

SUGGESTED STRATEGIES

To

**ACCOMPANY PHYLOSOPHY
AND
STYLE of PLAY**

DOCUMENT

WIN THE BALL

Scrum Attack:

The set scrum will have a call system based on numbers...ie; Double odd number (33) is a reverse wheel.

A new formation and method of Front Row bind and feet positioning will be employed. (The New Scrum)

This new scrum provides some better ways of presenting the ball to the Scrum Half....when the scrum is under pressure.

(This information is not going to print at this time)

Scrum Defence:

The new scrum is especially designed to left wheel the opposing scrum and apply enough pressure, properly administered, to the opposing 8 and 9 that the scrummage will be stopped and a new one ordered...with our “put in”. If the best result is not obtained, the opposition have very limited options with this possession.

ie; The new Scrum is a 3-4-1 formation...with 8 packing between left Lock and left Flanker and does not fully apply his weight behind the shove. Once the ball is in the Scrum, 8 removes his head and remains in a position to pressure the opposing 8 if he decides to take the ball in the opposite direction than our 9....hence there is great pressure on the opposite 8 man. (There are also changing front row binds and feet position included with this new scrum)

Lineout Attack:

A series of letters are used to inform the team who is getting the ball and where. Numbers, fruit, colours are added to tell the team exactly.... what kind of throw... if it will be a driving maul...if the ball will come off the top...a running play or down and feed etc

A new driving lineout (at 2 & 6) will be employed in attack. The new Lineout, changes the focus point of the drive from traditional Lineout points.....and immediately takes the drive point away from the defence's perceived focal point.

We must be able to win the ball from as many positions in the Lineout as possible...using as many jumpers as we have available for deception. Remember, the simple lineout is the easiest to defend against.

The calls are not complicated but will take some effort in putting them to memory.

Lineout Defence:

We must have jumpers to contest the opposition throw and to put pressure on their jumpers. There should be a “front row” set to meet each advance from the opposition lineout after the throw.

To counter any attempt at a driving maul from the opposition, the defending teams blockers should drive on their opponents. This ploy, worked correctly, will prevent the attacking team laying the foundation for a driving/rolling maul.

KICK OFF**Attack**

The tallest, fastest forward... should attack the air and compete for the ball, in that space.

A winger should try to get behind the opposition player in the air....to compete for any tap down.

There should be great pressure on their No 8...who is usually jammed as the last line of forwards and quite often will try to pass infield.

Another speed man should run directly at the fly half or specifically at the person who is in receipt of any pass from the No8 or any other player looking to pass infield for a clearance kick. This can and sometimes will, stop that infield pass.

Designated forwards to cover back line positions temporarily vacated.

Remaining forwards to drive the opposition ball carrier as soon as he hits the ground.

Receipt

Designated jumper, with support lifter (s) to take the ball in the air. One lifter to plant himself between his man and the oncoming opposition.

Once ball is down, we MUST immediately drive forward until all our options are clear.....Scrum Half to make decision.

If the ball goes to No8 at the last line, we set a driving maul, and secure better possession before we deliver to Scrum Half. No.8 should run at oncoming forwards first, and commit as many as possible, trying to remain in the tram tracks....improving our options at presentation time.

RETAINING POSSESSION

1 Ball player must be alert and strong in the tackle.

The ball carrier must have a dynamic body position going into the tackle
 The ball carrier must attack the shoulder of the defender.
 The ball carrier must have greater leg speed than the defender.
 He should listen to what is happening around him.

2 Primary support players must be on time.

If the primary support players arrive too late, the chance of good ball retention is greatly reduced.
 The PSP must have dynamic body position.
 His primary focus is to protect the ball and the ball carrier.
 The PSP should always try to “maintain his feet”.

3 Clean out...rip.

The clean out player must have low driving position and smash any opposition player that is on our side or looking to interfere with our retention.
 He must come from an on side position.
 He should try to remain on his feet.
 The ripper must first drive into the ball carrier and follow with good arm contact with the ball and then rip.

4 Go forward.

All players should always maintain a strong body position.
 Players must have powerful leg drive.

5 Ball presentation.

Maul...Ball at the back.
Ruck...Lay the egg and long presentation (LP)

6 Intensity

Intensity is a key element in our ability to maintain concentration at the breakdown.

7 Delivery from 9

Must be in position early.
 Attack the ball, don't wait.

Good decision making...(type of pass)
Active listening.

8 Attack options.

USE THE BALL

1 Options & practice

It is important that we have many options available to us in order to be as effective as we can be.

It is even more important that all options are constantly practiced and updated for effectiveness.

New options should be included and less effective options should be discarded or improved before re-use.

2 Go forward...run to defender

Look at your man, concentrate.....he must be “taken out” of this play before you pass.

3 Pass to space

Make sure the defender is committed (eye contact)

Look at your support player's hands.

Pass in front.

Do not pass backwards or to a player who is not in position.

4 Support

After passing, you become a Primary Support Player.

5 Continuity

Active listening and concentration are vital.

Structured, multi phase plays, patterns, single moves are important to continuity.

Use of colour plays are designed for this purpose.

6 Intensity

RETAINING POSSESSION

As the two areas of the game when we gain primary possession...the Scrum and the Lineout are vitally important phases. It is from here that we prepare ourselves to launch attacking raids on the opposition defence line.

There is a countless supply of opinion as to how we can do this....almost all of which has merit.

Game plays that will be used from the set phases by Illawarra Representative teams in 2002/3, revolve around using the width of the pitch at various speeds while varying our commitment to, and choice of where and when we create the breakdown (BD).... and separating the forwards into two, and sometimes three groups. Each forward group has a specific role in each phase after the set piece.

For instance...**Red 1 play. (1 backrower to stand out in all Red plays)**

The ball would come from the Lineout....9 passes to 12 after holding the ball long enough to commit the opposing Back Row to himself....12 passes long to 11/14 who has to make a decision to create the BD. The forwards are aware that this will be the BD point and are on the way, if not there. Only four forwards are sent to this BD. The remaining four are trailing and will not come passed the Fly Half. After the first recycle, subsequent phases will go the same way until we run out of space, the Scrum Half calls a direction change or we have made the line break.

The emphasis is on very quick recycling of possession.

Red 2.

After the first BD from the set piece, the next phase will go the same way and will then reverse for two phases and so on.

Red 3.

This play, after the first BD from the set piece, reverses play. This time though, the remaining group of forwards, in position outside the fly half...will be utilised to take the ball to the line at various phases. How many more phases required will be determined by the success of each individual phase, or, when we make the line break.

Red 4. (Crash Mauling)

Target is three breakdowns to the linebreak.

The first BD is on the opposition 10 man, with our 12 man. The OS Flanker and the Backrower standing out will hit the opposition 10 simultaneously with our 12 man who drives with strong fore arm position and then drops to lay the egg.

The second breakdown is on opposition 13....our two locks are the clean out players.

The two props are the clean out players on the third breakdown.

The Blue and White play series, provide variation to the Red plays in direction, personnel and which zone will be targeted for the BD. See play sheet for all Colour Plays.

Blocks, sliders, overs, unders and line moves.....should be regularly employed in an effort to make the line break.

REGAIN POSSESSION

Defence Systems

We must have a clear understanding of the defence system for individuals and groups.

Back Line Defence

The IDR policy from set plays will be slide defence. (except inside our own 22metres) then it will be man for man, inside shoulder.

Half Back...pressure opposition half at scrum base, check inside runners..... he should then aim to be no more than one pass from the ball until the next breakdown.

Fly Half...must take the back line up with him (on all occasions). He should take his opponents inside shoulder and discourage him from running an inside line to the forwards. After his opponent has passed, he should check for inside runners....then follow the ball across the opposition back line....keeping an eye on his opposition man.

Centres...come up with Fly Half on the inside shoulder of their opponent and following the ball across field as inside support defence. ie; 12 will quite often tackle opposition 13 and so on.
12 to be half a step deeper than 10....13 to be half a step deeper than 12...this creates better vision across opposition back line.

Open Wing...to run slightly in field of his opponent to force him to run an outside line.....ensuring he does not get turned around. If there is an inside break, he must run between the ball carrier and his opponent.

Blind Wing...check short side....check box kick...cover behind his back line. He is responsible for Wing or Full Back if they penetrate. He should at all times remain inside the ball.

Full Back...stay inside the line of the ball at the back on the Back Line.....field kicks.....last line of defence.

Forward Defence from Scrum.

No. 8...check short side...check box kick...cover across behind his back line...tackle any penetrators...primary support player. If play goes to short side, he is responsible for 2nd ball carrier.

BS Flanker...directly responsible for short side and for 1st ball carrier. If play goes to open side, he should be in a line behind the No.8 and performing similar duties on his way to breakdown

OS Flanker...is responsible for opposition Fly Half...then cover, inside shoulder, across the opposition back line covering inside breaks. He should not be any further away from the ball, than one pass.

Tight Five...perform defence role as dictated to by number group. (Group 1 is...Nos. 1,2,4,6...group 2 is 3,5,7,8)

Forwards Defence, Lineout...

Flanker...or last man, is responsible for opposition Fly Half. Mark on inside shoulder and follow ball across the field.

Number 6...or 2nd last man, is responsible for opposition Scrum Half. Then to follow Flanker across and in front of his own backs. He has to cover inside breaks, extra man and should remain inside the ball.

Number 5...Follow 6

Hooker...is responsible for Scrum Half, and any other breaks, around the front of the Lineout.

1,2,3,4...Should proceed to breakdown...but not commit unless required.

Ruck Defence

- * Pillar to start tight with inside leg up...and take pick and go player...or read opposition attack.
- * Post to take Scrum Half or first runner...or read opposition attack.
(Pillar & Post do not slide until second pass has been made)
- * Defender 1 should read off Pillar/Post.
- * Pillar/Post must guard space and move up...but not until two passes have been made.
- * Outside defender should be slightly deeper than inside defender for better vision.

Principals of Defence (Phase play)

1. Go forward before moving laterally
2. Do not move laterally until the ball has gone past you or two passes
3. Listen for the call from inside before switching men and immediately communicate to the next defender... who you intend to tackle.
4. Always face forward and keep your feet moving.
5. Never go past the ball.
6. Count from the outside in.
7. Stay in the line and let the play unfold
8. Align inside shoulder...make contact on inside shoulder.
9. Wait until the numbers are even before you move forward to complete the tackle.
10. Defence relies heavily on communication. Players MUST be constantly talking to one another.
You MUST know what the player next to you is doing.

Go forward...deny space and time.

Come off the line in defence...and do it at pace.

The pressure applied to the ball carrier, simply by being in position, in defence, is quite often enough for that player to make a mistake or to pass on his problem.

Contest...when you make a tackle...make a contest of it. If you have come off the line at pace...then make a good tackle. We want to get the ball back.

Continuity...All defenders in the line need to be in position together. You need to create a sense of panic among the attackers, a sense of doubt. Force them into error.

Urgency...if we have done all of the above, and have forced the opportunity for a turnover....we need to pounce on this opportunity. We need to get our hands on the ball, legally, and force the penalty. There is no time to look first, think or wait....we MUST REACT urgently.

Intensity...

COMMITMENT (work ethic)

Punctuality...It has always been my goal...that players arrive early and are ready to train ten minutes before official time. You must have respect for your team mates time.

Preparedness...Check your kit before you leave home. Use the toilet before training, not during. Have respect for everyone else's time.

Planning..." Planning is bringing the future into the present...so you can do something about it... now "

If you have been pre- advised of the contents of the next training session...plan for it.

Competition...Practice being competitive at training...it's contagious!

Intensity...High intensity training..will provide high intensity play.

Respect...Give it to everyone...generally, they deserve it.

Evaluation/Review... You must spend time, within 24 hours of your performance, evaluating and reviewing your performance. If you don't...how can you have a conversation with your coach/mentor, on the same level. Don't just watch a replay...analyse it!

Pre-Planning...You should always be planning to do something new...next competition...next season etc. If you don't plan for the future...you're planning to fail!

