

**UNITED STATES OF AMERICA  
COMBINED SERVICES  
RUGBY TEAM**

**PLAYER MANUAL**

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Tour of New Zealand

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**TOUR OF NEW ZEALAND**  
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Congratulations on your selection to the squad to represent the United States Combined Services in New Zealand.

Let me just take this moment to say how pleased I am to have this opportunity, once again, to work with you, Denny, and the staff . This is a proud and successful program. I very much look forward to the challenge of touring New Zealand with you. It will, of course be tough going, playing in the hot-bed of rugby. But I am confident that with the talent and commitment you possess we will play winning rugby.

Let me also take this opportunity to thank Denny, Kevin, Clay and Jim for the tremendous efforts made to make this experience possible for the players.

Thank you, and good luck as you prepare yourselves for the competition.

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## ROLES AND RESPONSIBILITIES

**RUGBY** is a continuous physical contact sport with short stoppages. The object is to penetrate defences and score. This is done by moving the ball to space by adding and subtracting players and by occasionally kicking the ball to space or touch to advance the position of the attack or push back the position of their attack and defense. Unlike American football, - its ugly step-child - play does not stop with a tackle, fumble, or punt, and the pattern of this continuous game is organized on the field by players themselves, not coaches.

**THE COACH** prepares the team for matches and oversees technical improvement of the team and individual players over the course of a season or tour. The coach must organize and present a well-articulated, comprehensive plan involving positional, situational, group and basic skills, implemented gradually and progressively during the season. Individual and group skills need to be practiced under varied conditions (time and space constraints, opposed and unopposed, differing fatigue levels etc). Clinics and camps, held before and during the season, complement these efforts. Producing a training regime which is enjoyable and active, and which includes these components, is perhaps the greatest challenge of a coach. A high degree of fitness is now a basic requirement of the modern game at this level. Fitness schedules and regimes should be developed for each player, taking into consideration the requirements of the position played together with the needs of the individual athlete. Fitness requires hard work in the off-season and pre-season. While training sessions will have a fitness component, it is not the primary component of training sessions. Practices need to be active, challenging, and fun. Therefore, the primary responsibility for developing and maintaining fitness levels lies squarely with the player during non-practice times.

Creating this overall plan is the responsibility of the coach, but establishing the right atmosphere at practice and throughout the season is the joint responsibility of coaches, players and administrators.

**THE PLAYER** For the team to play well each player must work with this framework and develop his/her role in it. This means understanding why techniques and drills are being used and how to effectively use them in the game. Players should practice like they hope to play and play like they practice. Game preparation involves players in positional skill, contact and continuity, set play, and team (situational) exercises. Players need to see their development as a combination of physical and mental, and individual and collective components.

**THE CAPTAIN** is the most important person on the field of play. But effective leadership assumes a disciplined and self-motivated team. The captain is the coach on the field. A relationship, characterized by mutual understanding and interdependence is needed between coach(es) and captain, and between captain and players.

Like the coach, the captain must be able to motivate and lead the team, implement a game plan, understand strategy, read the opposition, and focus on other important factors affecting a match. The captain must possess the knowledge and skills necessary to make adjustments as needed. This requires superior understanding of the game, including, positional knowledge besides his/her own, team tactics, understanding the strengths and weaknesses of the team and the opponent, and the style of play required each week. The captain must earn the respect of the team by leading through example. Captain's play and practice hard and demand the same of teammates. Because of the nature of rugby it is critical that captaincy and leadership be developed.

**TACTICAL DECISION MAKERS** are essential to winning rugby. They are players who occupy critical transition points such as Half Back, Fly Half, Fullback, No.8 and Hooker. These players are organizers of small groups and situations. They need to be extremely tactically aware. They help control the game, implement patterns of play, react to weather and field conditions, and they make adjustments by responding to tactics, strengths and weaknesses of the opposition and referee. A team is only as good as its onfield leaders who implement the game plan and make tactical decisions in attack and defence.

## CALLS & COMMUNICATION

*Effective communication and shared vocabulary is central to successful rugby.*

We will use a formal system of calls to direct the pattern of play (during and after set play, at stoppages and during general play).

This shared system of calls encourages the game to be played at pace, with devastating force, and with maximum support, control and continuity.

**This cannot be stressed enough during practice.**

### CALLS IN SPACE

<b>With you</b>	Support
<b>'Name'</b>	Calling person's name to get person's attention
<b>Yes</b>	Means No (Decoy)
<b>Give it</b>	Pass <u>NoooW</u> (said once at point when ball is needed i.e. 'Give me ball <b>right now</b> ')
<b>Miss</b>	Skipping you or skip me
<b>My Ball</b>	Claiming loose ball or high ball
<b>My Man</b>	Identifying man for tackle
<b>Tight</b>	Going to the right with ball
<b>Loose</b>	Going to the left with ball

### CALLS IN CONTACT

<b>Break</b>	Ball's away
<b>Deck</b>	I'm going to deck or telling man to go to deck with ball
<b>On Me</b>	Telling support to bind on you
<b>Over it</b>	Leave ball on deck and ruck over it
<b>Steady</b>	Keep possession, steady feet and lend weight
<b>And Weight</b>	Snap-shove to drive on or to get maul rolling and driven (often follows 'steady' call)
<b>Drive It</b>	Take the loose or situation forward - small deliberate steps with forward body weight
<b>Winning</b>	We're winning the ball (said by HB or split forward on side) Support still needed
<b>Losing</b>	We're losing the ball (said by HB or forward on side) Support still needed
<b>Won</b>	We've won the ball (it's on our side and has been secured fully, off side lines created and maintained, i.e. there is a ruck or maul and the ball has already been won and secured) (called by HB or forward on the side) <u>No further support needed</u> in loose or tackle. <u>Support goes to either back foot/side or plays off fly-half and/or centers.</u>

- Lost** We've lost the ball (it's on their side and has been secured fully and off-side lines created and maintained, i.e. there is a Maul or Ruck and the ball has been lost) No further players needed in contest - support goes to back foot and sides
- With me** Asking support to come with you e.g. 'with me tight' or 'with me loose'

### CALLS IN KICKING SITUATIONS

- Red** Kick to the left box
- White** Kick to middle box
- Blue** Kick to right side

### BACK LINE CLASSIFICATION

NO.	NAME	ABB	CODE	Tactical Decision Maker
9	HALFBACK	HB	=	0 FORWARDS - GENERAL PLAY
10	FLYHALF	FH	=	1 PATTERNS OF PLAY FIELD POSITION SET MOVES ALIGNMENT OF BACKS PATTERNS OFF TACKLE INSIDE AND UP DEFENCE
12	INSIDE CENTER	IC	=	2
13	OUTSIDE CENTER	OC	=	3
11	OPEN WING	OW	=	4
15	FULLBACK	FB	=	5 BACK-THREE DEEP COVER OPTIONS
14	BLIND WING	BW	=	6

#### NOTE:

The FLYHALF controls the pattern of the game (this may include calling backline moves, back row moves, lineout calls, defensive patterns, as well as the patterns of play following the tackle or contact). How much of the game will be called by the FH will depend on the personnel.

The HALF BACK controls the forwards including all the factors which contribute towards the quality and quantity of continuity and control.

## BACK-LINE COMMUNICATION

The Fly Half must communicate the attack pattern to his outside backs and to the back row forwards and Half Back. He must also control and communicate the defensive pattern adopted in the midfield backs.

**BACK MOVES:** Planned moves in the Backs (Kick or Run) will be called by the FH and communicated by a combination of the above numbering system along with key words such as 'miss', 'drift,' 'loop, and 'hit.' We may also give certain preferred plays a code name (see later - back moves) to simplify.

**SUPPORTING THE POINT OF ATTACK:** A numbering system will be used to identify the point of attack to ensure that the attack is supported and the ball retained. Again, it is the FH who relays this call to the forward support players.

The call made to the forwards (especially the back row) will identify the player who is hitting at pace, as well as the zone into which he is penetrating. In a two number sequence the first number refers to the player who is carrying the ball in the executed move. The second digit refers to the zone being attacked (or point of break-down).

In this way the forwards (especially the back row) will know who is carrying the ball and where they are likely to penetrate or be tackled. This encourages efficient lines of movement and it allows our team to support the ball better than theirs since they do not know where the point of attack is and we do.

ZONES	AREA	CALL
ZONE 0	Between FH and Forwards	= 0
ZONE 1	Between FH and HB	= 1
ZONE 2	Between FH and IC	= 2
ZONE 3	Between IC and OC	= 3
ZONE 4	Between OC and OW	= 4
ZONE 5	Inside FB	= 5
ZONE 6	Inside BW	= 6

**Example:** A move designed to miss the IC and have the OC driving straight up at pace would be called into to the back row as a "33". (That is '3' for OC and '3' indicating the OC is running straight up field.

**PATTERNED KICKING:** Tactical kicks can be identified by type and by territory to be exploited. First, by using the first letter of the type of kick to be executed. e.g. 'U' for Up and Under or 'W' for wiper and 'C' for chip or 'G' for grubber. Then Second, by identifying the box it is testing e.g. 'RED' is always left side of field, 'WHITE' for the middle, and 'BLUE' is the right side.

Thus from a scrum left a W-BLUE is a wiper across the opposition back line away from the forwards and their right wing aimed at territorial advancement. A 'U-WHITE' is an up and under over the FB Box and 'C-RED' is a short tactical kick into space behind their right wing on the short side of the scrum.

These calls need to relayed to those responsible for chasing down kicks and those responsible for covering back (Sideline coverage etc). In this way, we can ensure support to the ball, maximum pressure on the opposition, together with deep , mid-field and sideline coverage.

**DEFENSIVE PATTERNS IN BACK FIELD:** We need to communicate if any adjustments are needed to the basic defensive pattern (Man Zone - described below) e.g. If we need a slide or inward adjustment of the inside back line position, the FH will communicate this to forwards and backs. The FB controls the positioning and repositioning of the back three and all deep cover.

## CONTINUITY PATTERNS

**SPLIT FORWARD SYSTEM:** We will play a system in contact in which we rarely commit more than 4 players into the contact situation (including ball carrier or tackler and supporting players). This means that at least half the forwards will NOT be in the contact situation. This is the case whether or not we are winning or losing the ball, carrying ball into the tackle or making the tackle, and whether or not a ruck or maul has been formed.

**THE BASIC IDEA:** The modern game is played at pace and requires an attitude and orientation to continuity which says keep the ball alive, deny stoppage and turn-overs, support the ball and regain possession in contact with few players. This is done by developing and using correct support lines, good low body position, and effective, shared, decision making and communication skills. We will spend considerable time working on this component of the game - contact and continuity.

Think of it this way:

Off the set piece we may have one back and three forwards committed (back who makes tackle, flanker, No.8 and one lock) or we could have two backs (back who makes tackle, back who supports tackle, a No.8 and flanker). At the next break down expect four different players are then expected in the loose in similar (back/forward) combinations. When the breakdown is close the forwards (within Red zone or within 15 meters) you can expect no more than one back in contact (the ball carrier or tackler). This means man 2 as well as Man 2 and 4 will be forwards. (man 1 could also be a forward in this case). In situations away from the forwards (farther than 15 meters or in the white zone in mid-field or wide in blue zone) expect two backs in contact quite often since man 2 supporting the ball carrier or tackler (man 1) will often be a back supporting from the inside (try to keep the outside backs out of the contact to continue the ball on). We will emphasize this in practice

In this way, all the successful teams are playing continuous 15 man rugby while avoiding many of the rucks and mauls (pile-ups and set pieces) which have previously slowed the game. There are still rucks and mauls and scrums and line-outs, but the number of stoppages and slow-downs has significantly been reduced. It is difficult to breach well organized defenses unless you develop multiple phase rugby. It is also difficult to breach defenses unless you shift the point of attack during the game and play the split forward system creatively using several not one basic pattern or point of attack.

**KEY ROLES:** Learn to identify and play four roles within the contact situation so that we can recycle ball quickly and pattern the game off contact.

Develop understanding of correct decision making, lines of movement and support, communication and body positional skills for each. Practice all four roles and imagine different situations where you will perform them.

Also learn to identify the different points of attack (close to forwards around set, between the forwards and the FH (the inside space) and the wide space beyond the opposing mid-field backs (centers). Imagine your role in different situations if we attack these various points.

Here are the four basic roles in the contact and continuity scheme:

**OFFENSIVE:**

Man 1 = Ball Carrier

Man 2 = First to Support

Man 3 = Drive Through Ball/Secure Possession/Drive Situation On

Man 4 = Drive Through, Secure Quality Possession and/or Drive Ball On

DEFENSIVE: Remember that the basic idea applies to DEFENSE (their ball) as well as ATTACK (our ball). Develop appropriate tackling and support skills and communication.

Man 1 = Tackler

Man 2 = Support Tackle and/or on Ball

Man 3 = On Ball/Through Ball

Man 4 = Through Ball/Secure or drive ball on

**Note:** Rarely will the HB be Man 1, 2, 3, or 4. His main role is first and foremost, then driving with support, and defending the blind side.

EXCEPTIONS: Exceptions to the 'four in four out' rule are limited but may occur. First, defensively against teams driving or wheeling the loose. Second, when we call for the situation to be driven or rolled ourselves. This occurs for example in some line-outs, where greater support is needed. However, even in these cases extra support should enter one at a time from the side of the ruck or maul rather than over-committing all 8 forwards at once.

## **PATTERNS OF CONTINUITY AT CONTACT**

On our ball we will implement three basic patterns off contact. These will be called by the Fly Half :

### **1) "PUNCH" (Take it on in close)**

The ball is taken into contact, and during or before the contact situation we prepare to recycle by either running off the tackle (a pick up and go or a slip pass from a driving player) or the Half Back passes to a runner (with support) playing off the contact situation in the split forward formation. In this case it is most important for that player to not be static and/or isolated (without support) since this may result in loss of the ball or a failure to make the gain-line. (More later)

There is a third type of "PUNCH" pattern which refers to times when the forwards are asked to get the drive going again following a static situation (maul or ruck) - Here we will use either a 'rolling ruck' if the ball is on the ground beneath players bound over the ball, or a 'rolling maul' if the ball is in hand off the ground with players bound around.

In each case the object is to advance the ball again, and suddenly with support, towards the gain-line or past it, so that once released to ground or slipped back to HB, the FH is able to receive ball going forward and with their defence either static or moving backwards. In this way, the defensive pressure is removed or lessened which allows greater continuity and attacking effectiveness. Even if large breaks do not occur at first or all the time, establishing this pattern of continuity, support and pressure will invariably result in pressure and points. When you watch or play against the better modern teams it is this pattern and sustained pressure that eventually turns a tight game into a rout.

### **2) "BINGO" (To the backs)**

The ball is taken into contact, and this time it is recycled to the Fly Half #10 from the Half-Back #9 who passes quick ball to his backs or slow ball to a supporting forward inside or out with support.

### **3) "WHISKEY" (Exploit the short side or reverse direction)**

We run weak side (which is the other side to the side where the FH and mid-field backs are standing). This is called off of a developing contact situation and we use fullback, wings and/or hooker - or combinations of the these four players. Much of the time "Whiskey" ball is used to reverse the direction of play or as a tool for getting the momentum going forward again following a static or stalled, slowing situation. It is also effective against sliding and mobile cover defenses.

Examples: Following secured lineout ball and a "PUNCH" up field or infield or following the first ruck or maul off a back-row scrum move, we may call a "Whiskey" and bring the ball back towards the side line or back towards the direction the ball came from.



## OBJECTIVES OF CONTINUITY PATTERNS:

### A. OFFENSIVE

- 1) MULTIPLE PHASE RUGBY -  
PREVENT OUR BALL FROM GETTING ISOLATED OR TIED UP:
  - Commit man 2, 3, and 4 to the ball in attack
  - Recycle ball without over-committing players
  - Commit backs (no more than two and hopefully rarely two) if needed to bring ball back;
- 2) AVOID RUCKS AND MAULS GOING FORWARD:
  - Play aggressive rugby going forward with support.
  - Get to or beyond the gain line
  - Keep the ball in front of our forwards
  - Recycle with less than four if possible
  - Use the other forwards to support the attack elsewhere
  - Develop philosophy and skills that say 'ruck and maul as last resort'
- 3) FAVOR THE RUCK OVER THE MAUL
  - Going forward, driving straight, advancing beyond the gain line
  - Going to the deck when forward momentum is stopping or when ball retention is threatened
  - The rugby laws favor ruck and encourages ball retention on the ground

### B. DEFENCE

- 1) APPLY MAXIMUM PRESSURE AND DEFENCE TO THEIR BALL:
  - Commit man 1 and 2 to the tackle, and 3 and 4 to the ball where possible
  - Commit bodies until off-side lines are established
  - Commit man 3 and 4 to the drive, seal and be tight in loose once off-side lines established
- 2) SPLIT THE FOWARDS IN DEFENSE (4 IN 4 OUT)
  - Do NOT over-commit in defence to ball that has been lost
  - Defend the base and sides of rucks and mauls
  - This allows the backs to defend across the field and with deep cover at both wings
  - Encourage rucks and mauls on their ball (Slow them down, force stoppages, force turn overs and scrum put-ins).

### C. TACTICAL

- 1) KNOW WHEN AND HOW TO SPEED AND SLOW PLAY:
  - The ball must be recycled quickly and dynamically to be effective in attack  
(that is to disrupt and breach opposition defences)
  - This is done by developing ball retention skills in contact  
(both in a tackle and standing or driving tackle situation)
  - Especially rucking techniques and low driving body position
  - The preferred option is for a forward to drive onto the ball or for the ball to be moved quickly away from the tackle situation
  - The 'one-off' from the HB to a driving forward is the least preferred option here.  
(This option frequently results in isolated and lost ball or static easily defended situations)

THE OBJECT IS TO HIT AND BREECH DISORGANIZED DEFENCES

BUT NOT ALL BALL CAN COME BACK QUICKLY AND DYNAMICALLY

- Not all contact situations need to be or can be rushed
- There are times when slow, secure ball is preferred
- Whether a ground ball situation or standing tackle
- Where contact is behind forwards, wide or back behind the gain line, in driven or rolled lineouts in poor weather conditions, or against quick, fit mobile, well drilled teams.
- Appropriate pick up, power step, seal, drive, and rolling maul techniques must be developed here
- Where static situations are necessary or occur we will use the rolling ruck and maul to get the drive going before the ball is delivered to HB or FH

2) CORRECTLY POSITIONED FORWARDS AND BACKS:

- Learn correct lines of movements and realignment
- Lines of movement and positioning of the forwards and backs are dictated by:
  - a) The pattern of play
  - b) Position on field
  - c) Position of ball relative to forwards and gain line
  - d) Which Split Forward Group you are in and your relative position within that group (are you man 1, 2, 3 or 4?)
  - e) Whether ball carrier has breached defensive line and whether defense line is in front or behind advantage line

To summarize and simplify: Think of the support lines in the forward as follows. There are three places forwards can be:

- 1) In the loose as ball carrier or tackler (man 1), as support to carrier or tackler (man 2) or binding and driving the loose situation (man 3 and 4). Man 1 and 2 can be forwards OR backs, man 3 and 4 are forwards only;
- 2) Flat on the back foot of the off-side lines at the ruck and maul (two on each side) covering the far-side or open side first and the near side or side from which the play came second. From this position you can either a) support the one-off in attack and defence, b) enter the ruck or maul if needed, and c) provide direct support to the backs in attack and defence by moving across the field to the tackle moment.
- 3) Out supporting the mid-field backs (positioned immediately behind and off the FH or the centers in attack and defence. If in attack, play off the backs - if defending support the tackle (man 2-4) and provide slide cover to catch switches, loops and hit plays etc.; If there is danger deep, wide or at a sideline e.g. threat of kicking, forwards such as hooker, or blind flank may support these areas.

NEVER BE ANYWHERE ELSE IN GENERAL PLAY.

## BACK THREE COMMUNICATION

In the modern game the involvement of the back-three in attack and defense has grown considerably. The Back Three should look for work in attack and defence and operate together so as to cover and support each other in all phases of play.

The short side, (the seam between the forwards and the mid-field backs, and the wide point of attack outside the organized modern defenses outside the outside center), are now THE principal areas of attack.

The back-three must know its positional responsibilities in each situation, and the modern FB is the Tactical Decision Maker for the group.

### Examples:

- 1) If our FB enters the line in attack or defence then he needs to obtain deep cover protection from either BW or OW;
- 2) If OW or BW is principal point of attack or support then FB needs to adjust his own deep cover position;
- 3) Off scrums or loose in which there is a short blind side the BW can be of use elsewhere on the open side either as deep cover (against kick) or immediately behind the mid-field backs;
- 4) The FB covers the extra man out wide (outside the OC or in white zone) and the back row covers extra men in Red (with the help of BW) and FH and IC covers the extra man anywhere between the centers (with help from BW and flanker on occasions);
- 5) Remember Wings and FBs supply attacking and defensive options on the short side e.g. "Whiskey" ball. We also use back three players off basic back moves as 'hit' and 'decoy' options (see moves section)

## SCRUM

**ZONES AROUND SCRUM:** A FORWARD ZONE is an attacking or defensive area along side the scrum or lineout, and is a scrum width across, or 5m. The ZONES at the scrum base are:

<u>AREA</u>	<u>NAME</u>
SCRUM BASE:	0
CLOSE TO SCRUM 0-5m:	1
5-10m FROM SCRUM:	2
10-15+m FROM SCRUM:	3

This set up is used later in describing the moves around the set (see later)

### SCRUM CHANNELS:

For Channelling the ball at the scrum:

- CHANNEL 1:** Under LHP to Flanker
- CHANNEL 2:** Between Left Flank and Lock  
(No.8 packed across left)
- CHANNEL 3:** Through left lock feet  
(Conventional scrum)  
(NO.8 at 8 hole in locks)

## CADANCES AND TACTICS:

### General Calls and Sequences:

- FORMATION:** 'Tight' or 'Loose' (HB tells scrum where ball is going)  
\_\_\_\_\_ HB communicates any back row attack  
'Locks' - THP calls back five into binding positions
- CLOSURE:** 'And Weight' - Close scrum (called and brought in by Prop)
- SCRUM:** 'And Weight' - snap shove (normally HB)
- EXIT:** 'Break' - exit scrum to support
- Scrum Tactics:** (called by \_\_\_\_\_ before closing at formation of scrum)
- WHEELS:** Name of prop going forward (Their Scrum and Ours)
- SHOVE** Name of No.8 (Their Scrum Only)
- PINCH & STRIKE:** Name of Hooker (Their Scrum Only)
- CRAB ACROSS:** Names of both Props (Their Scrum - CRAB to their put-in side)

### LINEOUTS

In the modern game the lineout has become every bit as important as the scrum. When correctly executed lineouts can become a critical platform for attack and defence. Forwards must approach the lineout with the same passion and understanding as they do scrummage. Nowadays there are more lineouts than scrums and they are just as devastating a psychological and physical weapon. Just as with scrums we will use the lineout as the bedrock for our attacking and defensive (set piece) patterns. Just like scrums we will break this work down into several activities (or tasks):

#### 1) FORMATION STAGE

Move to the lineout quickly (lengthen stride if tired - never walk). Listen for calls before entering lineout. (Very important) If you haven't heard them wait 10 meters out from line of out.

Move into position visualize task(s) and adopt athletic stance necessary to execute task (body, head, leg position etc.)

Focus and concentrate on task and communications within lineout (Timing is very important)

#### 2) THROW AND JUMP STAGE

Start lineout as quickly as possible (assuming we are ready)

See the lineout as an opportunity to dominate and apply pressure

Execute appropriate throw and jump techniques for lineout option called

Start support movements as soon as possible or as soon as law and refs allow (Normally start of lineout at throw)

### 3) PLATFORM STAGE

The quality of ball going to the backs from L/O and the use made of it will largely be determined by:

- a) The *Type of Platform* created by the forwards at the L/O;
- b) The type of pattern created in the loose off the lineout; and
- c) The *Alignment Structure* or *attitude* of the backs to the *gain line* and *off-side lines* (width and depth). The alignment is influenced by the position of the FH but each back must adopt his own alignment off the inside player to maximize the options available or pattern called.

### 4) FORWARD CONTINUITY PATTERNS (OFF LINEOUTS)

There are four possibilities:

#### a) No Ruck or Maul

Quick Tap ball (from top of jump) delivered to the HB and straight on to the FH. This ensures that there is time and space to deliver ball to point of attack successfully. Offside lines vanish at the same time the ball is delivered leaving plenty of room (which equals time and space) for our backs to successfully run and support the planned attack;

#### b) Hard, Quick, Driven Rucks

Ball carrier in lineout is driven furiously but under control and the ball is delivered to deck following the dynamic ruck. Ball leaves platform during the drive so that opposition backs are going backwards. Unless significant movement occurs (more than 10 meters) opposition backs may still be advancing on our backs as ball emerges;

#### c) Ball Held Temporarily Then Released

Ball delivered from jumper immediately following completion of the jump - This ball is used to push the opposing back row players and hooker (loose forwards) back on side, behind the rear foot of their portion of the ruck. Two options are possible. 1) a pass to the HB who may feed driving forwards or his FH or his Hooker, Full Back or Wing on the short - sideline side or 2) a slip pass to the forward who is coming in to drive on the ball carrier. This latter option moves the drive point to a different and unexpected point in the lineout;

#### d) Rolling Maul

Ball only delivered following a drive on jumper and after the maul has been rolled once or twice or after maul has been followed by another 'PUNCH' Ball.

Procedure: i) First man over top - binds on back of ball carrier, brings ball carrier round but only half way; ii) ball carrier is then driven by man 2 up field and pulled up field by man 1; iii) man 3 goes beyond ball carrier and binds looking back towards his end .. procedure repeated. Rolling maul begins and ends with cadences from HB.

**Cadances:** 'Roll it Tight' (to the right) or 'Roll it Loose' to the left. 'Drive on' (go in a drive on ball and 'Roll It' - go over top and bind and pull it round.

'Deck' - ball to ground, or 'My Ball' or 'Give It,' and 'Break'

**SHORTENED - MOVEMENT LINEOUTS:** Most successful teams now use shortened lineouts and movement within the lineouts to win ball and develop attacking platforms. In 100% of our own lineout ball we will use a shortened lineout formation with movement within the lineout.

**WE WILL USE FOUR TYPES OF L/O** (called by the FH, Hooker or HB) (Decide):

- 1) 'ARMY' is a **SIX** man Lineout;
- 2) 'NAVY' is a **FIVE** man Lineout;
- 3) 'AIRFORCE' is a **THREE** man Lineout;
- 4) 'MARINE' is a **TWO** man Lineout.

**WE HAVE SEVERAL OPTIONS WITH EACH TYPE OF L/O:**

Each TYPE of lineout will have several options from which a planned attacking pattern can develop.

Approaching the lineout you will hear ARMY 1, 2 or 3, NAVY 1, 2, or 3, or AIRFORCE 1, 2, or 3 or Marine 1, 2 or 3, depending on the options developed for that day. Note. We will select fewer options before each game. Selections will be based on how we want to play the game, patterns, opposition strengths and weaknesses, conditions, personnel etc. The following options will be shown later.

**A. SIX MAN LINEOUT**

- 1) 'ARMY ONE' - Throw to front jumper going back
- 2) 'ARMY TWO' - Throw to back jumper stepping forward
- 3) 'ARMY THREE' - Throw to front jumper following switch of two jumpers

**B. FIVE MAN LINEOUT**

- 1) 'NAVY ONE' - Throw to middle, jumper stepping forward
- 2) 'NAVY TWO' - Throw to middle with Thug HB driving away from L/O
- 3) 'NAVY THREE' - Throw to middle with Thug HB feeding Slip player round back

**C. THREE MAN LINEOUT**

- 1) 'AIRFORCE ONE' - Jumper in middle feeds HB who feeds props attacking back of line
- 2) 'AIRFORCE TWO' - Jumper feeds Thug HB who drives round back of L/O
- 3) 'AIRFORCE THREE' - Jumper feeds hooker who feeds Slip round back

**D. TWO MAN LINEOUT**

- 1) 'MARINE ONE' - Jumper at front receives ball going forward
- 2) 'MARINE TWO' - Thug receives ball in line in front of retreating jumper at front
- 3) 'MARINE THREE' - Jumper at HB receives ball in middle feeds hooker driving roundback

**THERE ARE THREE DELIVERY PLATFORMS OFF THE L/O:**

CHOICES DEPEND ON:

- a) the pattern we wish to play;
- b) weather and opposition strengths and weaknesses; and
- c) the situation or place on the field.

**OPTIONS:**

- 1) OFF THE TOP (OF THE JUMP) (NO ADDITIONAL CALL)
- 2) OFF THE BOTTOM OF THE JUMP (WHEN JUMPER HITS GROUND)  
(ADDITIONAL CALL IS 'SLIP')
- 3) OFF OF A DRIVE (OR DRIVE AND ROLL) (CALL IS ANY 'MILITARY WEAPON')

**NOTE: LINEOUT DIAGRAMS WILL BE GIVEN OUT DURING TOUR.**

**DEFENSIVE LINEOUTS**

**THEIRS: (Long)**

<b>Normal</b>	(No Call)	9	2 J P P J 8 7	6
<b>Stack 1</b>	(Call)	9	J P J P 2 8 7	6
<b>Stack 2</b>	(Call)	2	P J P J P 8 7 6	9

VARIANTS OF THE ABOVE WILL BE USED FOR ALL DEFENSIVE SHORTENED LINEOUTS

**OPTIONS:**

**1) LIFT AND CONTEST JUMP ON HOOKERS MOVEMENT**

- Stay in front of their jumper (positioning)
- Jump into and across the tunnel in front of his hands and arms
- Prop and lifetsr must provide 'teacup' so that jumper can jump up and across
- If their jumper takes it back, move back with his movement (max two steps) then jump
- Contest at two and four
- Generally we will either use one jumper alone at back or not contest jump and be ready for tackle and drive on ground

2) **NO JUMP AND DRIVE ON CONTACT WITH GROUND (When their jumper hits deck)**

- Timing and body position are everything
- Close gaps while ball and player in air
- Touch and crouch while in air (Close tunnel)
- Drive (blockers and jumper) as soon he hits deck
- Drive with 3 plus 2 and leave 3 plus HB out on sides

**THEIRS: (Short)**

1. Match Numbers by Position in line (mark your opposite man)
2. Go where your man goes whether in or out of line (decide early - watch your man)
3. Stay in Front of your Opposite Man if in L/O
3. Use Thug and keep him in open lanes (major opening between 5-15m)
4. Match men out of L /O (Go where your man goes)
5. BW watch and match your opposite man

**BASIC DEFENCE PATTERN**

**WE WILL USE TWO BASIC DEFENSE PATTERNS IN THE OPEN FIELD:**

1) **MAN-ZONE DEFENSE**

THIS IS OUR FAVORED DEFENSE PATTERN. It plays to the strength of American rugby players. Straight up pressure covering space or territory rather than man for man marking. Note, however, that we will ADD and SUBTRACT players in various situations so that we can cover the entire field and so that we can shut down dangerous spaces such as weak sides and wide spaces in certain situations. Also note that the patterns we develop are dependent on the basic execution of the split forward system outlined early. Our MAN ZONE DEFENCE also means that quite often you will not be lined up against your opposite man (e.g. FH not opposite their FH but against IC or a space etc.)

2) **SLIDE (MAN-ZONE) DEFENSE**

We set up like MAN ZONE but this time we slide across to the next defensive zone after we have run forward and after the second man (outside their HB) has received the ball and is passing the ball out. Note, after we slide we are not looking for any particular opposite man but rather we are occupying the next space down, and taking on whoever enters that space with ball. (Just like Man-Zone, hence it is called Slide Man-Zone Defense).

**PATTERNS WILL BE DEVELOPED DURING TRAINING AND SHOWN IN DIFFERENT SITUATIONS**



## MOVES

(All Calls made by FH)

**NOTE: All play options have:**

- (1) A **SET UP PLAYER** who makes the move happen;
- (2) A **PENETRATOR** who makes the break
- (3) **At least one DECOY RUNNER** who confuses defense, by miss-directing their attention and wrong foots them;
- (4) **SUPPORT RUNNERS** both inside and out
- (5) **And COVER DEFENSE** who covers back to defend (tackle or field kicks) should possession be lost or disturbed.

The choice of how much cover, support or decoy will depend on:

- (1) Where the situation is on the field;
- (2) Your attacking options and strategy;
- (3) How much forward support is available; and
- (4) Field Conditions.

### NON-PUT IN SIDE SCRUM ATTACK

#### BACKS FOCUS

- 14** HB (Zone 0) to BW IN or OUT (Zone 2 or 3)
- SET UP: HB (Zone 0)  
PENETRATOR: BW (Zone 2 or 3)  
SUPPORT: Back Row & HB  
DECOY: FH Open Side  
COVER: FB
- WHEN? When they have only one defender (BW) on wek side
- 14 PLUS** HB (Zone 1 or 2) to BW straight (Zone 3)
- SET UP: HB (Zone 1 or 2)  
PENETRATOR: BW (Zone 3)  
SUPPORT: Back Row & HB inside  
DECOY: FH Open Side  
COVER: FB
- WHEN? When they have more than one defender on wek side
- 89** N0.8 (zone 0) feeds HB (zone 1) who takes options kick, run or pass (BW)
- SET UP: N0.8 (zone 0) to HB (Zone 2)  
PENETRATOR: BW (Zone 3) or HB (Zone 2)  
SUPPORT: Back Row & HB  
DECOY: Open  
COVER: FB

## FORWARD FOCUS

**HAND HELD WEAPONS** No. 8 drives out across and up into Zone 2 across gain-line

SET UP: No.8  
PENETRATOR: No.8  
SUPPORT: BF inside with OF in support and HB and BW outside  
DECOY: FH open side

**AIREAL WEAPONS** HB (Zone 0) to C (Zone 2) Circle Ball to N0.8  
(To Zone 3) to BW (Zone 3)

SET UP: OC (Zone 1)  
PENETRATOR: N0.8 (Zone 2)  
SUPPORT: Flanker (Inside) BW (Outside)  
DECOY: Open  
COVER: FB

**SEABORN WEAPONS** N0.8 (zone 1) feeds HB (zone 2) who feeds  
put-in side flanker in zone 1

SET UP: HB (Zone 2)  
PENETRATOR: BW (Zone 3)  
SUPPORT: OC, FB, F, N0.8  
DECOY: Open Side  
COVER: FB

## MECHANIZED LAND-BASED WEAPONS

No.8 feeds HB from Zone 0 to Zone 2 who takes shallow slow angle back to base of scrum circles N0.8 who flat passes to IC close at pace.

SET UP: N0.8  
PENETRATOR: IC  
SUPPORT: Back Row inside FH and HB outside  
DECOY: FH moving away

## PUT IN SIDE SCRUM ATTACK

### FORWARD FOCUS

**WEST POINT** Channel 1 Ball under LHP to No.8 breaks  
in Zone 1 passes to Non-Put Inside Flanker coming around

SET UP: No.8 (Zone 1)  
PENETRATOR: Non-put in side Flanker (Zone 2)  
SUPPORT: Put in side Flanker & HB (inside) Forwards (behind) and FH (outside)  
DECOY: Non-put inside  
COVER: FB

## OPEN SIDE ATTACK BACKS

Imagine THREE AREAS OF ATTACK:

- 1) **RED** - Inclose to the forwards (first 10-15 meters)
- 2) **WHITE** - Middle zone of field (Midfield backs) (middle 20 meters)
- 3) **BLUE** - Wide attack (outside backs) (last 20 meters wide)

### RED ZONE

**16 IN/OUT** BW takes ball IN or Out from FH

SET UP: FH (Zone 1 or 2)  
PENETRATOR: BW (Zone 1 or 2)  
SUPPORT: F & N0.8 (Inside) FH, IC (outside)  
DECOY: Centers  
COVER: FB

**HALF BACK OUT** HB runs at their FH off scrum on Non-Put Side of scrum, draws their FH flat pass to IC who drives into gap inside their IC with our FH fading away (dummy) towards their centers

SET UP: HB  
PENETRATOR: IC  
SUPPORT: OF inside with N0.8, and FH outside  
DECOY: FH  
COVER: OW

### WHITE ZONE

**1 LOOP 2** FH takes HIT ball off IC (or dummy 'Yes means No')

SET UP: IC  
PENETRATOR: FH  
SUPPORT: F, N0.8 (Inside) IC (Outside)  
DECOY: OC OW (Draw)  
COVER: FB BW

**Options:** FH can take gap, feed FB through middle, or OC or Miss OC feed FB in gap outside OC .... (Lots of Options)

**0 LOOP 1 OR 2** HB takes circle ball back from either FH or IC and works across field with run and/or pass to feed OC, W or FB with dummy, hit combinations.

Similar to above this time with HB not FH running it.

**13** FH misses IC to OC (Crash) with HIT options

SET UP: FH  
PENETRATOR: OC  
SUPPORT: N0.8 & F (Inside) & OW  
DECOY: BW & IC  
COVER: FB

**Options:** Again lots of options ... OC hits FB out or dummy FB hit either wing OUT

## **DOUBLE DUMMY LOOP**

FH Dummy Loops IC both fading away, Pass to OC who is Dummy Looped by IC both fade away into Zone 3, Pass back inside to Flanker, FB or BW up middle (Zone 2)

SET UP: OC  
PENETRATOR: OW, FB OR Flanker  
SUPPORT: N0.8, F, (Inside) FH & IC (Outside)  
DECOY: The Drift (Centers) & FB (Wide)  
COVER: BW

## **CIRCLE MIDDLE**

FH Passes to OC (Miss IC) who takes an IN path to their N0.8 (Red) Scissor with N0.8 moving away with HIT options off N0.8

SET UP: OC  
PENETRATOR: N0.8  
SUPPORT: OW, FB & IC (Outside) F, FH, IC (Inside)  
DECOY: IC  
COVER: BW  
HIT OPTION: OW, FB

## **BLUE ZONE**

### **WIDE**

FH Loops IC receives ball Misses OC HITS OW (HIT option with FB)

SET UP: FH (from white)  
PENETRATOR: OW  
SUPPORT: FH (inside) FB (Outside)  
DECOY: OC  
COVER: BW

### **SHARP**

FH Dummies IC passes to OC loops receives ball back HITS FB or BW

SET UP: FH (from white)  
PENETRATOR: FB  
SUPPORT: OW (Outside) OC (Inside)  
DECOY: IC, OC  
COVER: BW  
HIT OPTIONS: OW

### **TWO DUMMIES**

FH Dummies Across IC then OC Dummies in front of FH Ball to OW or FB

SET UP: FH (from white)  
PENETRATOR: FB or OW  
SUPPORT: FH (Inside) FB or OW (Outside)  
DECOY: IC, OC  
COVER: BW  
HIT OPTIONS: FB or OW

**ALL ABOVE BLUE OPTIONS CAN BE RUN WITH HALF BACK OPTIONS ALSO**

**2ND PHASE QUICK BALL TO WING/WIDE IS A CALL 'BLITZ' 'BLITZ' (Called by any player wide wanting ball in space)**

## POSITIONAL SKILLS & REQUIREMENTS

There are four basic components to develop:

**(a) Athletic and Mental Requirements:**

- **Physical Attributes**
  - Size
  - Strength
  - Power
  - Endurance
  - Agility
  - Coordination

- **Mental Attributes**
  - Law
  - Concept
  - Strategy
  - Motivation
  - Discipline
  - Commitment

- (b) Skills and Techniques:**
- Individual Skills
  - Small Group Skills

- (c) Situational Knowledge:**
- What to Do, Where and When
  - Our game plan or Patterning of Play

- (d) Think Attack and Defense:** - understand BOTH components

### PROP

#### **MAJOR REQUIREMENTS:**

1. STRENGTH
2. DEVELOPED NECK, SHOULDERS, BACK AND LEG MUSCLES
3. DEVELOPED CORRECT TECHNIQUE TO APPLY STRENGTH
  - FEET POSITION, BODY ANGLES, CORRECT BINDING AND UNDERSTANDING OF FORCES
4. ALL ROUND FITNESS AND STAMINA
5. UNDERSTANDING WITH LOCKS AND HOOKERS - SCRUM AND L/O

#### **ESSENTIAL SKILLS:**

1. CONTACT:
  - (a) To scrummage effectively, safely and consistently
  - (b) To bind tightly with hooker and to form a stable front row platform
  - (c) To support in the L/O
  - (d) To legally prevent opposition from breaking through the L/O
  - (e) To tackle from close positions
  - (f) To Maul and Ruck - low body position for driving forward
  - (g) A continuous commitment to secure ball and maintain possession
2. RUNNING:
  - (a) To run with determination and Commitment

- (b) To sprint over short distances
  - (c) To run after strenuous physical effort
3. **HANDLING:**
- (a) To take and give a short lifted pass
  - (b) To control, manipulate and rip out and roll out of a maul
  - (c) To be able to take a deflection from a L/O including a planned peel

**NOTE:**

1. **The Props game is mainly played in close contact situations scrums, mauls, rucks and lineouts. Develop strength and skills to be effective under these situations;**
2. **Tighthead and Loosehead props have different roles and slightly different requirements. Tightheads are the master scrummagers and need mass, strength and technique. They move scrums against the head. Looseheads must have aggressive mental dispositions along with an explosive body type required to open up the tunnel and pre-empt an opposing THP.**
3. **Technique, strength and ability are vital to the success and effectiveness of the scrum and L/O. (Binding, Body Position, Foot Position, Coordinated Pushing are as important as physical strength)**

**HOOKER**

**MAJOR REQUIREMENTS:**

1. **STRIKE:** Ability to win ball on your own team's put-in and, if required against the head
2. **THROW:** Ability to throw in accurately and quickly at the L/O with timed throws, rising and flat, to the front and slower timed lobs to the middle and back of a long L/O; and the ability to throw quick timed throws to jumpers and gaps in a short L/O.  
  
Good coordination between eye and hand and foot movements
3. **SCRUMMAGING ABILITY:** Be a third prop. Have developed leg, upper body and neck strength
4. **BE A FOURTH LOOSE FORWARD**

**ESSENTIAL SKILLS**

1. **SCRUMMAGING:**
  - (a) To bind tightly and quickly with props. Weight training and exercises to develop neck, shoulders, arms, back and leg muscles are necessary
  - (b) To position head, body, and legs in correct position, head forced up, hips below the shoulders, eyes on the ball
  - (c) To time the strike with feed of ball
  - (d) To move ball through appropriate channels

2. LINEOUT:

- (a) To throw varied length ball with accuracy
- (b) To position body, head and arms for throw. Ball should be visible to the forwards
- (c) To communicate with forward jumpers, to discuss type of throw, height, speed, trajectory of ball

3. CONTACT:

The majority of energy is expended in contact situations and tight -play

- (a) To scrummage correctly
- (b) To maul and ruck
- (c) To support at front of L/Os and general play
- (d) To tackle in close situations
- (e) To be able to fall on ball going forwards and backwards and to regain feet quickly

4. HANDLING:

- (a) To give and take a short lifted pass
- (b) To manipulate, rip out and roll off a maul
- (c) To pick up L/O deflections and charged down drop outs

**NOTE:**

- 1. You MUST win your own put-ins and you MUST Throw accurately**
- 2. You should be an effective scrummager**
- 3. Know the Laws of the Game**
- 4. Develop your physique to withstand the pressures of the position**
- 5. Fitness and mobility are essential**

**LOCK**

**MAJOR REQUIREMENTS:**

- 1. Possess jumping ability to win good ball at Lineouts
- 2. Ability to lock and drive the scrummage effectively
- 3. Focus and direct power at all phases of the game
- 4. Be physically fit and possess good neck, body and leg strength
- 5. Have stamina and strength at second phase situations
- 6. Bring total concentration to the position
- 7. Have an ability to reach breakdowns quickly and to rip, ruck and maul effectively

**ESSENTIAL SKILLS:**

- 1. HANDLING
  - (a) To catch and deflect a ball at L/Os
  - (b) To catch ball at kick-offs and drop outs

- (c) To take and give a short pass
  - (d) To manipulate, rip out and roll off mauls
  - (e) To be able to make ball available in a tackle
2. CONTACT
    - (a) To lend weight and force to scrum and loose
    - (b) To stand up in tackle
    - (c) To tackle in close situations
    - (d) A commitment to secure protect and provide good ball
  3. RUNNING
    - (a) To run with determination and committed aggression
    - (b) To be able to run and sprint after strenuous physical work

**NOTE:**

1. **In the scrum, lineout and loose you must understand the importance of correct *body, feet and head position***
2. **In the scrum, lineout and loose you must understand the importance of correct *body mechanics* ie. binding, grip, locking, snap shove, drives, channelling ball, foot pressure, angles etc.**
3. **Develop lineout skills - ie. timing of the jump, body position for jump, jumping aggressively, need for close communication between thrower and jumper. A knowledge of different throws and the ability to work with a short lineout where timing and body movements become more critical**
4. **Ability to develop the skills required in the second and third row of rucks and mauls is essential. Body position and mechanics, the drive, ball channels, tight binds etc.**
5. **Your job is to add strength and power and win good ball.**
6. **Fitness, Strength and stamina are essential. Training is critical to develop them**
7. **Always be around the ball and GO FORWARD - pressure the opposition**

**FLANKER**

**MAJOR REQUIREMENTS:**

1. Ability to win ball at breakdown
2. Ability to tackle well and be destructive
3. Ability to be constructive and possess ball skills and mobility
4. Ability to support backs and initiate or continue attack
5. Possess an extremely high work rate during a game

**ESSENTIAL SKILLS:**

1. CONTACT
  - (a) To tackle effectively from the front, side and rear of opponents
  - (b) To bind, drive and protect effectively
  - (c) To maul and ruck
  - (d) To support in the L/O and to drive from L/Os and other situations
2. RUNNING
  - (a) To run with determination and speed



- (b) To understand lines of movement and angles of pursuit
- (c) To run to support the man with the ball
- (d) Ability to cope with continued physical contact and strenuous effort - short bursts of speed and sustained play

3. POSITION
- (a) There are specialist requirements for blindside and openside breakaway play. Each has a specialist role to play in attack and defense. **The Open Flanker** tends to be quicker, more agile, able to go to ground easier, and occupies the back of the L/O and open side of scrums which determine his angles of run off set play. **The Blindside Flanker** tends to be bigger, possess greater strength and occupies the blind side of scrums and the fifth position in the L/O with a greater contribution to the physical integrity of the set pieces. His responsibilities and angles off the set are also different.
  - (b) Communication with N0.8, HB and FH is essential

- NOTE:**
- 1. **Your work rate and physical intensity should be high**
  - 2. **Your task is to ensure that ball is won and/or possession is maintained at the breakdown, to support play, and to nullify the opposition's attacking moves**
  - 3. **You tend towards destructive activity in maintaining constant pressure on the opposition**
  - 4. **It is crucial to follow your coaches' instruction to maintain correct angles of pursuit and positioning on the field in attack and defence**
  - 5. **Develop strength in your arms, shoulders and thighs, and speed and endurance with interval and repetition running**

## NUMBER EIGHT

### MAJOR REQUIREMENTS:

- 1. Ability to read the game
- 2. Physical, and tactical ability to control and direct play at L/Os, base of scrums and most platforms of attack and defense
- 3. All round strength and stamina
- 4. Ball skills (Hand and foot) mobility and good angles of run and anticipation

### ESSENTIAL SKILLS:

- 1. HANDLING
  - (a) Ability to control ball and release it properly at back of scrum
  - (b) Ability to catch and deflect a ball at the back of L/Os
  - (c) Ability to pass the ball at varying lengths and speeds
  - (d) Ability to give and take a short lifted pass
  - (e) Ability to manipulate play by ripping and rolling from a maul
  - (f) Ability to deal with ground ball and pick it up quickly at speed
- 2. RUNNING
  - (a) To run to support backs in attack and in defence
  - (b) To understand the different angles of pursuit
  - (c) To run ahead straight with commitment and conviction
  - (d) Ability to run with speed, accelerate quickly and to run after strenuous physical effort

3. CONTACT
  - (a) To tackle well in close situations, from front, rear and side and to stand people up if necessary
  - (b) To scrummage, bind locks and control the ball at the foot of the scrum
  - (c) To support at the L/O
  - (d) To initiate attack at the base of the scrum and fringe of L/O
  - (e) Ability to commit yourself to secure good ball

**NOTE: 1. You must be fit and physically strong**

- 2. You occupy a key tactical position in the team and as such you have responsibility to control and direct aspects of play**
- 3. You must have a serious commitment to angles of run and to the support of moves in attack and defense**
- 4. All round athletic ability and durability is vital - you should be able to run like a back as well as play effectively in set forward play**

## **HALF BACK**

### **MAJOR REQUIREMENTS:**

1. Distribution - Ability to pass the ball quickly and accurately from wherever it may be
2. Athleticism - Coordination and agility
3. Mental alertness
4. High level of overall fitness
5. Communication skills
6. Mental and physical toughness
7. Unselfishness
8. Anticipation

### **ESSENTIAL SKILLS:**

1. HANDLING
  - (a) Ability to throw four types of pass
    - Standing
    - Spiral
    - Dive
    - Reverse
  - (b) Understanding the type of pass for different situations
  - (c) Understanding what makes a good pass
    - Speed
    - Accuracy
    - Length
    - Consistency
  - (d) Understanding ingredients of a good pass - Reflexivity
    - Body balance
    - Foot Position
    - Hand Position
    - Sight Lines
    - Follow Through
  - (e) Elimination of a bad passing side
  - (f) Ability not to turn your back when passing
  - (g) Ability to pick up ball at speed
  - (h) Ability to feed the scrum accurately and correctly

2. STRATEGIC (a) Ability to understand set play and work of forwards  
(b) ability to command forward respect and to direct the delivery of ball from forwards to backs
3. KICKING (a) Ability to kick accurately and quickly with both feet  
(b) Ability to execute a variety of kicks - Clearing  
- Box  
- Chip  
- Grubber  
- Box  
(c) Understanding of increased kicking responsibilities on a wet or windy day  
(d) Ability to step back and away to create more time and room for kicking
4. RUNNING (a) Ability to run explosively and with low body position  
(b) Ability to run with strength and agility  
(c) Ability to accelerate quickly and remain elusive  
(d) Ability to recognise and identify opportunities  
(e) Ability to breach defenses and link with back row on blind side
5. CONTACT (a) Ability to avoid being caught in possession  
(b) Ability to tackle from front, rear, and side  
(c) Ability to fall on ball and to quickly regain feet  
(d) Understanding defensive options
6. POSITION (a) Understanding the stance that should be adopted before receiving the ball in order to make effective passes  
(b) Ability to remain as close as possible to ball in open play  
(c) Ability to stay alert to the position of the ball at scrum, ruck, maul, & L/O  
(d) Understanding the benefits of varying ones position at the L/O  
(e) Supporting the ball carrier  
(f) Develop defensive understanding with the back row  
(g) Guard the blind side of all loose being lost  
(h) Understanding opportunities to counter attack from cover defending roles

**NOTE:**

1. **Understanding of the correct stance or body position in order to make effective passes**
2. **Ability to stay as close as possible to the ball at all times**
3. **Ability to command respect of forwards and to direct the delivery of ball**
4. **Ability to remain alert at all times**
5. **Understanding varying positions**
6. **Develop defensive roles with back row and at loose**
7. **Develop kicking skills and options**

**FLYHALF**

**MAJOR REQUIREMENTS:**

1. Possess a tactical awareness of the options available in attack and defense
2. Have sound judgement and an ability to select the correct option
3. Possess the skill to execute the appropriate option

4. Have a high level of fitness, agility, balance, quickness and speed
6. Possess an ability to pass short and long and to penetrate opposition defences
7. Possess a wipers, up and under, grubber and chip kick, and kick left and right
8. Unselfishness

#### ESSENTIAL SKILLS:

1. **HANDLING**
  - (a) Ability to take a variety of passes early enough to have arrange of options available
  - (b) Ability to pass ball quickly and accurately with varying length and speed
  - (c) Ability to pick ball up at speed
2. **POSITION**
  - (a) To know how to set the correct alignment depth and width in attack and defence
  - (b) To know how to vary alignment according to the dictates of the situation
  - (c) To reposition quickly and efficiently
  - (d) To be tactically aware e.g. know how to set up platforms in close or out wide, and to work with forwards inside and backs outside
3. **KICKING**
  - (a) Ability to kick accurately on attack and defence with either foot and under pressure if necessary
  - (b) To know how to use a variety of kicks ie. clearing kick to touch, grubber and chip, feint, line, box, wipers and drop kicks
  - (c) Ability to kick with varying lengths and height and always in control
4. **COMMUNICATION**
  - (a) To be able to communicate the appropriate planned moves in attack and defence as the situation dictates
5. **RUNNING**
  - (a) Ability to accelerate quickly off the mark
  - (b) Ability to run with control, change pace, side step, change direction and swerve
  - (c) Ability to support other backs in attack and defence
  - (d) Ability to vary pace and sprint over short distances
6. **CONTACT**
  - (a) Ability to tackle
  - (b) To possess a determination to be involved in defensive work
  - (c) To collect ground ball

#### NOTE:

1. **You are a key tactical decision maker. Choosing the right option is essential**
2. **You need to have a good understanding of other positions and of the tactics to be used in defense and attack**
3. **You should be in control of the back line moves**
4. **Your backline is dependent on your alignment, skills, fitness and option choices**
5. **Your command of defence (and its patterning) is just as important as attack**

## MIDFIELD BACKS

### MAJOR REQUIREMENTS:

1. Control of the middle of the field in defense and attack - winning and maintaining possession there
2. Ability to receive and give a pass under pressure
3. The knowledge of positioning and correct alignment in defense and attack
4. Ability to tackle effectively in close situations
5. Ability to support
6. Ability to accelerate quickly either from a standing start or when running
7. Ability to work with forwards (especially back row)

### ESSENTIAL SKILLS:

1. HANDLING
  - (a) Ability to stand in the tackle and take it on your terms and when needed to make the ball available
  - (b) Ability to take and give any pass under pressure - to think quickly - and vary the speed, length and height of a pass as the situation dictates
  - (c) Ability to support and appreciate the role in second phase
  - (d) Ability to field any ball in the air and on the ground going backwards or forwards
2. RUNNING
  - (a) Ability to accelerate quickly off the mark
  - (b) To run with power and conviction
  - (c) Ability to run with control - change of pace, step off both feet, change direction, side step, swerve, draw a man etc.
  - (d) Ability to burst through tackles
  - (e) Ability to fend off tackles
3. CONTACT
  - (a) To know how to tackle effectively from the front, middle and rear
  - (b) To possess superior loose/contact skill and technique
  - (c) Ability to retain possession in contact
  - (d) Ability to stand in tackle and keep your feet when necessary
- 4.. POSITION
  - (a) To know how position, alignment and angles of run will help your effectiveness to move the ball and put others away
  - (b) Ability to cover defend when necessary
  - (c) Ability to execute moves off the ball - loop, dummy runs, miss and decoy moves
4. KICKING
  - (a) Ability to kick with both feet
  - (b) Knowing how and when to kick for territory
  - (c) Ability to execute a variety of kicks - punt, grubber, chip, feint, line and drop kicks at varying lengths and heights

### NOTE:

1. **Your main task is to engineer try scoring opportunities**
2. **Alignment, positioning and angles of run are critical**
3. **Physical strength and contact skills are crucial**
4. **All round fitness facilitates better mental and physical performance**

5. Ability to handle the ball confidently under pressure
6. Ability to tackle and control contact situations effectively

## WINGS

### MAJOR REQUIREMENTS:

1. To run with speed and determination
2. To run elusively with the ball
3. To position oneself correctly off the ball
4. Possess an all round fitness
5. Be able to handle the ball confidently - catching, holding under pressure, and passing
7. Be able to field kicks and kick effectively - especially to touch, line and box

### ESSENTIAL SKILLS:

1. RUNNING
  - (a) To run with pace and determination carrying the ball
  - (b) Possess the ability to run with the ball with control and be elusive - change pace, swerve, change step, side step, change direction
  - (c) Be able to run with body angle slightly forward
  - (d) Be able to run with arm in a position to fend off
2. POSITION
  - (a) To Possess knowledge and skill of positioning for defense and attack
  - (b) Be able to alter position on the field quickly and to do it all game
  - (c) To avoid distractions and to possess the mental concentration necessary for these tasks
  - (d) To know then variations possible at scrum, lineout, 22 drop, kick off, and penalty kicks
  - (e) To know your position in various back line moves
3. HANDLING
  - (a) To be able to catch and receive a ball correctly and at pace
  - (b) To have the ability to give a pass - speed of pass, body position, length of pass, height of pass, in front of chest of receiver
  - (c) To know how to hold the ball correctly in two hands or in one. If using one, ball in outside arm - leaving inside field arm free to fend
  - (d) Knowing how to protect ball in maul or tackle and how and when to release it to make it available
  - (e) Ability to stand in tackle if needed
  - (f) Ability to throw in at the lineout if necessary
  - (g) Ability to field any ball in air or on ground, going forward and backwards
4. KICKING
  - (a) To be able to kick accurately with both feet
  - (b) To execute a variety of kicks - chip and grubber, cross or centering kick, clearing kick to space, to touch, feint and drop kicks
  - (c) Ability to toe ball ahead and chase/retrieve under pressure
5. CONTACT
  - (a) Ability to tackle effectively from front, rear and side
  - (b) Knowing how to fend and to burst through tackles
  - (c) Ability to retain possession in contact
  - (d) Knowing how to position body for a drive
  - (e) Ability to fall on ball quickly and regain feet

**NOTE:**

1. **It is your job to score tries, finish off play decisively**
2. **You must be hungry for the ball and look for work**
3. **You must value positioning and repositioning work you do off the ball, which can create opportunities and deny them for the opposition - Again, be hungry and look for work**
4. **Your task is also to prevent tries from being scored against you**
5. **To make the ball available when necessary**
6. **Run with pace, skill, power and conviction**

**FULLBACK**

**MAJOR REQUIREMENTS:**

1. Sound positional sense
2. Good concentration and cool nerves
3. An ability to field the ball under varying circumstances and kick well
4. An ability to defend well and make open field tackles
5. Quickness, speed and a slashing style of run when joining the attack

**ESSENTIAL SKILLS:**

1. **POSITION**
  - (a) To be able to organize a Back Three cover defense in various first and second phase situations
  - (b) To be able and willing to work interchangeably with other deep cover positions on the field
  - (c) To possess the mental skills and discipline of concentration and sustained focus necessary to position himself and others effectively
2. **CONTACT**
  - (a) To be a strong tackler and to be able to make open field tackles
  - (b) An ability to move onto the ball quickly, fall on it and regain feet immediately whilst under pressure
  - (c) An ability to stand up in the tackle and work effectively in the maul
3. **KICKING**
  - (a) To have a strong boot and be able to kick effectively with either foot
  - (b) An ability to execute a variety of kicks - clearing kick, to touch, chip, grubber, drop, place, and box kicks
  - (c) An ability to vary length and height of kick
4. **RUNNING**
  - (a) Positioning knowledge in attack to make entry most effective
  - (b) An ability to run quickly, to accelerate and change pace
  - (c) An ability to sprint and change direction is required
  - (d) To be able to enter the back line at the right time and along various angles of run
  - (e) To be able to counter-attack

**NOTE:**

1. **Mental preparation prior to a game is crucial**
2. **Positioning for defence and attack is vital**
3. **Organization of the Deep Cover is your job**
4. **Involve yourself in attacking moves**
5. **Fielding, kicking and tackling well are essential**
6. **Be innovative by moving quickly and looking for work but avoid mistakes**