

Pierre Villepreux – General Movement

On the DVD you will see Pierre Villepreux working with the Penn State Men and Women's team. It is hard to understand all the concepts that he brings in watching the sessions, so this is a guide to his approach.

Pierre creates practices that are in "disorder" and he asks the players to find order in it. He works a lot in phase play, and while the practices at Penn State were semi-opposed, they can be full tackle. The goal is to present the attack with problems that they need to solve. The basic forms of the defense is spread or grouped. The coach creates those problems and lets the offense attack. Pierre will let the players work out the problem several times before intervening.

Pierre also uses drills that relate to what he wants to accomplish in the games. In the men's session he starts with the drill and then moves to the game. In the women's session he starts with the game, goes to the drill and then back to the game.

All of this work is done in what is called "General Play" and is a situation where the offense has the advantage (often having gone forward and won quick ball). Pierre believes that this is where you need to start – to be able to play with the advantage – and then you move on to the more challenging situation of slower possession.

Pierre's principles are:

- The principles of rugby are Go Forward and Support
- The goal is to go forward, support and create quick ball. This is called General Movement of General Play
- If you do not go forward or you do not support the ball will not be quick, and you will need to find a way to create go forward
- Almost always work the same way - both in terms of support when you penetrate and from quick ruck ball
- Attack where it is easy - where there is space "a door" in the defensive wall
- Open the door for your teammate by moving the defender back in and creating space on the outside
- You need to penetrate with multiple players to attract the defense, then you need quick ball to attack the space that has been created wide
- When you penetrate the first player is a passer. Supporters are very close (they can grab the jersey)
- Alignment of the attack line is key. Keep your hips square so you can see the defense and the first receiver, do not turn away
- Attack as a wave, all at the same time
- Quick ball, take the ball flat to put pressure on the defense
- Be moving towards the ball before you receive it - you can commit the defender before you have the ball in your hands