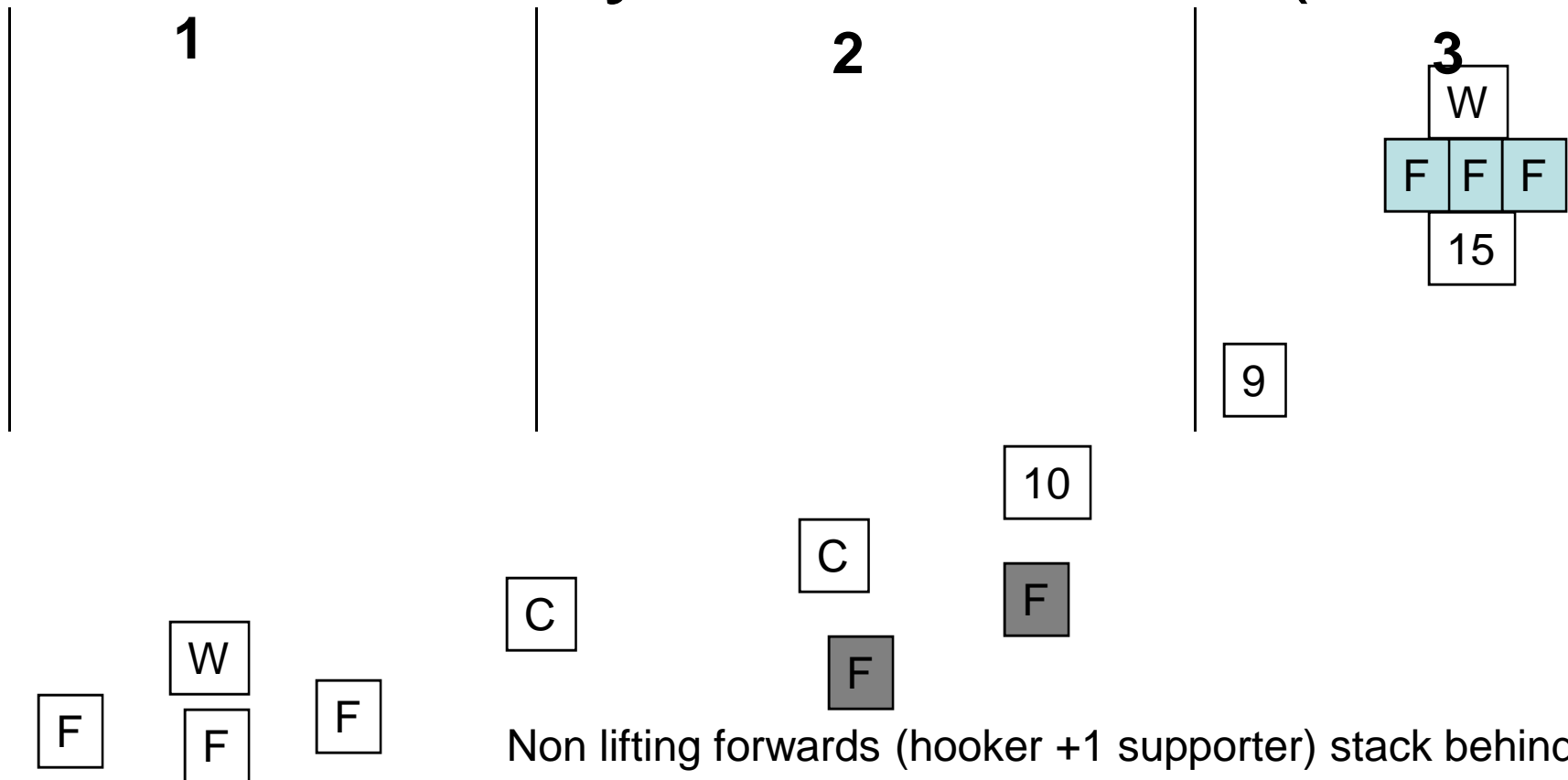
Steps for good offense from second phase

- Attacking plays
 - Gregan – Attacker switches with SH
 - Jam – Pick and go with a forward
 - Wander – Change direction and attack the blind side
 - Roll – pass the ball behind a runner who is angling in. The runner must stop once ball is passed. Good to move the ball wide.
 - Rock – pass to runner angling in
- Attack executed and supporters to the channel
 - Win the ball in contact
 - If clean break made, move attack to a different channel

Starter Play – Mini Wide (1 or 3)

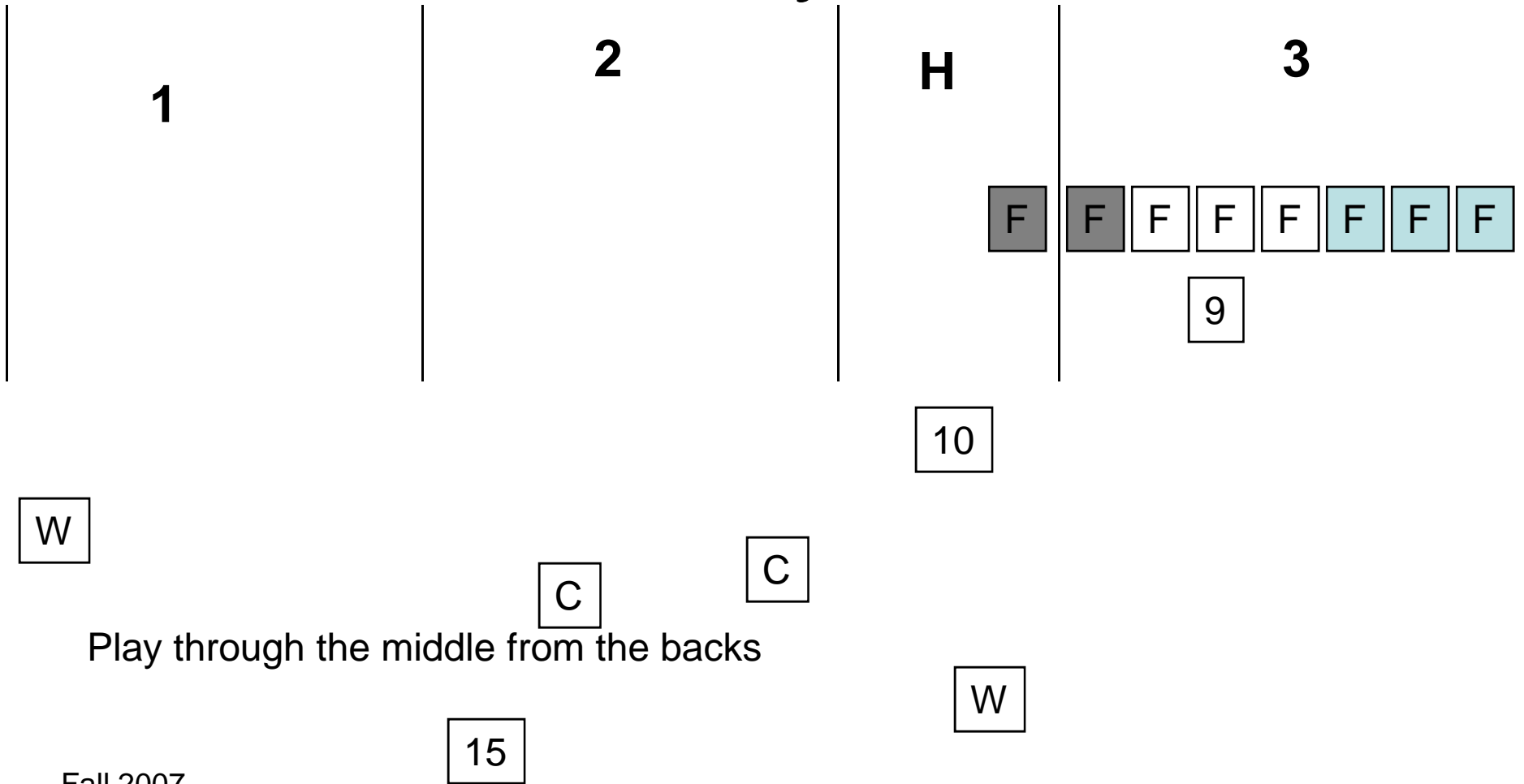


Starter Play – Mini Wide (1 or 3)

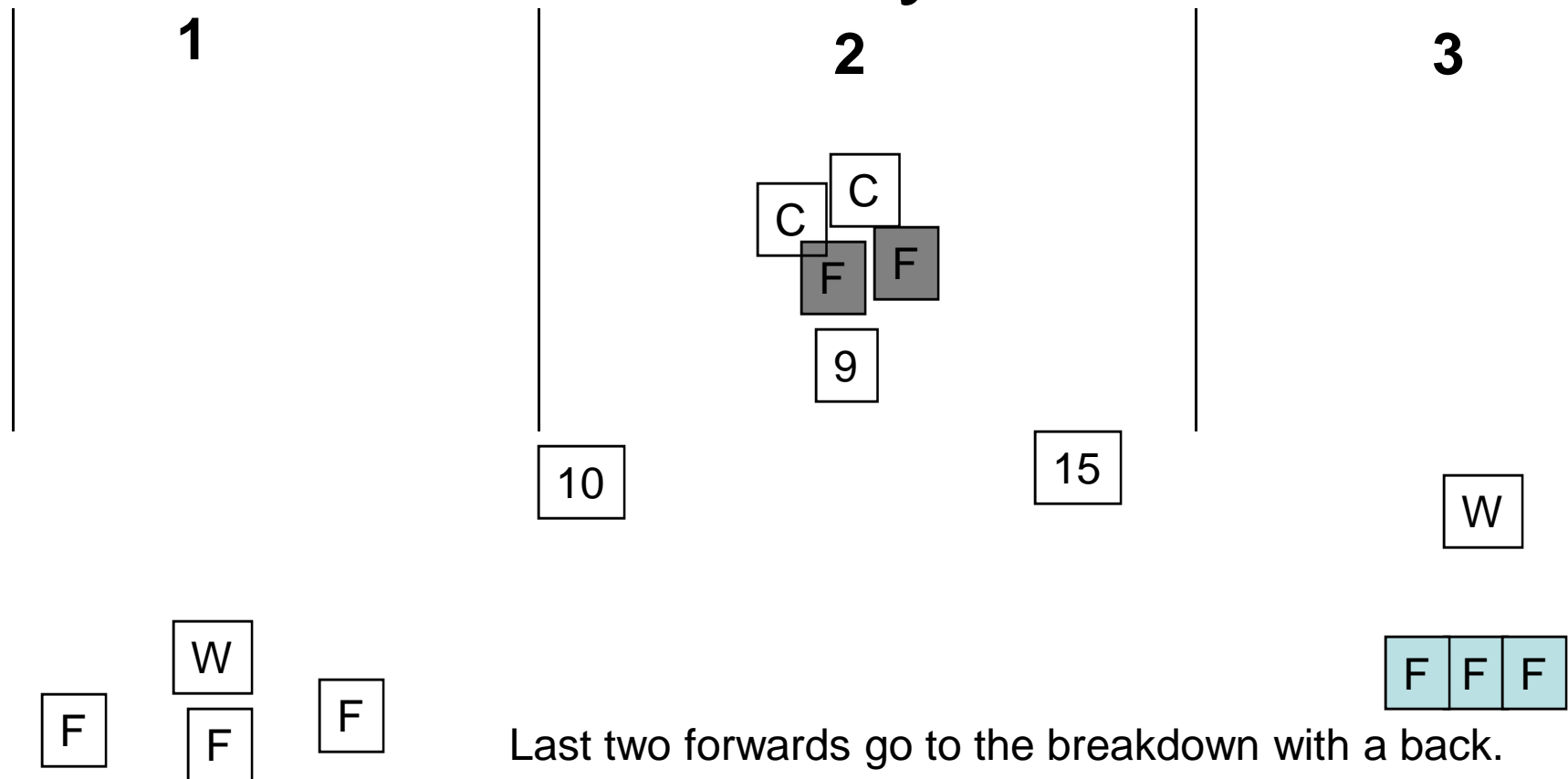


Non lifting forwards (hooker +1 supporter) stack behind Midfield backs and can rock or roll there. Wide back (FB here Can play as SH so SH can play first receiver and we can stretch the field

Starter Play – Full 2

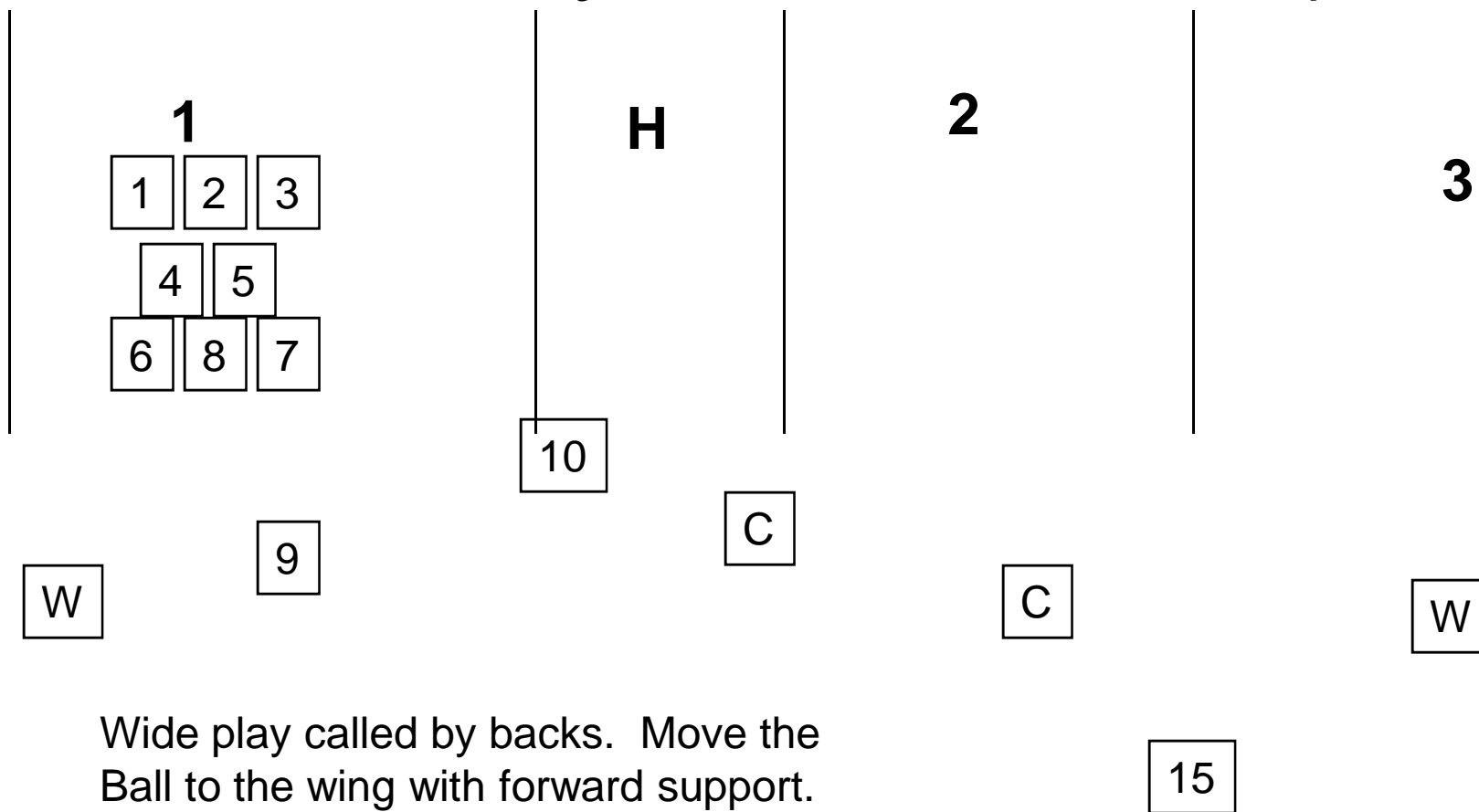


Starter Play – Full 2

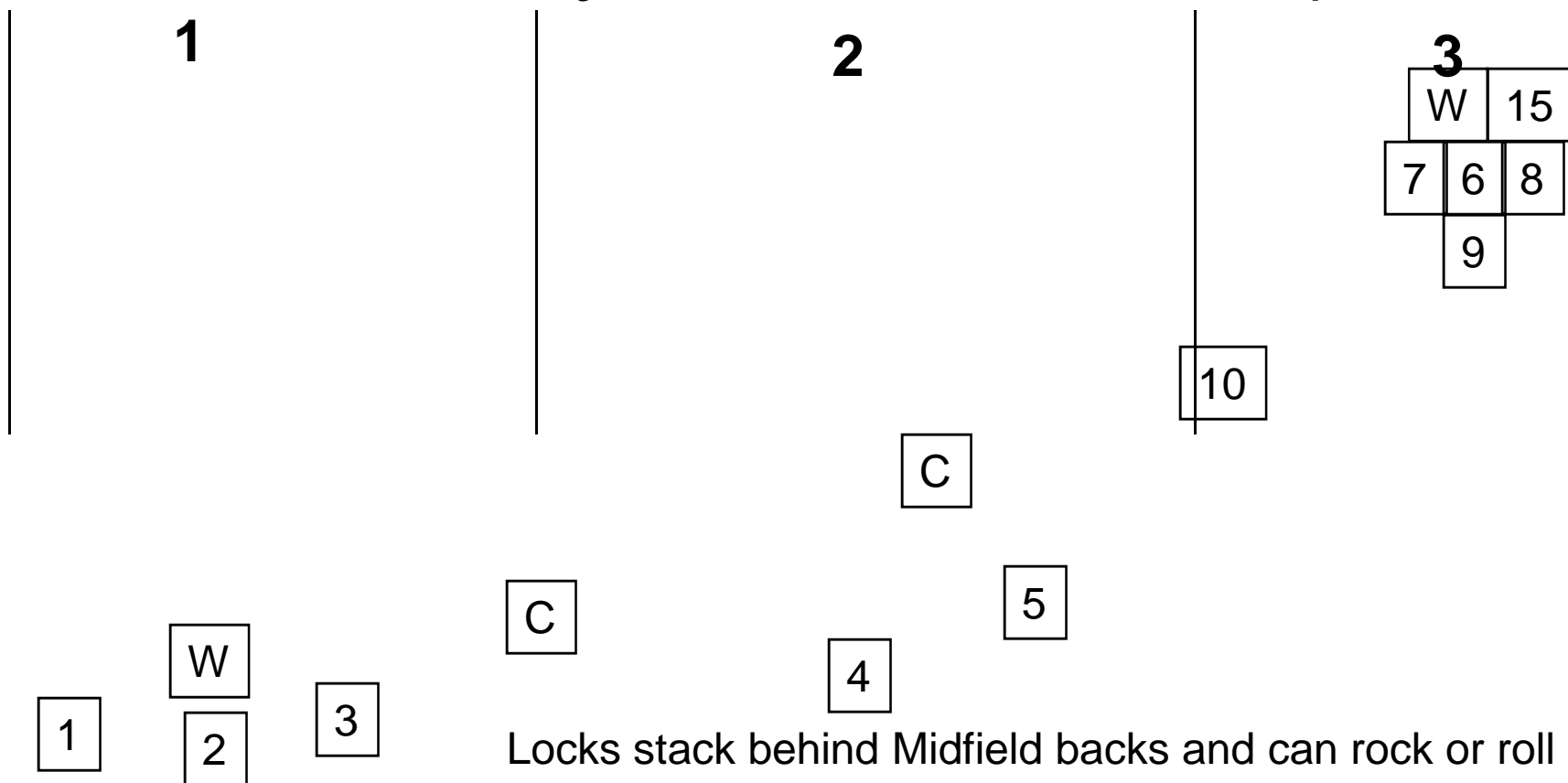


Last two forwards go to the breakdown with a back.
 Non-lifting pod goes wide. Lifting pod drops back.
 9, 10, 15 attack where there is space.

Starter Play – Scrum Wide (1 or 3)

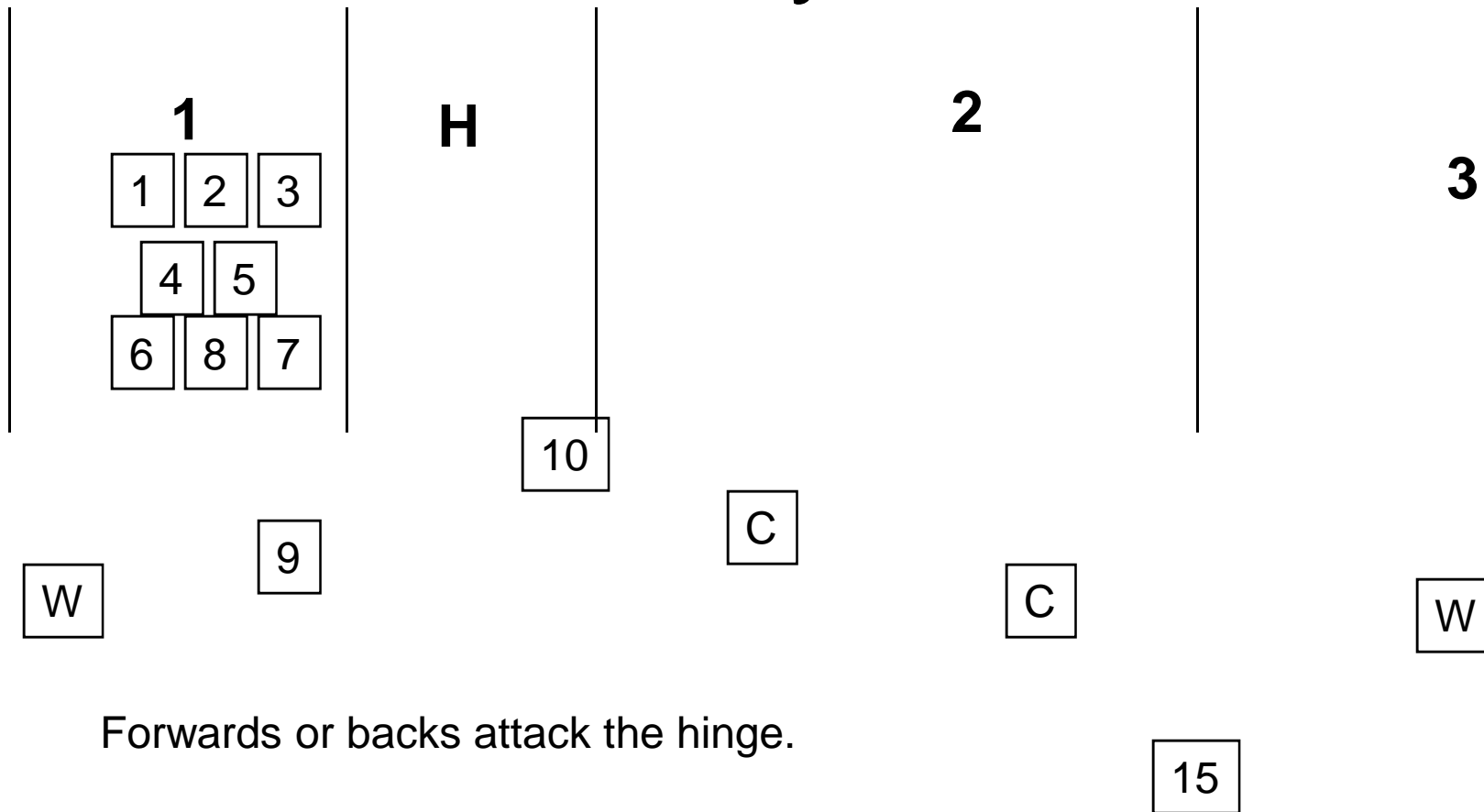


Starter Play – Scrum Wide (1 or 3)



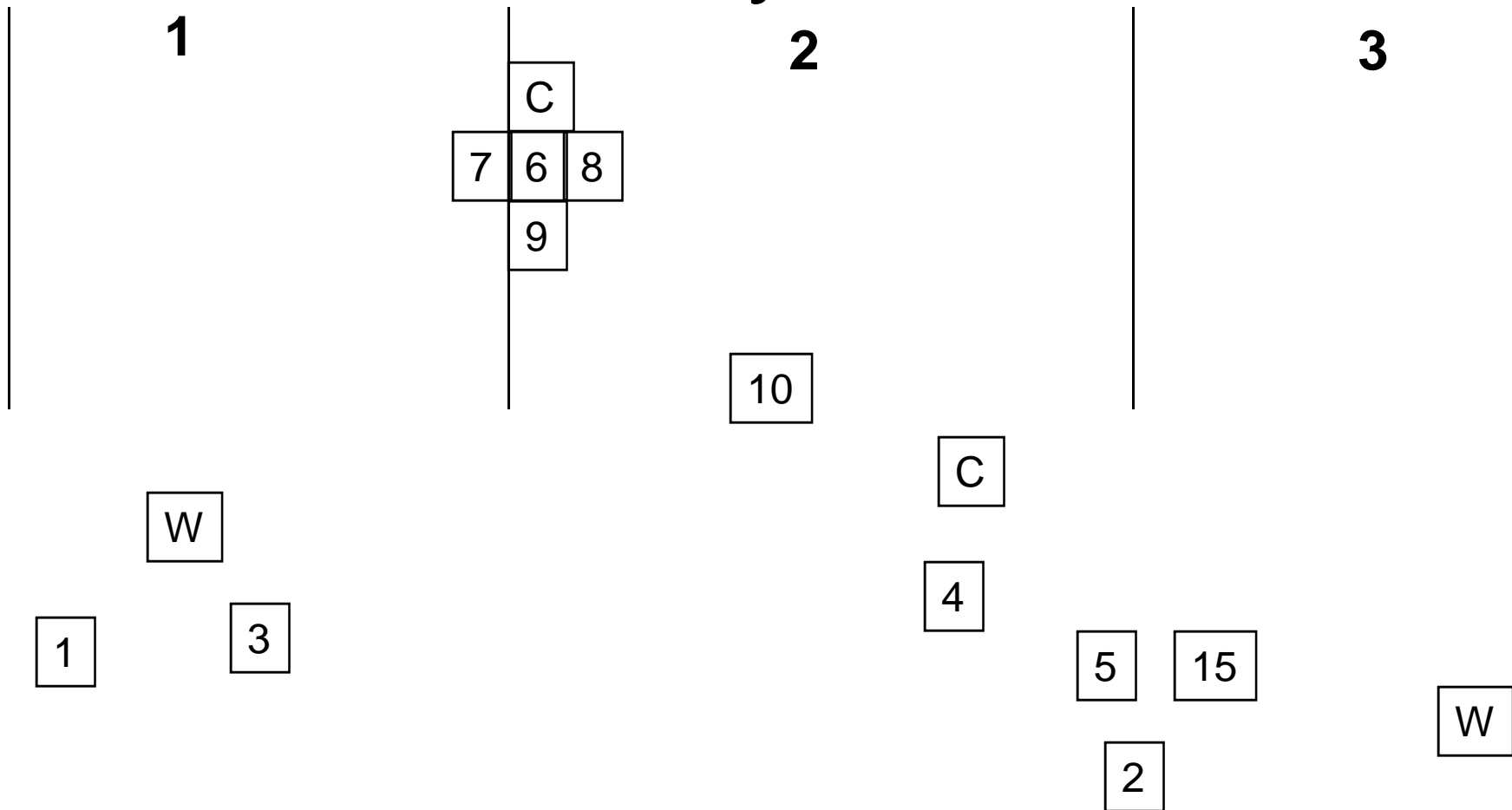
Locks stack behind Midfield backs and can rock or roll there.
Wide back needs to support attacker and enter ruck

Starter Play – Scrum H3

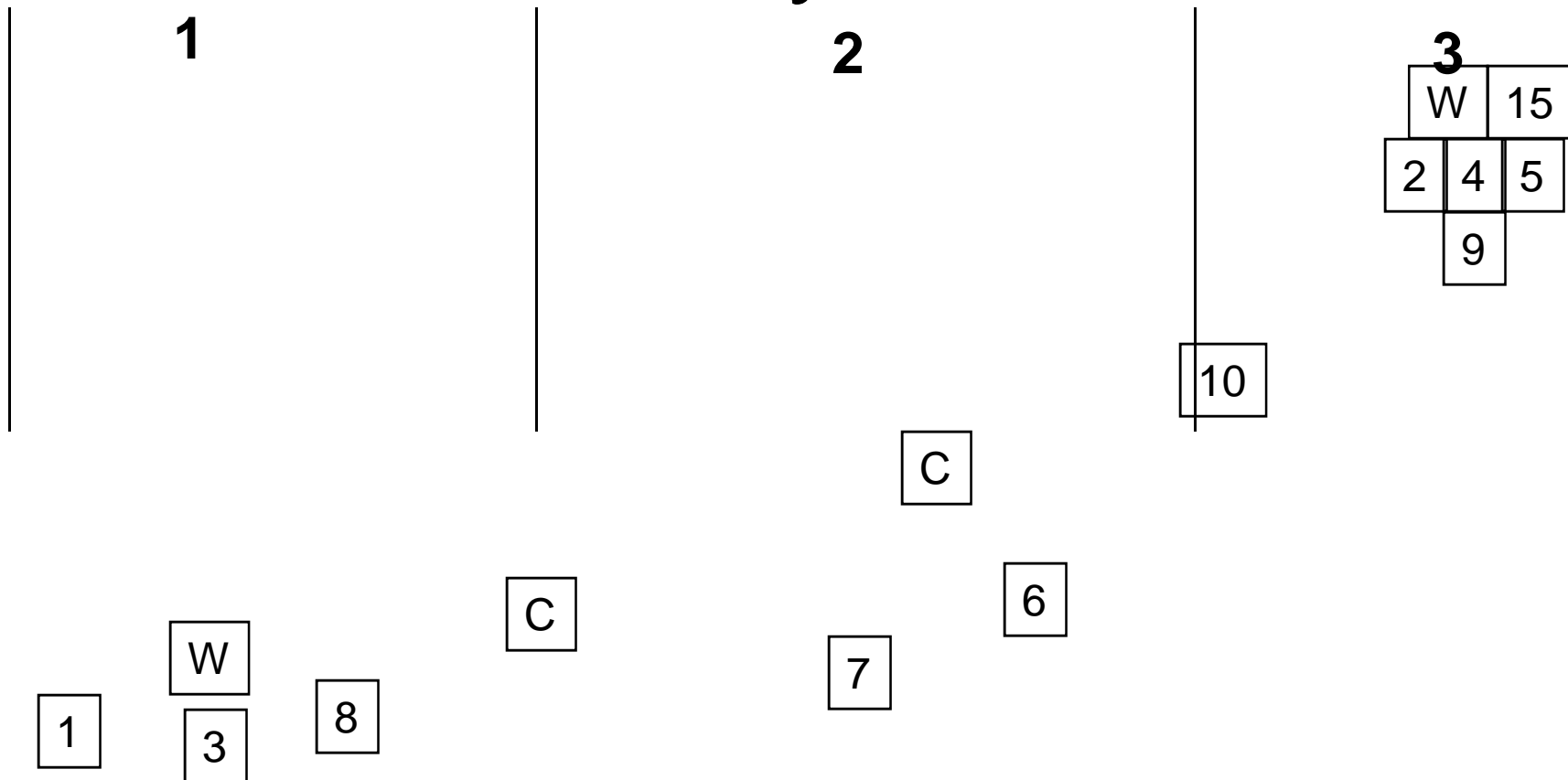


Forwards or backs attack the hinge.

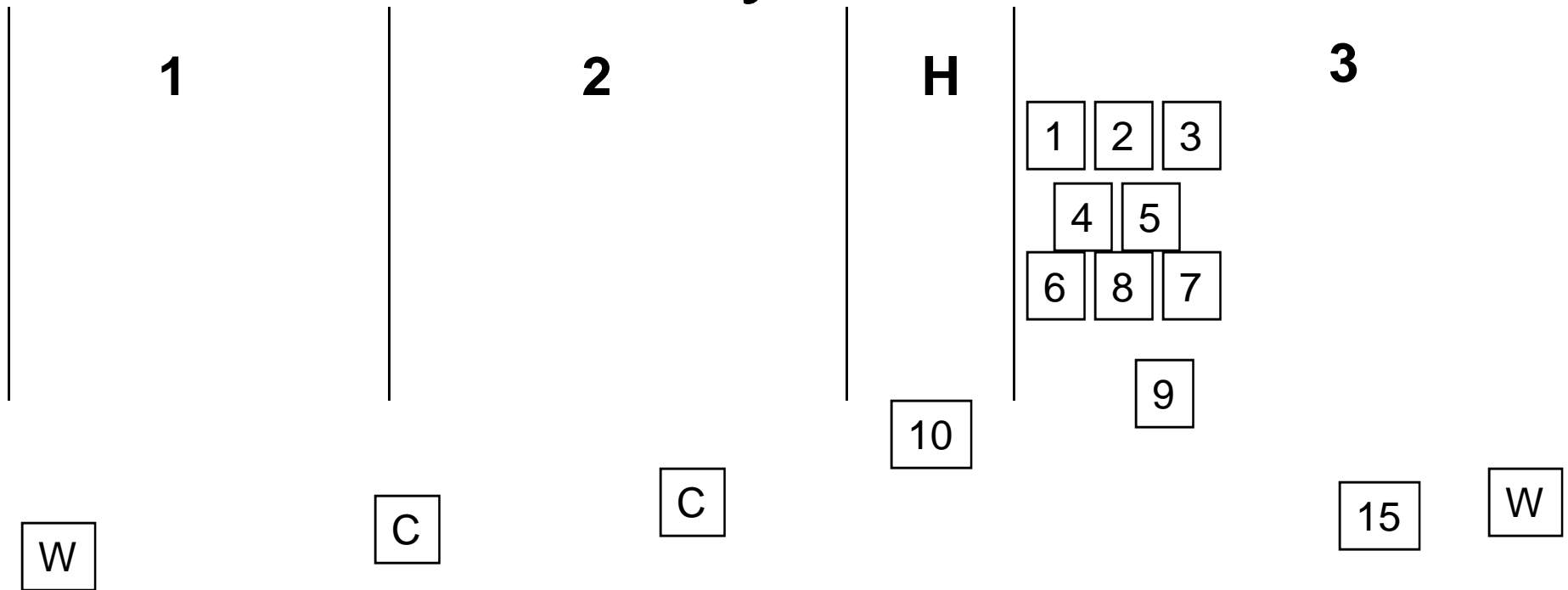
Starter Play – Scrum H3



Starter Play – Scrum H3

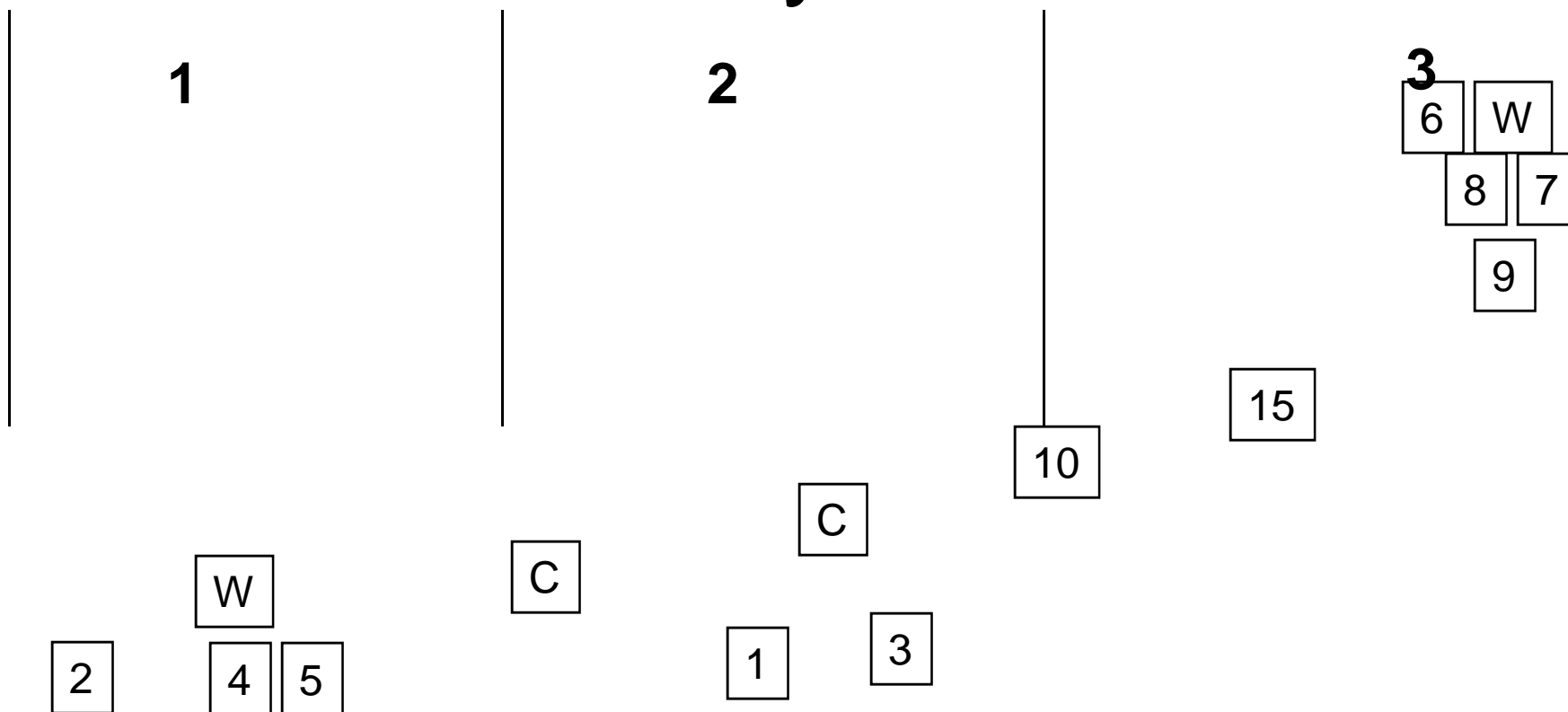


Starter Play – Scrum 31



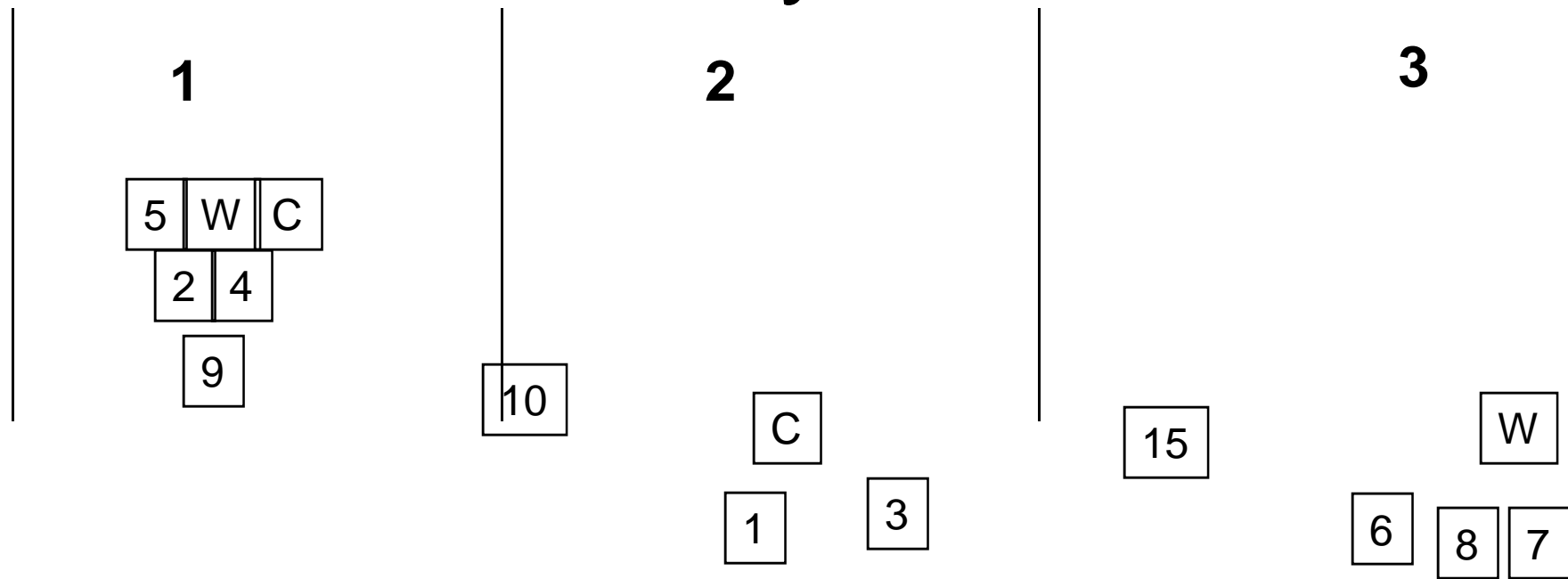
Blind side move to attack the blind side

Starter Play – Scrum 31



15 plays as FH so the ball can be moved. Locks need to get wide, but centers also need to be prepared to help win the ball. Need a roll to hold the slide.

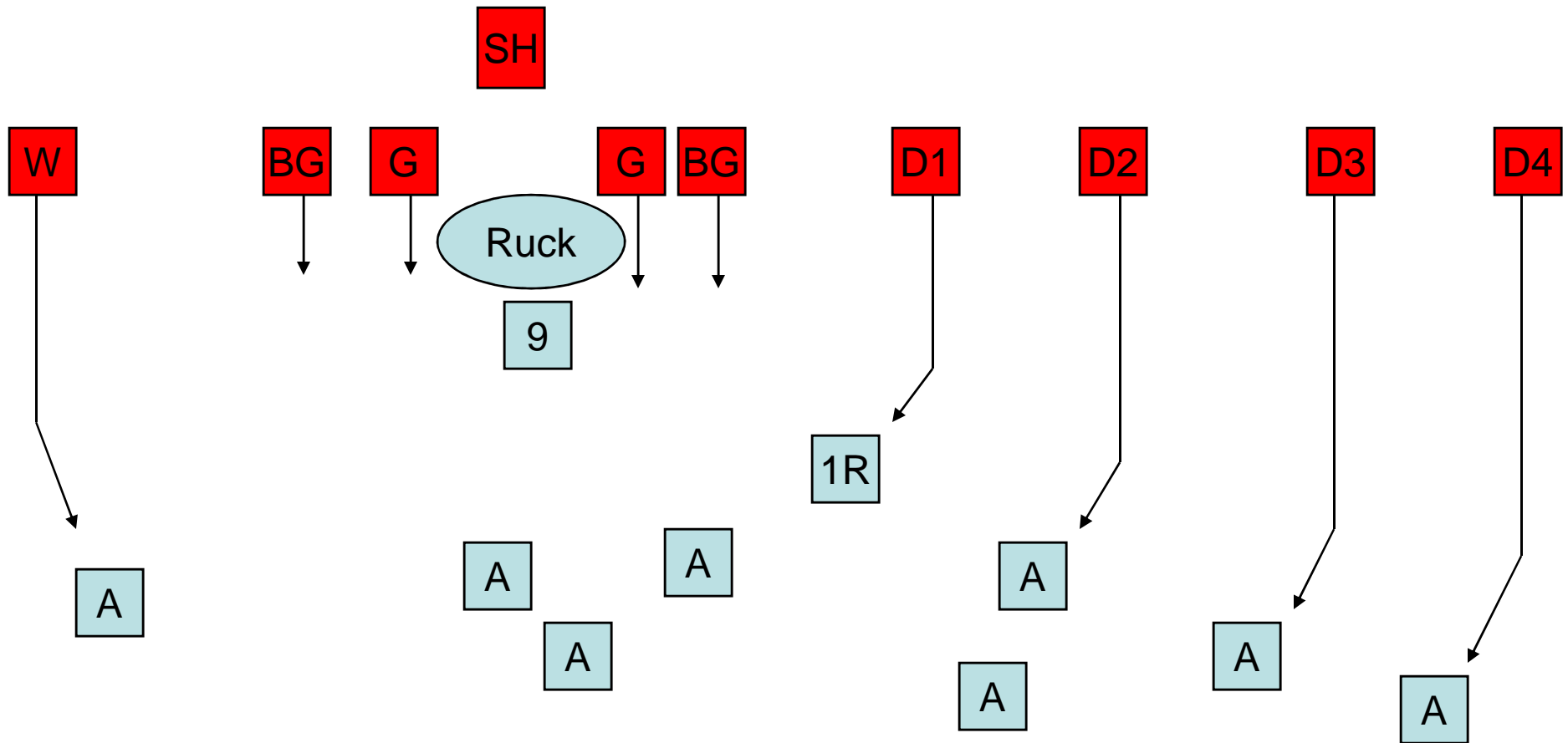
Starter Play – Scrum 31



Principles of Second Phase Defence

- Always work across on defence
- Contest in the tackle - Second tackler attacks the ball – poach or counter-ruck
- No more than 2 defenders in at the tackle
- Re-align relative to the attack – first 2 defenders go to far side:
 - **Guard** is next to ruck, **Body Guard** is next to him – identifies himself with his hand in the air. The G and BG move up ahead slowly and cover anything close to the ruck and anything back inside
 - D1 sets up on **Outside** shoulder of the First Receiver
 - Rest of Defenders get on **Outside** shoulder of the attackers
- Speed off the Line - Come up hard and fast in a line to make a tackle with the inside shoulder
- Outside defenders should be slightly ahead of inside defenders to push the attack back inside
- Stay square – go directly forward 3 steps to close down the space and then across
- Jam the gaps next to the ball carrier
- Stay on your man until the ball goes past you and then provide inside cover for the outside defender
- Don't give away penalties especially off-sides penalties
- Once we turn the ball over move the ball to space immediately – 2 passes away

Second Phase Defense





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Forward Play
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Principles of Possession

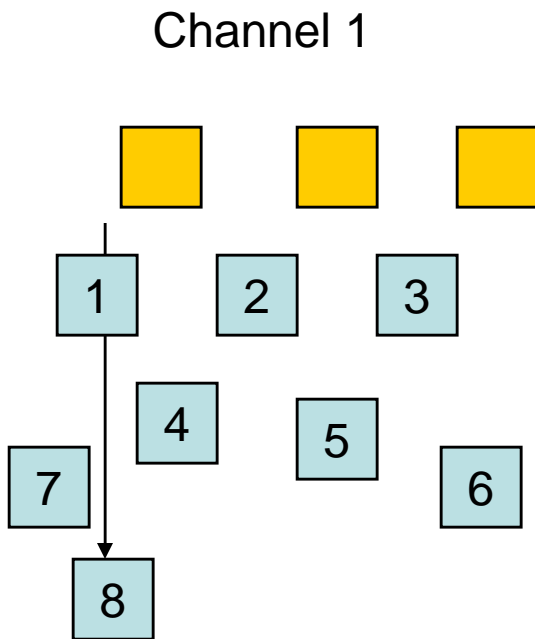
- We must win our own ball – first of the principles of play
- We need to win our ball going forwards to be able to attack
- We must be quicker in preparation than the opposition
- We must disrupt their ball and make them go backwards
- This is the most important role of ALL forwards

Principles of Scrums

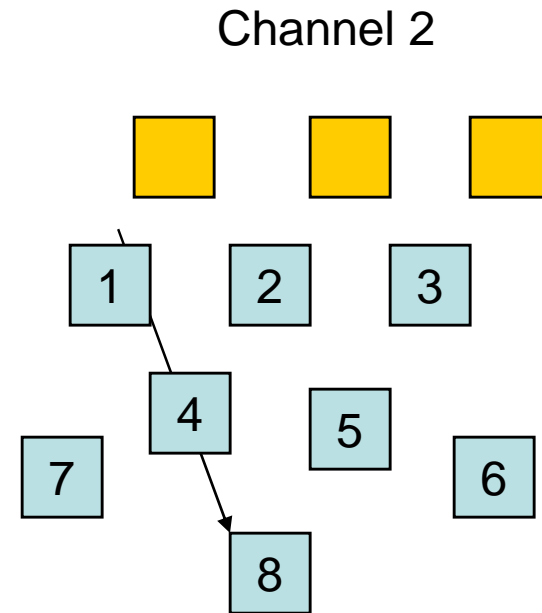
Intensity - Focus - Pressure

- Winning the engagement in 90% of the battle
 - Form quickly
 - Get low
 - Be tight
 - Hit 8 as one
- After engagement stay tight and hold the pressure
- Do not move your feet after the engagement
- Cadence must be done at all scrums will be:
 - “Hit” – engage as one
 - “And” – sink the knees to be able to pop and drive
 - “Now” – drive as the ball comes in
- Wheeling determined by situation (look for wheels in back play section)
 - Big hit “name of prop” determines direction of wheel with that props side moving forward.

Channeling



#8 binds outside lhs lock. Quick ball
But not easily controlled.

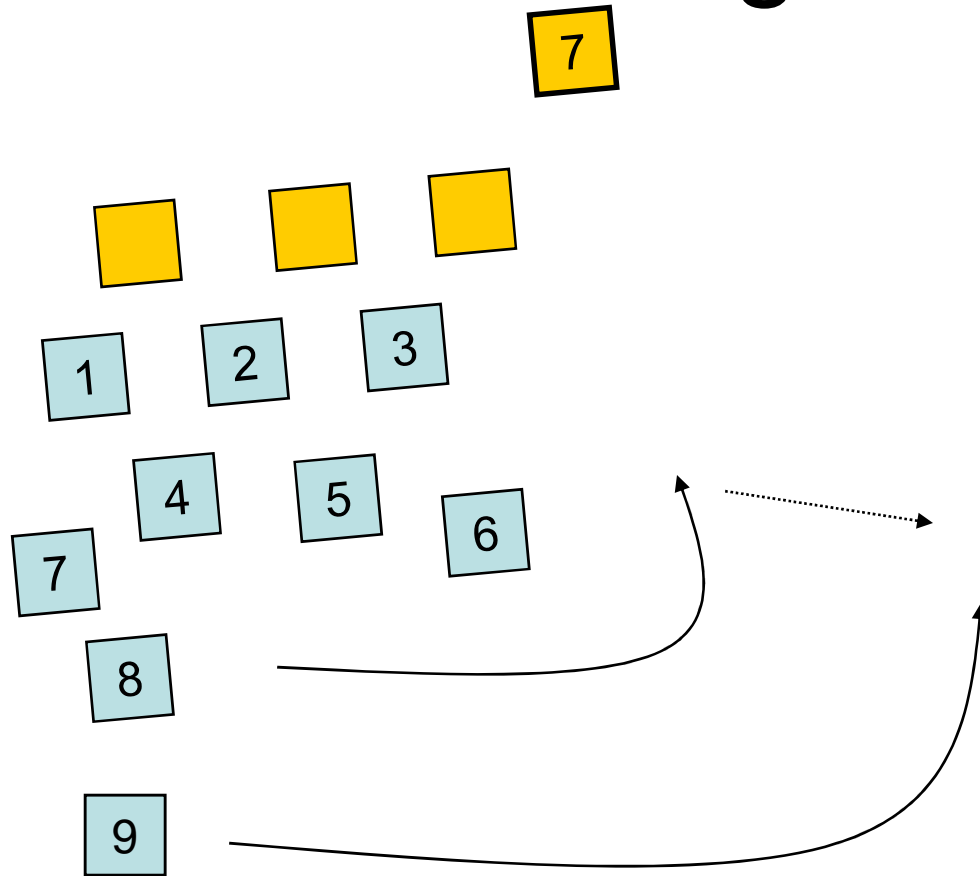


#8 binds between locks. Slower ball
But under easily control. 8 can add to
drive

Back Row Plays

- This is our ability to attack space that is difficult for the defending team to cover
- Must get over gainline
- Need solid win in the scrum
- Success is determined by getting the required wheel

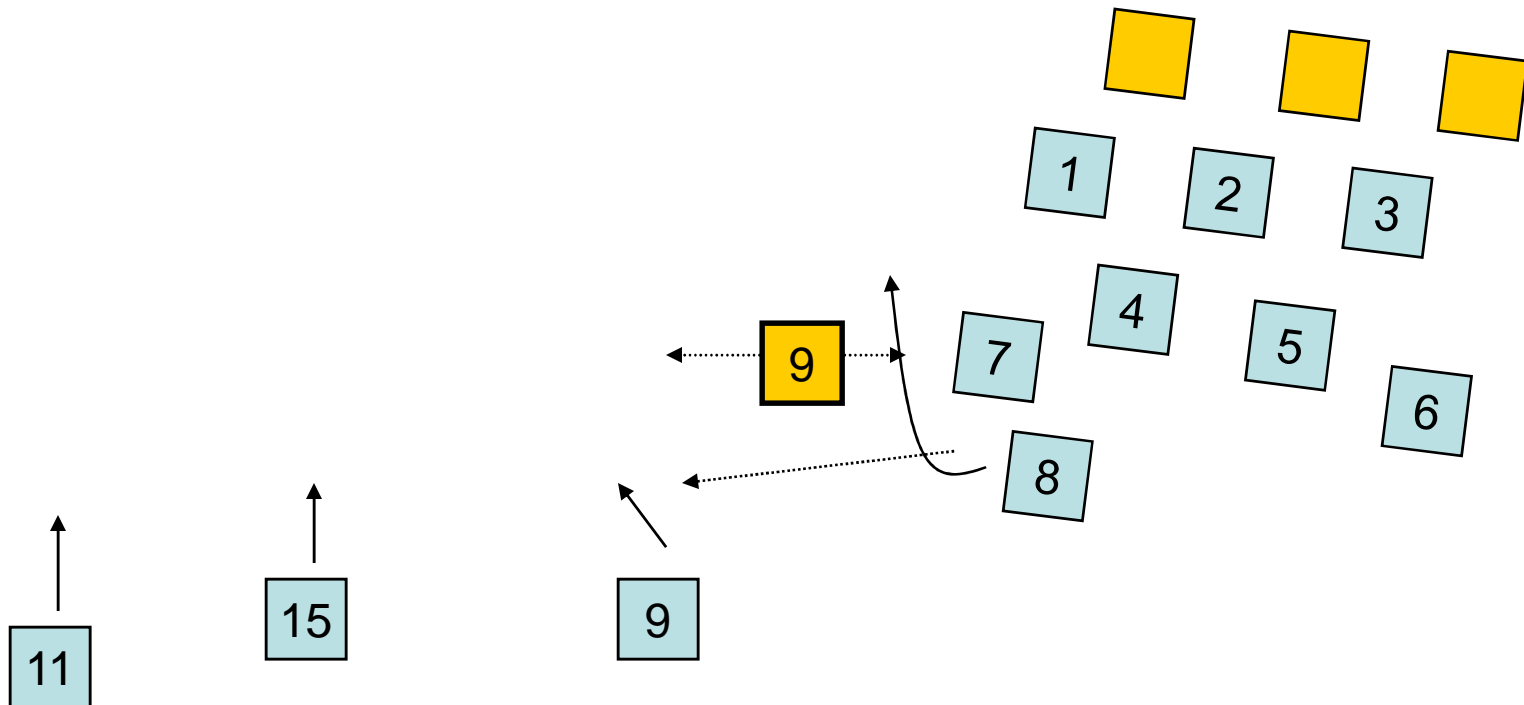
England



For wide attack. 8 picks up and Angles in to hold the #7, but MUST Pass early to 9 to gibe them to Be a play maker. Big hit on #3, Can be channel 1 or 2. 9 must run An angle to head up the field when They get the ball.

Australia

To attack with space left. Pressure opposition #9. They either stay close and #8 Passes to #9, or they attack wide and #8 picks and goes. Need big hit on #1. Channel 1 ball.



Scrum Defense

We always want to pressure their possession. We will:

- “Drive” – Hooker binds square to drive. R lock binds between hookers legs. 8 is between the locks. Pop when the ball comes in and call a secondary drive
- “Contest” – Hooker twists opposite way. Pop when ball comes in. Hooker blocks other hooker strike THP heals the ball
- “Big hit *Props name*” – wheel by driving forward that props side, other side pivots.
- “Disrupt” - When ball comes in, everyone takes 2 steps left and then call a secondary drive.

Principles of Lineouts

Movement – Timing - Delivery

To win the lineout the jumper must move to space (where there is not another jumper) and get up before the opposition can match. The Lineout is made up of 5 key areas:

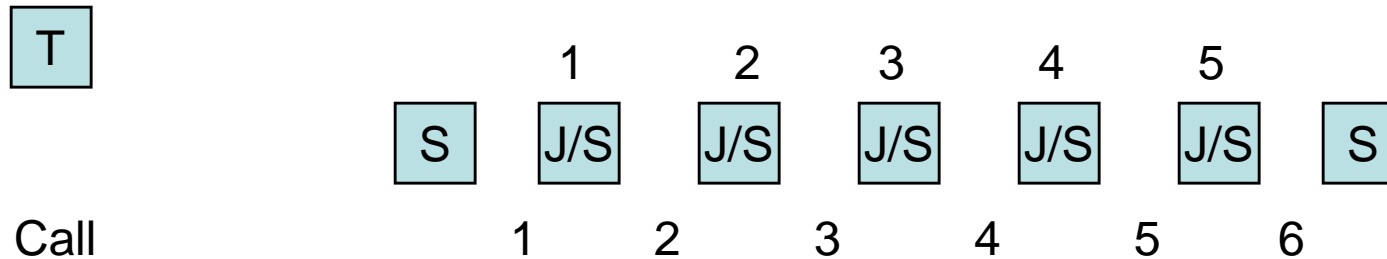
- **The call and set up** – the first call should be made early and should tell the forwards what formation will be used. The second call will be made to identify where the jumper will jump (and will be done once the opposition has matched).
- **The movement** – the jumper and supporters must move to the space, but preserve it with a fake if necessary.
- **The jump** – the jumper must quickly get in the air (the higher the jumper jumps the quicker he will be lifted). The supporters must support and extend the jump. If the jumper is coming forward to “1” he will enter the tunnel. All other jumps will be straight up.
- **The throw** – The thrower’s timing with the jumper is key. At the first jumper the thrower throws on the jumpers movement. In the second pod, the jumper goes on the hookers movement.
- **The delivery** – This is how the ball is delivered to the scrum-half and will include a maul, a tap, a peel or a feed (jumper comes down and passes the ball to the scrum-half). If the team mauls, they must drive more than 10m for it to be worthwhile. If they tap then the team must “close the gap” and prevent the defense from coming through the lineout.

Lineout Calls

- Number chosen is after “hot” number.
- Mauls – any word with letters “DRIVE”
- Taps – any word with letters “TAP”
- Jumper will fake if their hand is in the tunnel
- Trojan is an immediate wheel by the stripper in the direction of their movement
- Color is a peel – Only back peel from 6
- Q1, Q2, Q3 is a call for a quick throw and jump

“Full” Lineout

Throw to space where their jumpers are not.



First number called is the jumper

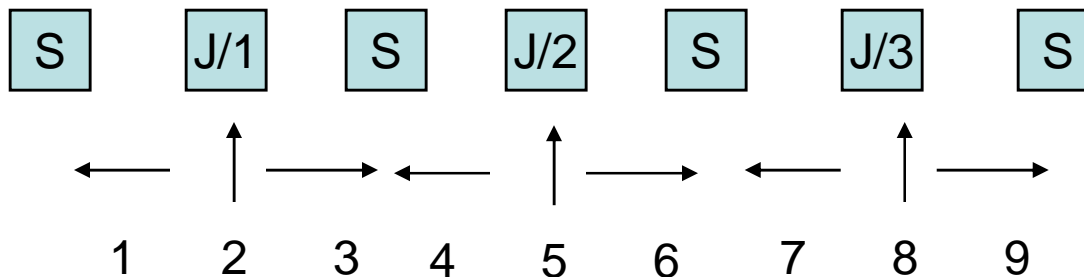
Second number is the gape the jumper will attack.

If the call is “power” the #5 will come in and lift from behind.

“Jumbo” Lineout

Throw to space where their jumpers are not.

T



Key

T – Thrower (best thrower on the team)

S – Supporter (lifter)

J – Jumper

**Variation – first number is jumper number
Second number is where she jumps**

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Number chosen is after “hot” number.

Mauls – any word with letters “DRIVE”

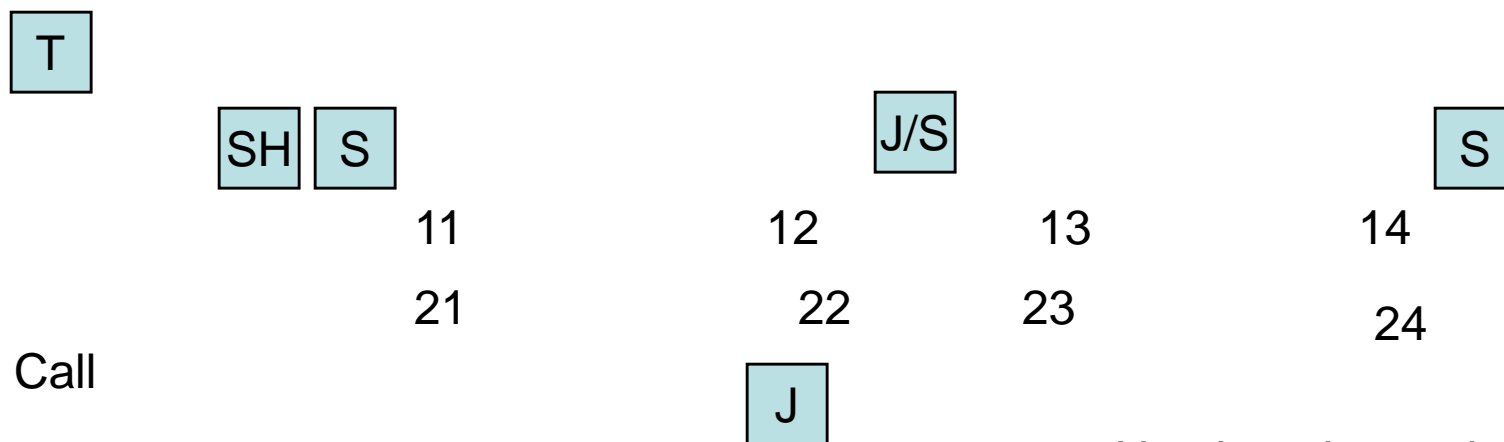
Taps – any word with letters “TAP”

Peels – Front – Fruit

Back - Vegetable

“Mini” Lineout

Throw to space where their jumpers are not.



This a short lineout.

Number that starts with 2 is for insert and is

tapped (3) to SH who leaves the line when the jumper inserts and passes to flankers who attack the hinge.

Number that starts with 1 is for J/L already in and is driven (4)

Number chosen is after “hot” number.

Principles of Defensive Lineouts

Match – Contest - Disrupt

When on defense you need to match numbers and the positions of the jumpers. We want to contest, so our jumpers should be slightly in front of their jumpers and we should challenge and jump into the tunnel. If we do not win the ball we want to disrupt by preventing the drive, or pressuring the Scrum-half and try to get through the lineout. Last player should only be concerned about the fly-half and should run at her when the lineout is over.

If the lineout is shortened then we must match numbers and keep the best and fastest defenders at the back. The other forwards should match the opposition.

Defending the Drive

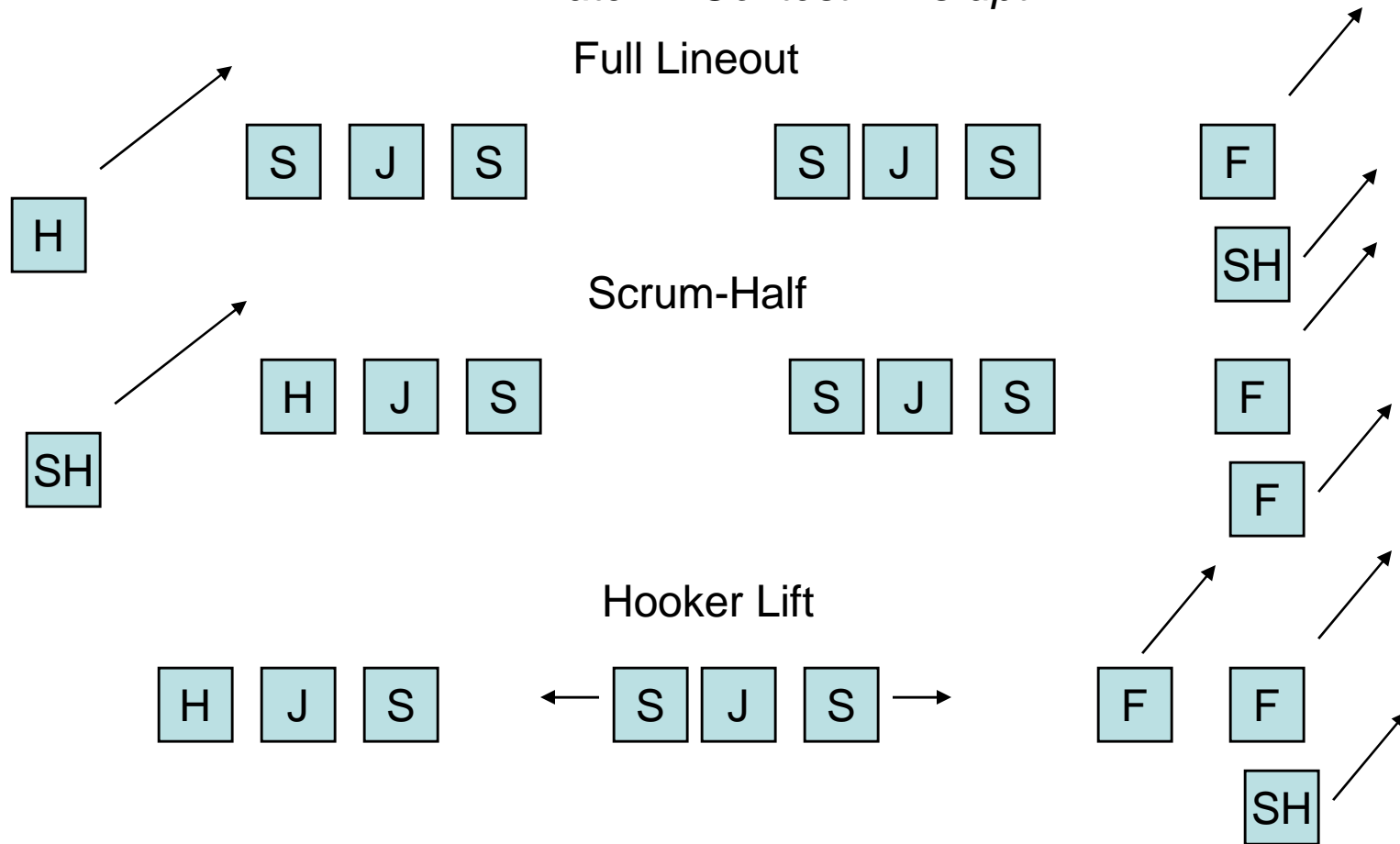
Engage – Engage supporters when their jumper is still in the air but do not drive. Make sure you get underneath them. Look for the jumpers feet and when they hit the ground drive aggressively.

Shove – 3 and 4 in the lineout come in and drive their front jumper towards the sideline.

Sack – One designated player grabs their jumper when they hit the ground and pulls them down. Noone else can engage.

Lineout Defense

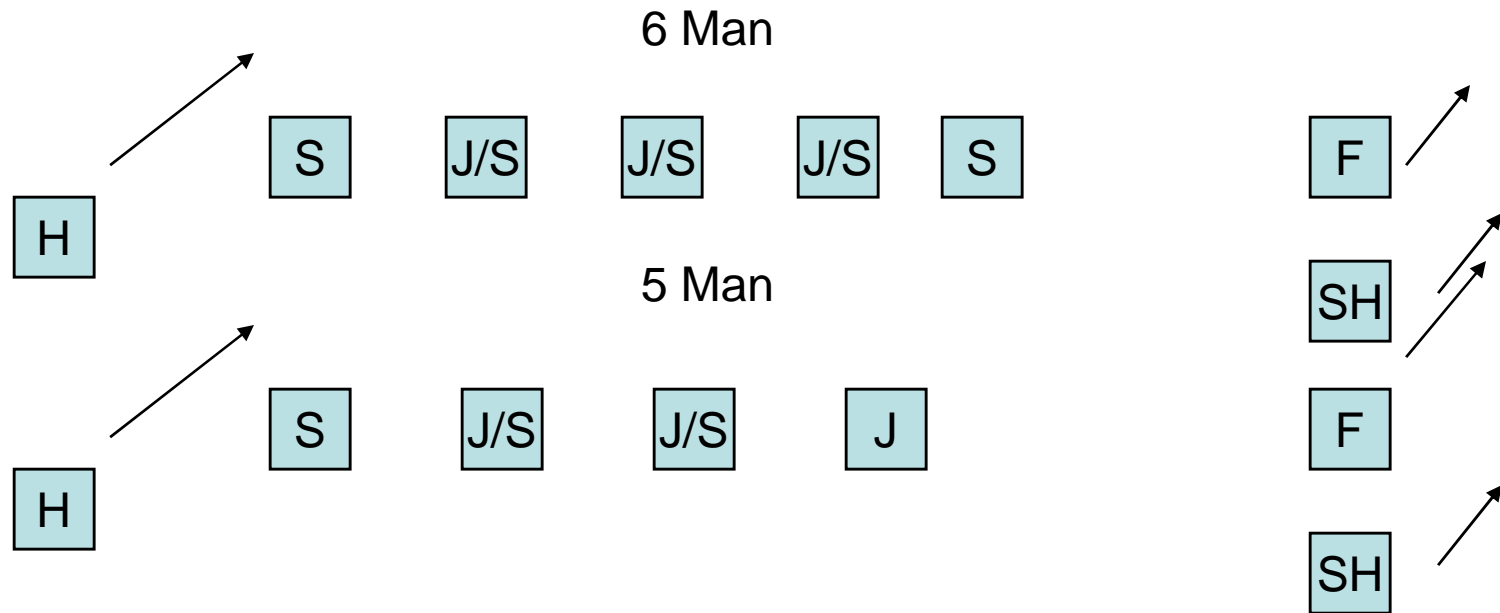
Match – Contest - Disrupt





Lineout Defense

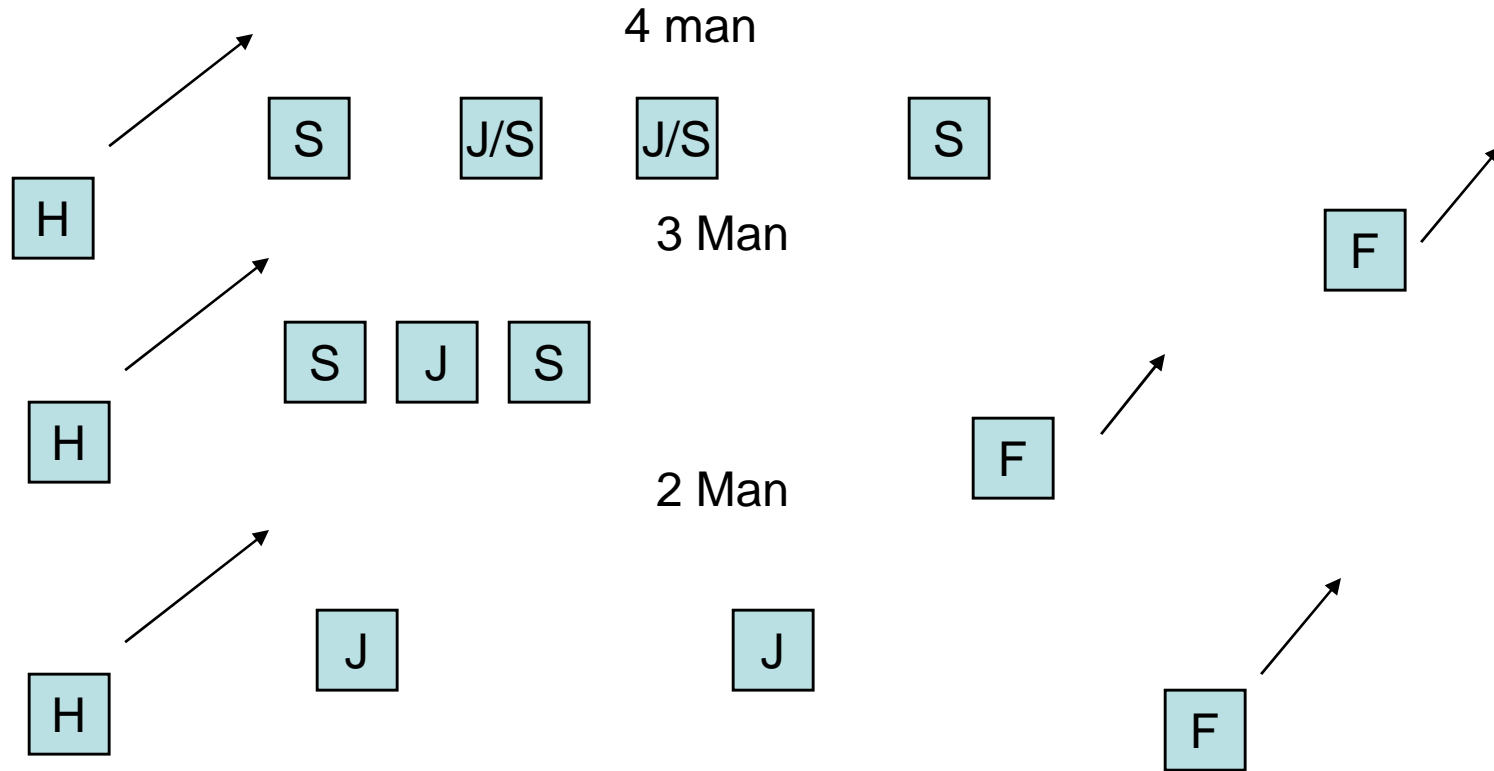
Match – Contest - Disrupt





Lineout Defense

Match – Contest - Disrupt





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Back Play

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Principles of Attack

Depth – Pace - Space

- All plays have multiple options
- Play what is in front of you – look at the defense
- Attack with 6 in every play – everyone has a role
- To attack wide you need time – stand deeper and pass earlier
- Attack wide on fast ball, and tight on slow ball
- 4 roles in every play
 - Distributor – moves the ball to the playmaker, pass early
 - Playmaker – takes the ball to tackle line, preserves space - needs to be threat to run. Pass early to wide striker, late to close striker
 - Striker – runner that is breaking the tackle line
 - Trailer – supports the striker and most likely to score
- Want to pressure a player in the defense (Bold box for man up, dashed for drift/slide)
- The goal must first be to get over the gainline
- The trailers must run lines to support ball carrier in contact – get close and come from **DEPTH**
- Kicking – must balance territory and possession
 - Near our line territory is more important than possession
 - Near their line possession is more important than territory

Principles of Kicking

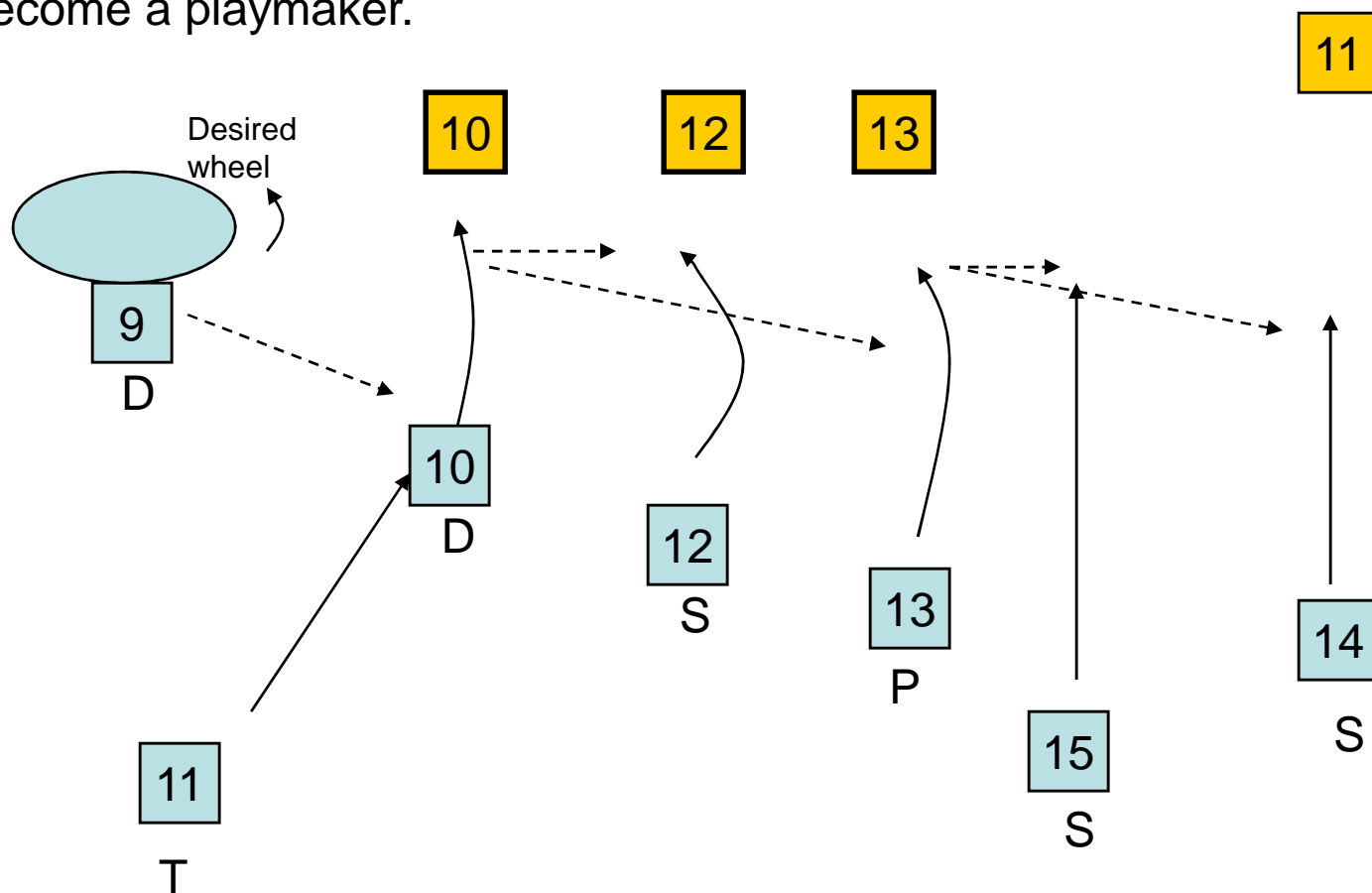
Position - Territory - Possession

- There is a balance between territory and possession
 - Near our line territory is more important than possession
 - Inside 22 kick for touch if you can gain territory
 - Outside 22 kick for territory by kicking to space
 - Near their line possession is more important than territory
 - Outside their 22 kick to regain territory
 - Inside their 22 keep the ball
- To be able to execute a kicking game we must become good kickers - PRACTICE

Good against man-up defense.
Pass early to move wide and 13
can become a playmaker.

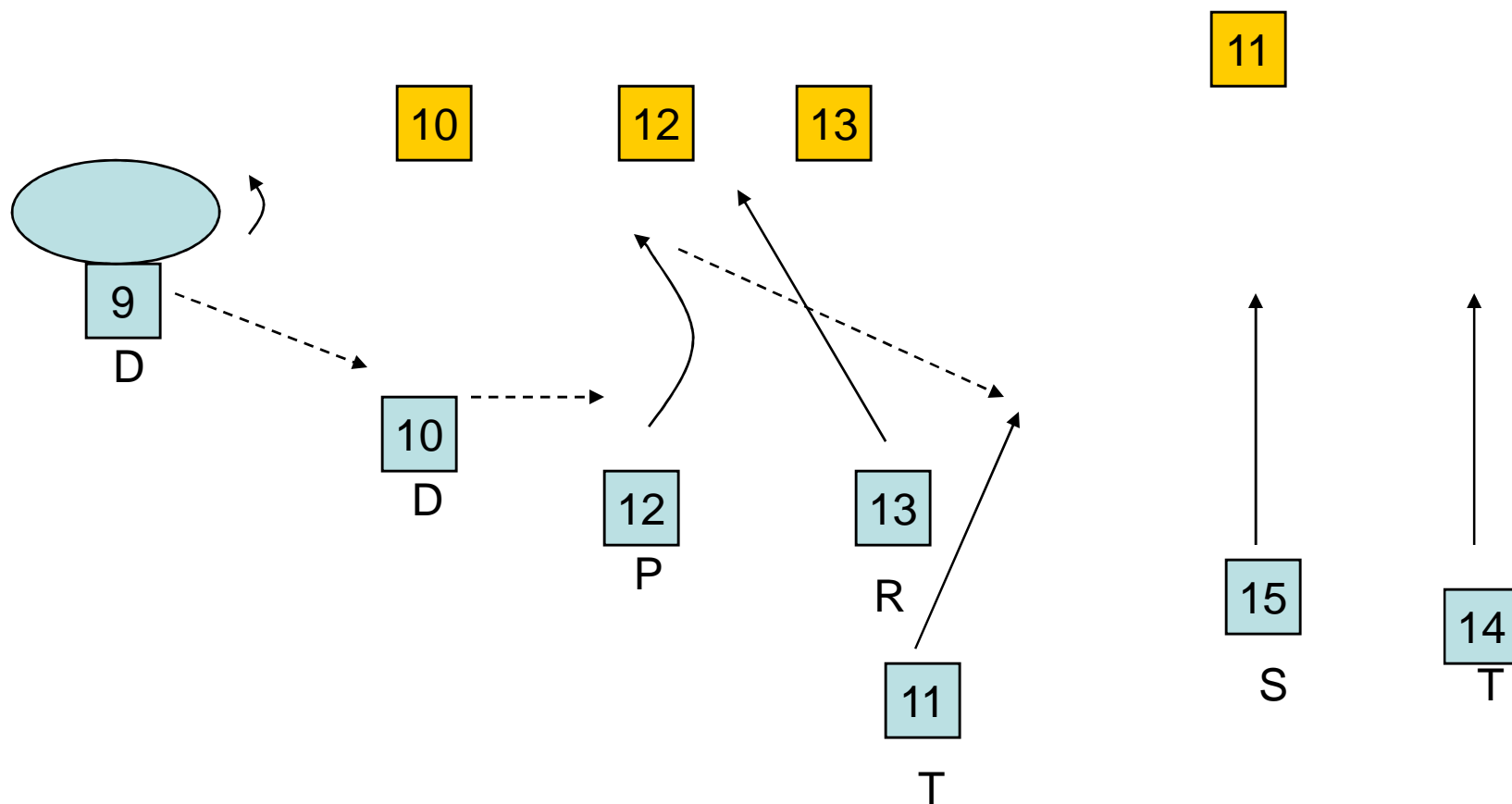
3 play

Channel
1 or 2



10 to 12, 13 rolls and 12 hits
Wing behind the roll.

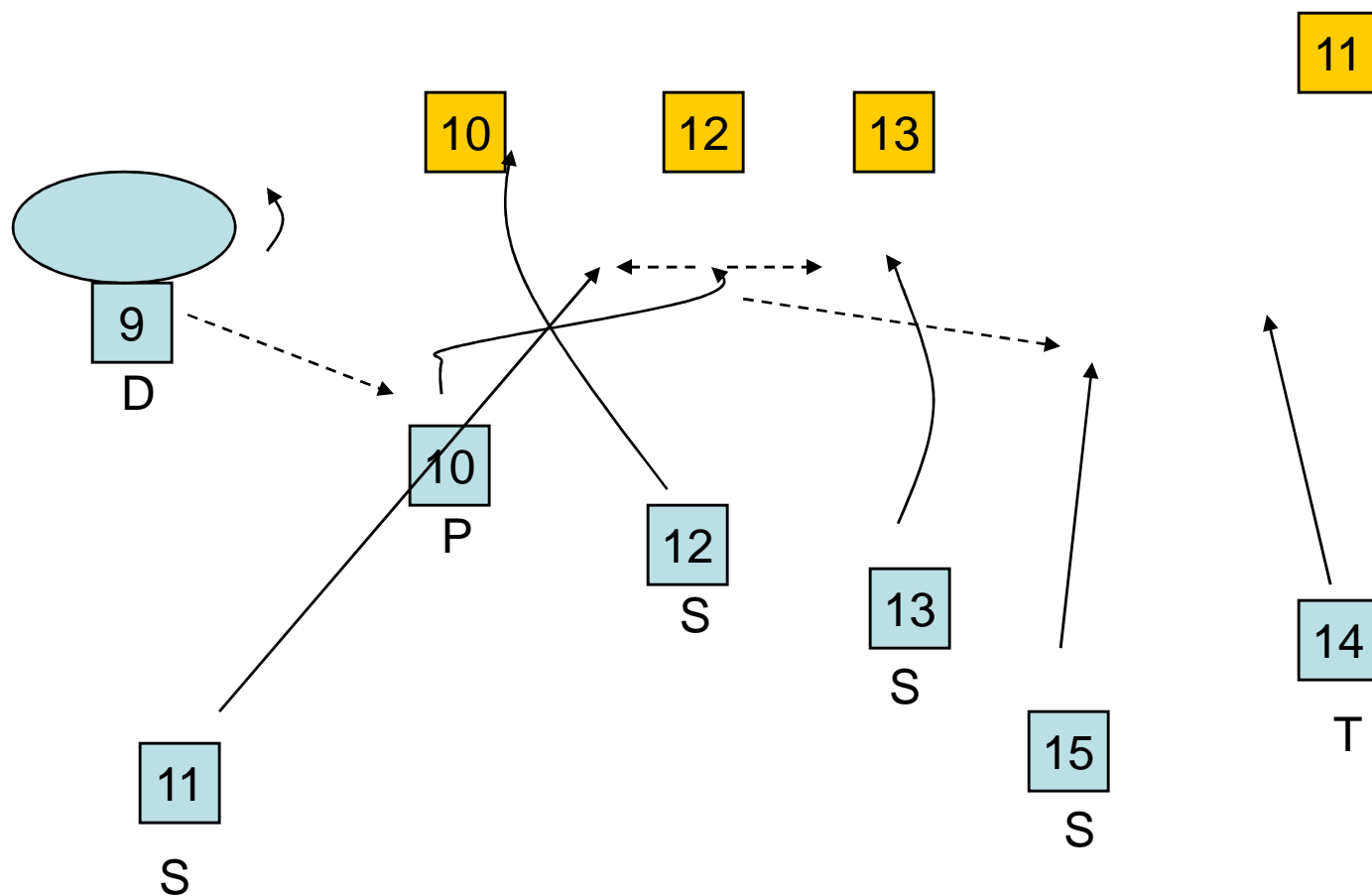
2 Roll



X Play

1 or 2

Wing is an option back inside
From FH



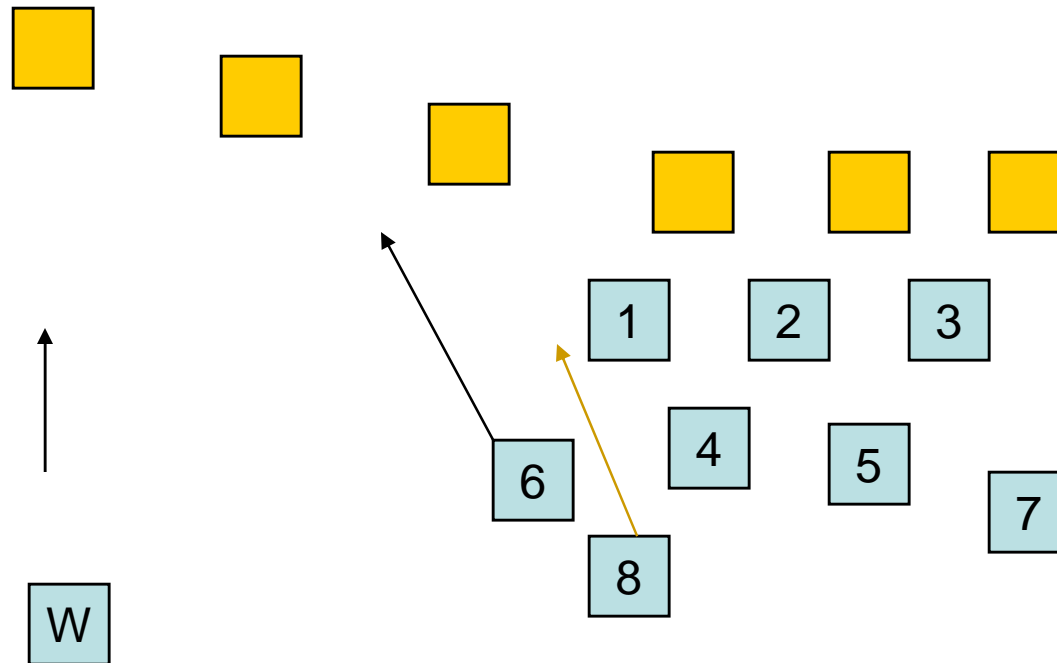
TEAM DEFENSE

1. Contest Every Possession
2. Pressure - Go forward and stop the forward movement of the attack
3. Organization – In a Pattern for Set Pieces and at the Breakdown
4. Physically Dominate the Opposition – Make Tackles
5. Attack the Ball - Second tackler attacks the ball and if can not poach then counter-rucks
6. Regain Possession and Counter-Attack – Move ball to space quickly (2 passes)

Scrum Defense

– Left Blind Side Attack

Scrum LHS
With a Blind

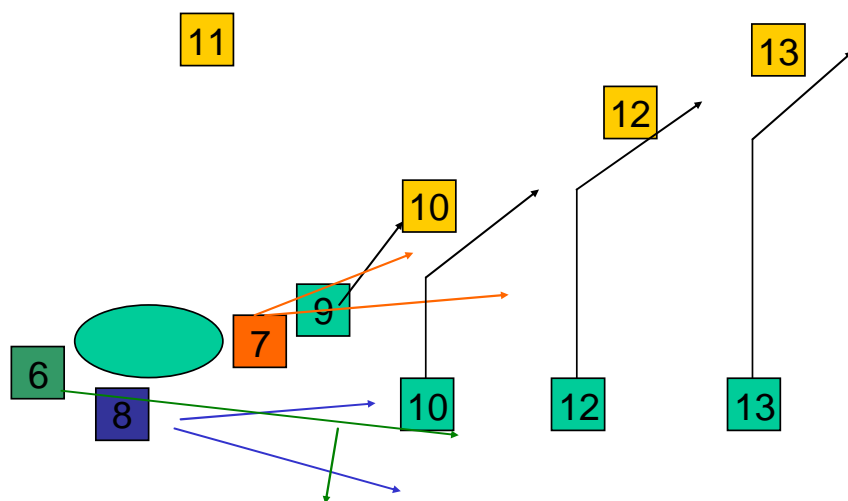


6 goes wide. 8 covers gap inside. Need big hit #1 to defend this attack when there is space. Make the ball cut back inside. 7 checks open and then trails play.

Scrum Defence: LHS Scrum

9 Identifies blind winger, runs at inside shoulder of the #10 – takes all cutbacks and switches. No need to contest ball all the time, especially in a kicking situation

7 is primary ball winner/poacher. Identifies blind wing runner and covers '1'. Is secondary rush for kicks. When #9 is contesting ball, assumes the duty of the #9.



8 Checks Blind side and covers '2'. Scrapes along the gain line and covers grubber kick.

6 Checks blind and covers '3'. May assume deep cover defender position, if ball is moved wide.

Backs play Drift – 3 steps up then drift across one player automatically

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Scrum Defense: RHS Scrum

7 runs at inside shoulder of 10 -
takes cut backs and switches.

8 checks and covers '2' – runs at
inside shoulder of 12.

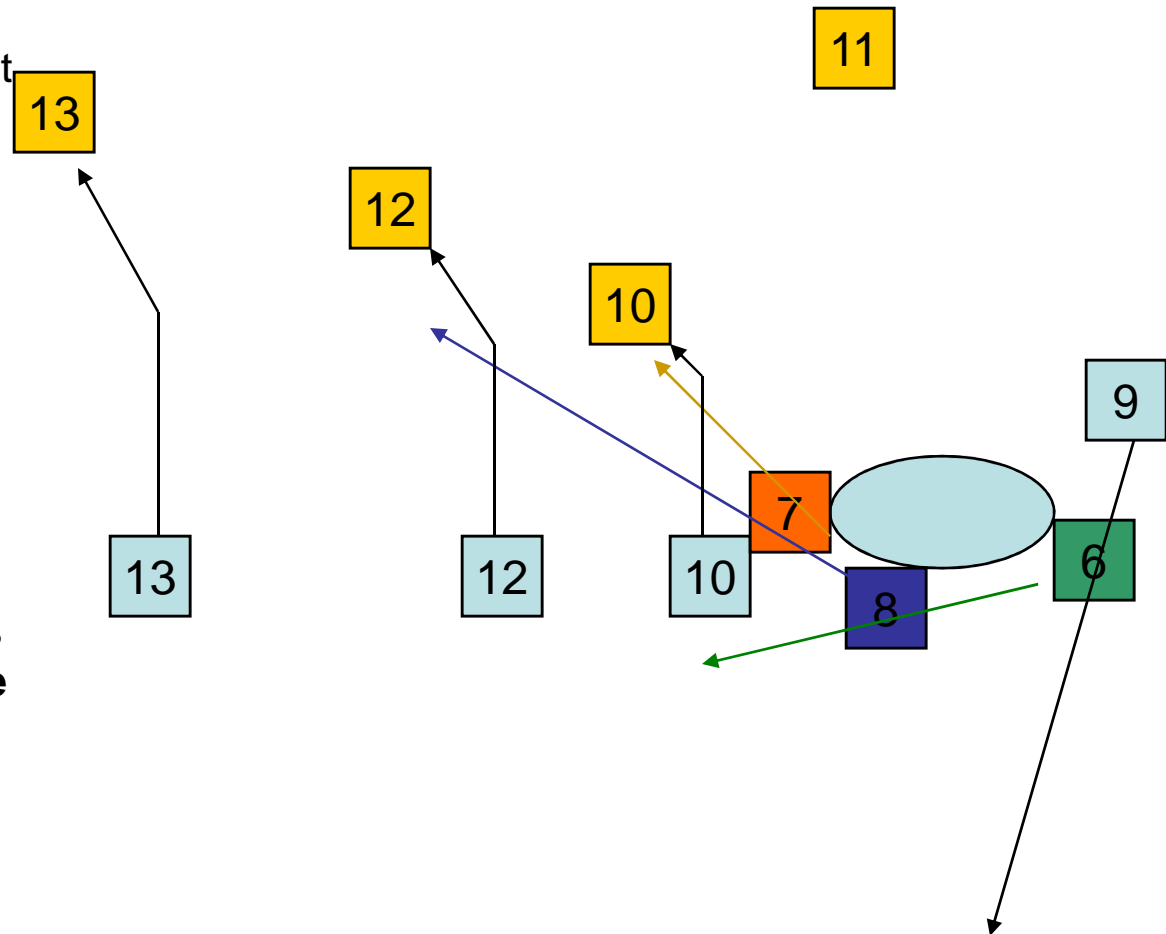
6 Checks Blind side, scrapes
behind the gain looking for
grubber, will change angle on
read and react.

9 Checks blind, then drops back
for kick defence.

**Option includes 7 and 8
reversing roles.**

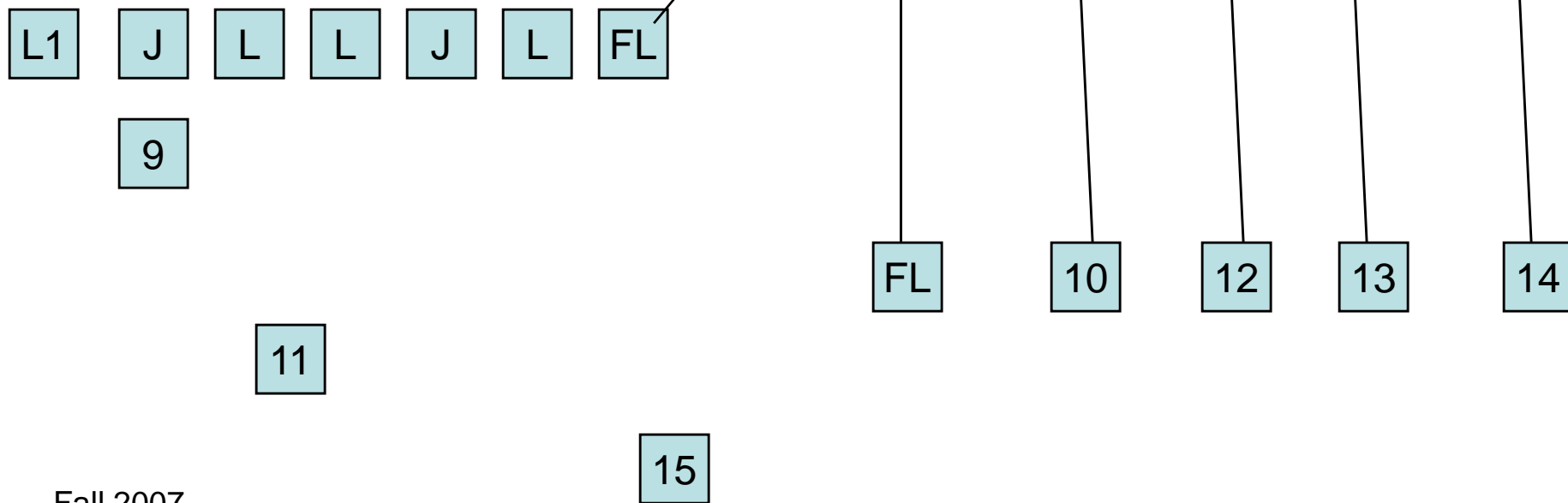
Backs play Man Up Defence -
Start gap inside player – 3 steps
up then across. Can call a **slide**
if they pass early or they skip
Cover your player and gap
outside – if doubt cover
the outside player.

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Lineout Defense 15

- 11 can stand back as second Fullback. As the ball moves across the 15 and 11 follows the ball.
- Backs start one gap out on outside shoulders – up and hold
- 9 checks the tram and then drops back
- L1 lifts from inside the tram
- F in Backline takes first pair of hands
- F at Tail Gunner Position in lineout checks for peels and then takes inside shoulder/hinge



Back Line Defence

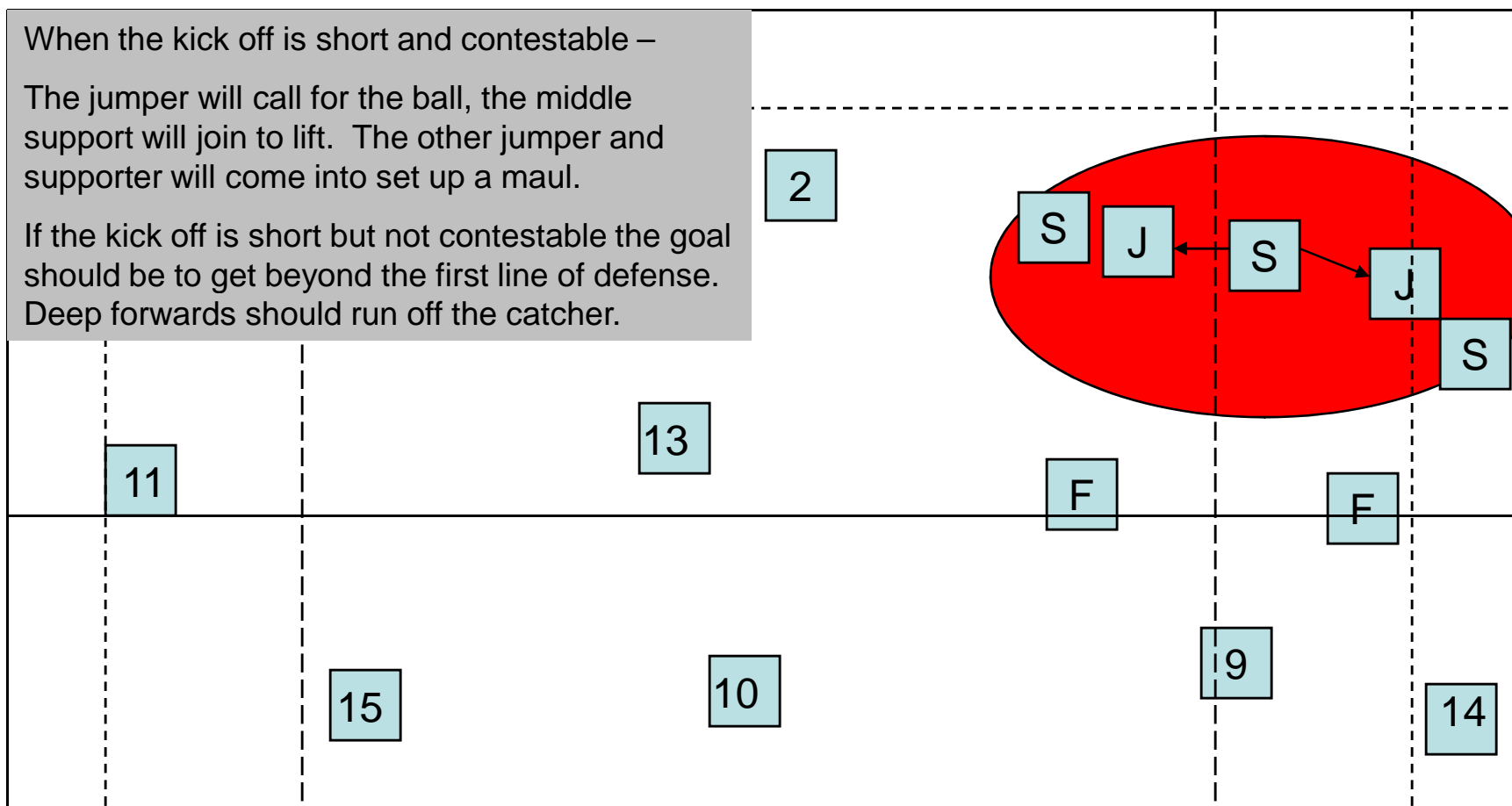
- Each defender takes an attacking pair of hands not necessarily your opposite number
 - Right Hand Scrums: 10 takes first pair, 12 takes second pair, 13 takes third pair and 14 takes fourth pair
 - Left Hand Scrums/Lineouts: 10 takes second pair, 12 takes third pair, 13 takes fourth pair, 14 takes fifth pair
- Defensive cover is inside - after your man has passed the ball slide and provide inside cover for the outside defender
- Fullback takes attacker out wide if extra attackers enter the line
- The Back Three need to work together – 3 points on a half-circle working together
- Have to defend against kick – always have “2 fullbacks” - one wing and fullback
 - Depth varies depending on their desire to kick and space available
 - Ball will be kicked in the same direction as ball movement
 - Last line of defense always stays inside ball
- On the Goal line FB stands directly behind the defensive line

Receiving a Short Kick-Off

When the kick off is short and contestable –

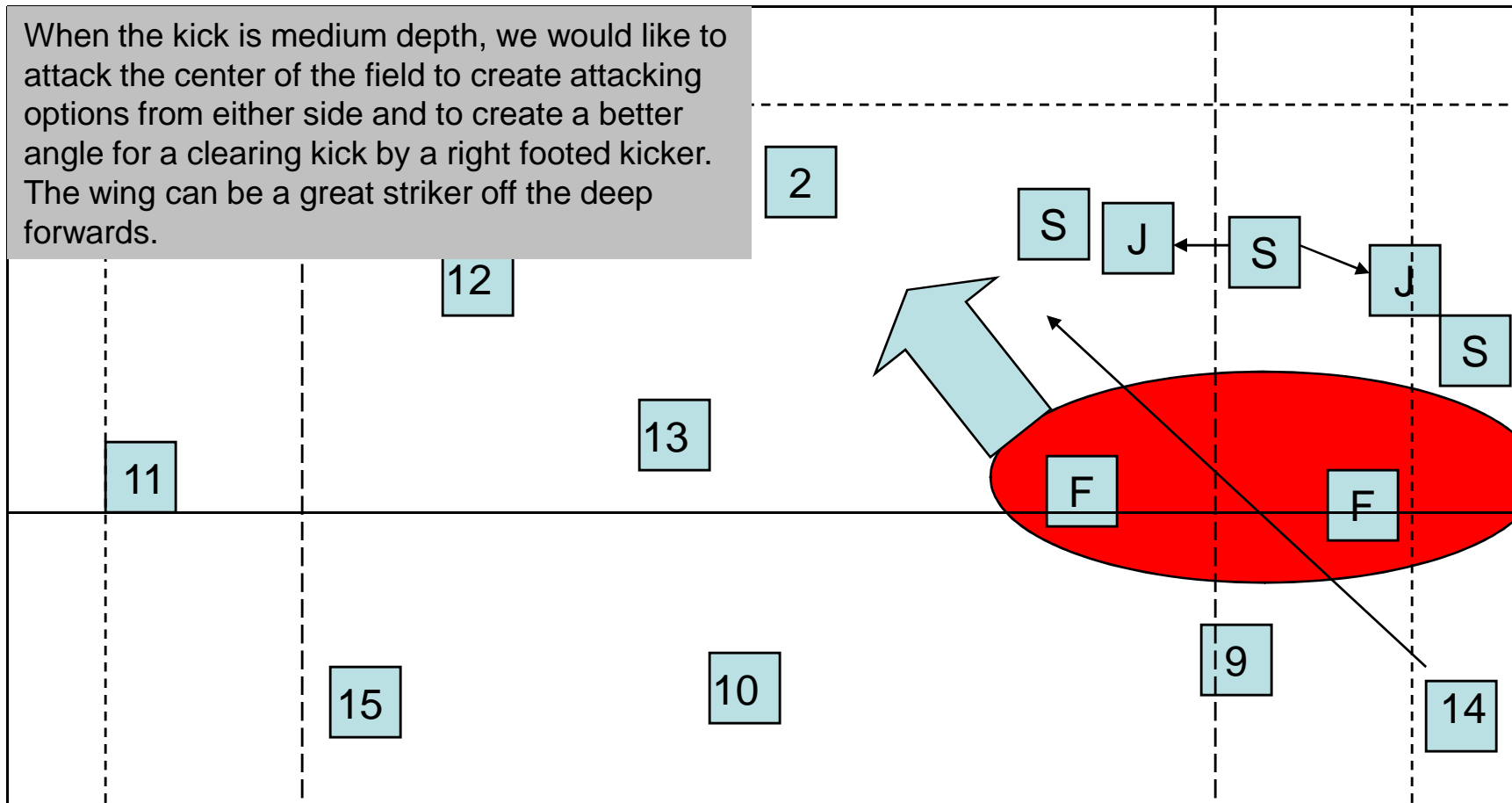
The jumper will call for the ball, the middle support will join to lift. The other jumper and supporter will come into set up a maul.

If the kick off is short but not contestable the goal should be to get beyond the first line of defense. Deep forwards should run off the catcher.



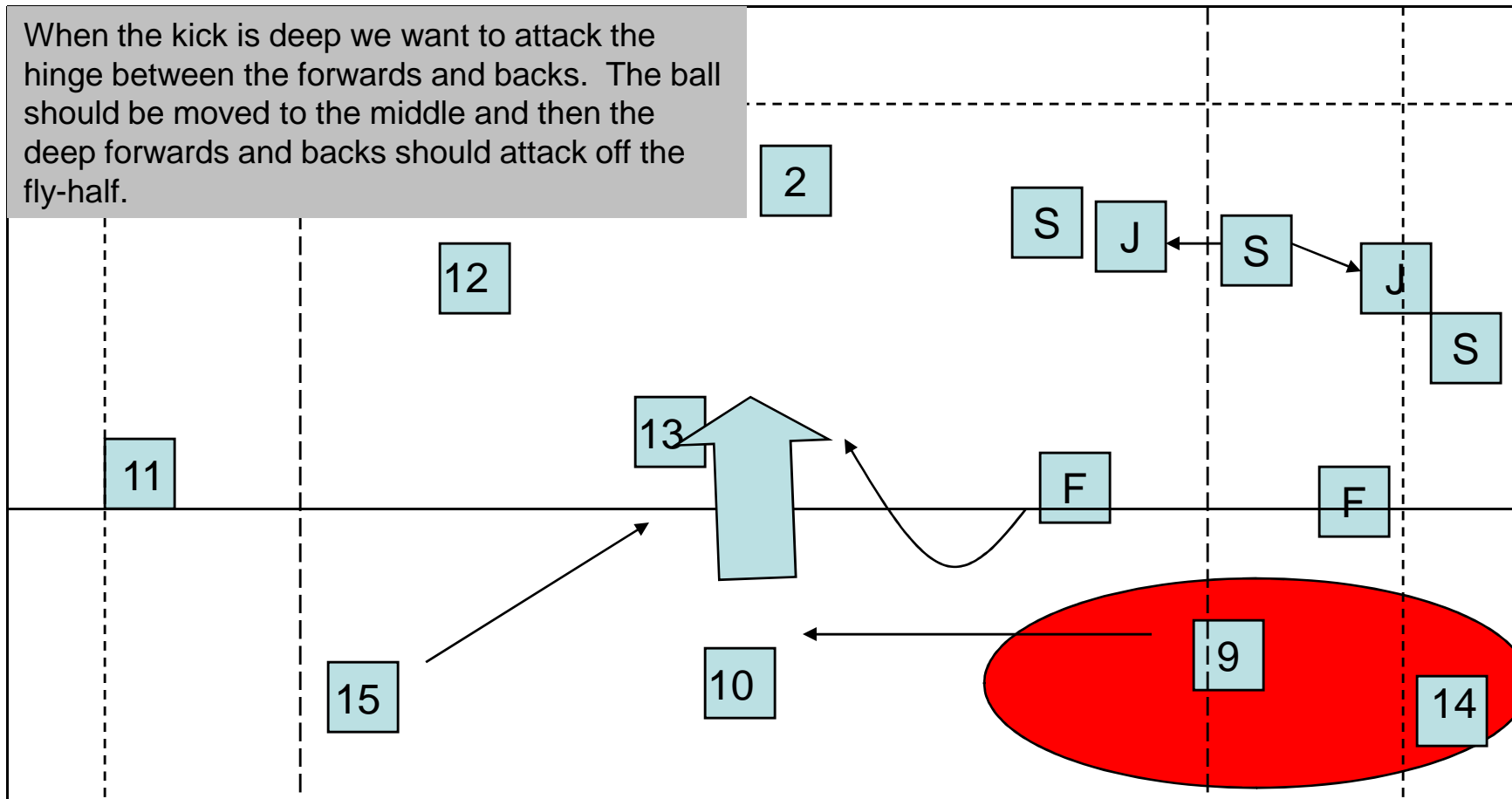
Receiving a Medium Kick-Off

When the kick is medium depth, we would like to attack the center of the field to create attacking options from either side and to create a better angle for a clearing kick by a right footed kicker. The wing can be a great striker off the deep forwards.

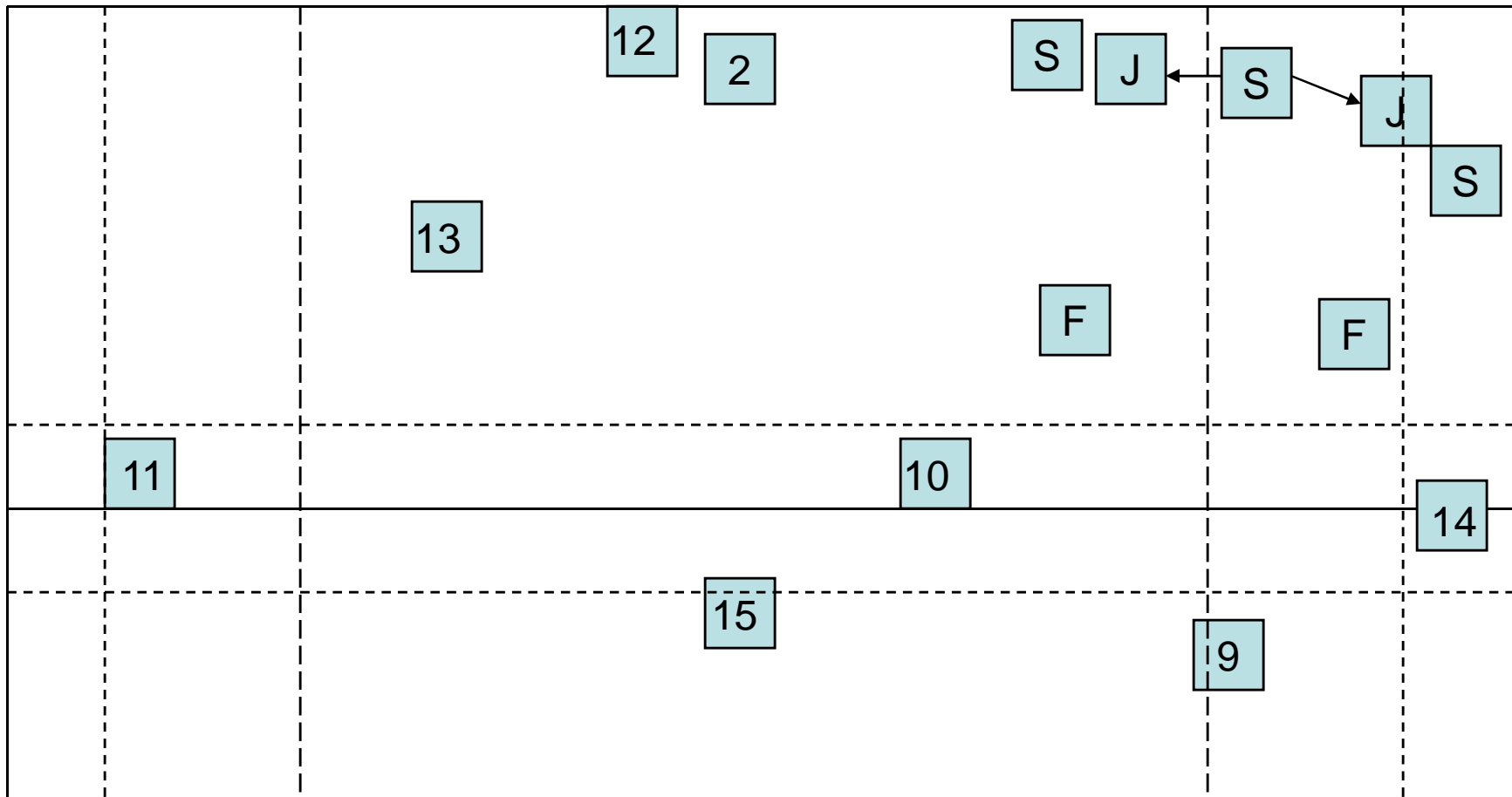


Receiving a Deep Kick-Off

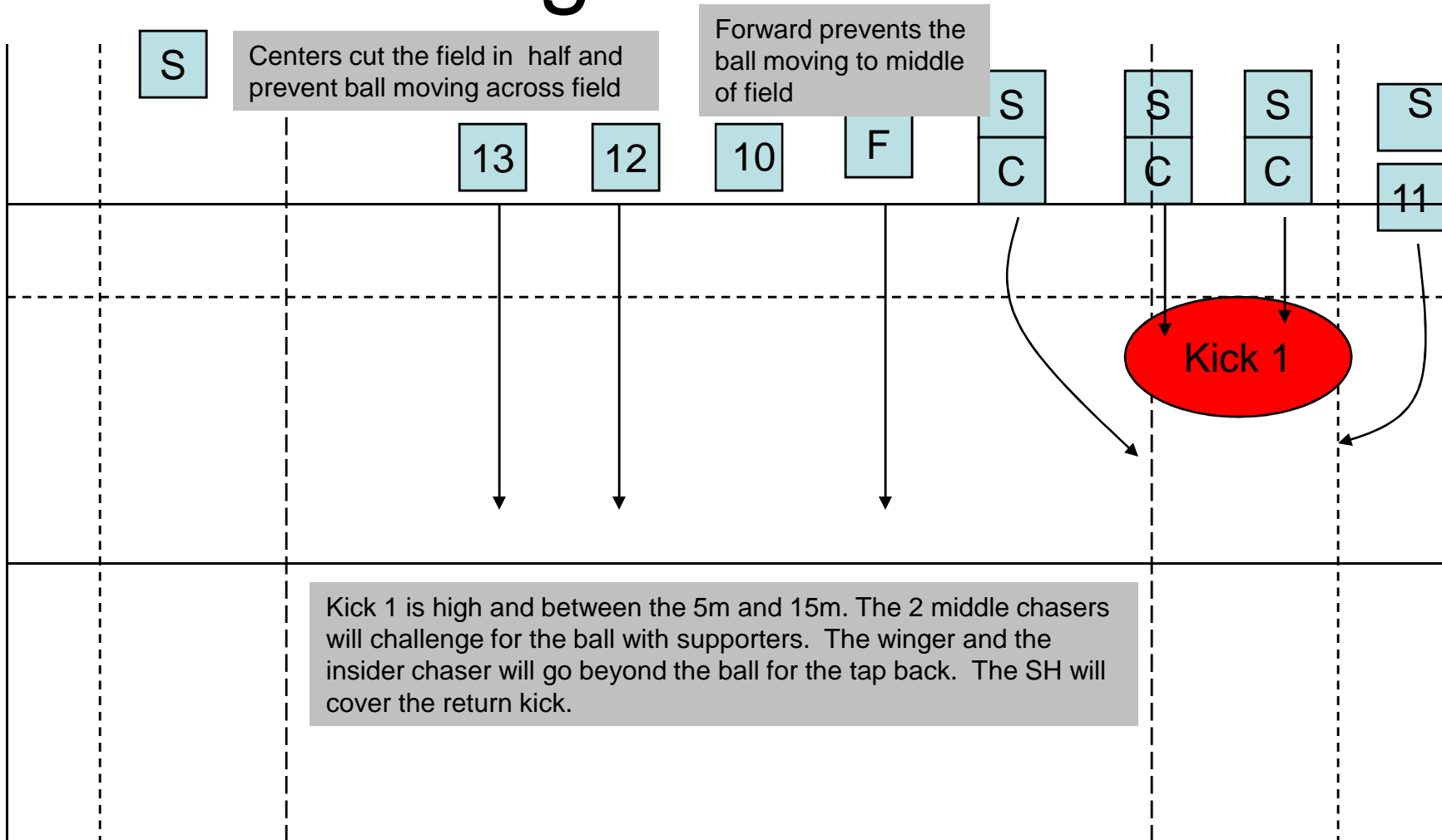
When the kick is deep we want to attack the hinge between the forwards and backs. The ball should be moved to the middle and then the deep forwards and backs should attack off the fly-half.



Set-up for Receiving a 22



Chasing a Kick-Off or 22 9



Chasing a Kick-Off or 22 9

