

Attack from Set Piece and Phase play

Attack from Scrum

1/2 way – on **Left hand side**

If defence is four up, i.e. FB and Wing back – Scrum up on right and hands out wide – should be 6 v 4.

Relies on Pass off left*

If 10 Drifts – need 12 or 13 to realise this and offer himself as an option to straighten up – scissors – dummy scissors

Outside centre Ideal to straighten up – have to emphasise players “attacking the pass” to cancel drift.

Variations

Blindside wing

9 – 10 – 11 on angle, 12 straighten out for a short pass

Wraparounds

A) 9 – 10 – 9 – 12 or 13 or 14. 10 has to fix 2 men (opposition 7 and 10), 12 can then still run
1st phase backs move

B) 9 – 10 – 12 – 10 – 13, 14, or 15 should lead to gaps! By defence checking * Must attack pass
All relies on 10 giving himself enough time on ball – DEPTH!

Off all of these forwards must attack breakdown as 2 waves of 4.

Scrum on **Right hand side**

Aim to get scrum up on left, followed by 1 or 2 points of contact to suck in defenders then aim wide.

Options

- A) 8 pick and go – 1st 3 clear – 9 to next wave of forwards.
- B) 9 – 14 switch – should make tack line closer to gain line provided back row goes with 9.
14 is 1st point of contact – 3 over – 9 2nd wave or out if 10 says “on”
- C) 9 – 10 – 12 Bang up – however defence is up quicker from scrum – tackle line is further from gain line
- D) Blindside. 8 – 9 – 14. Scrum up right, 8 must check 6 – pass to 9 who must check 11 hopefully put 14 through 2 v 1
- D) Blindside 8 pickup and instant pass to 14 who comes from deep with bucket of gas

Attack from lineout

If throw to tail or 4

Options

Off to top or Check ball

Looking to either contact wide or midfield, must have forwards in units attacking breakdown. Throwing and Jumping unit are Unit 1, others are unit 2.

Unit 1 must win ball at lineout – unit 2 has to look to attack 1st contact situation

10 marks 12 as 7 usually plays man out defence. – Hence let's try to target defensive 10. Sending runner in between defending 7 and defending 10.

Good option is 9 - 10 – 11 on steep angle attacking hole or 9 (sweeping then reverse pop pass to 11 would be great. 11 can then hit hole if possible – contact – win ball with unit 2 then out wide leaving full complement of attacking backline to attack backline hopefully 1 or 2 men down.

Must have outside backs straightening up angle of attack to stop drift.

Driven Lineout – attack

Communication key! Must have ball on the move 20yard gain followed by static ball for 9 no use. If fast ball we can expose defence – static, defence is reorganised.

Fast ball lets try for 13 to hit outside shoulder of opposite 13 from the lineout as defensive backline is 20m away. Plenty time

Defending from a lineout

Man out defence – 7 marks 10 or 7 marks 12 and 10 marks 12

6 and 8 must come on 10 or others if they come on the inside – i.e. our 9 – 11 ball.

Scrum-half must adopt sweeper role (corner flagging)

In all defence defenders must think

- 1) Tackle and ball – job not done with tackle – get to feet and you have a right to go for ball along with 1st player to ruck.
- 2) If ball cannot be won then let them win it (no penalties) and get defensive pattern round breakdown set! **Must be strong around centre of ruck – nothing through middle**

Always stress “TACKLE AND BALL”

Defending from a scrum

Option is train Defence – UP and OUT

1st movement by defensive is forward followed by slide out. – Hence forcing the outside movement – never give them the inside.

Use 4 up defence, i.e. 10, 12, 13 and winger held a little back. Winger can either close them in or open out and show them the outside.

If successful and turnover is achieved

Golden Rule Turnover achieved – ball away 2 passes from contact zone with clearing pass and one other putting attackers hopefully into space.

Best way to achieve turnover is **“TACKLE AND BALL”**