MARFU Senior Men

Team Play
Florida 2005

Fall 2005
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 Defense

- Restart
- Pressure Possession
- Go Forward
- Apply Pressure
- Support
- Counter attack
- Regain Possession

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Principles of Defense

*Pressure – Tackle - Poach*

- Defensive cover is inside
- Attack on defense – 3 steps up
- Once you know your player attack him
- Don’t get beat on outside – force ball back inside
  - Don’t turn in on the ball – you have cover inside
  - Cover your player and gap outside
- Player inside the tackler is the poacher

NO DEFENSE SYSTEM IS EFFECTIVE WITHOUT STRONG TACKLING

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Second Phase Defense

Steps for strong defense

- Alignment is to connect to the ruck and get to the far side first
- **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 a head slowly and cover anything close to ruck and anything back inside.
- Next player on side of FH is the **flyer** – comes up very hard on the FH and forces them back inside to G and BG
- Re-align relative to the offense (bump)
- Stretch the defensive line
- Communicate who you will hit
- Defensive call is made by whoever sees it – repeated by others
  - Out = three steps up and then slide out – when offense has an overload
  - Blitz = sprint up and hit the ball – when defense has an overload
- Player next to the ruck calls balls out
- Make hit and contest ball in tackle
- Slow down possession and re-align

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Second Phase Defense
Principles of Offense

Possession

Go Forward

Pressure

Support

Continuity

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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
Patterns of play

• Team attack pattern is called by FH
  – Pattern will take the ball through maximum of 3 phases – they are a guide, if there is another opportunity, take it.
  – Channels will remain consistent for pattern call
  – Calls will be 2 or 3 numbers to determine pattern of attack
  – Any double number means attacking that channel twice
  • 221 = Attack between the centers, attack the channel again and then move the ball wide going the same way
  • 114 = Attack wide, then attack the channel again before moving the ball wide the other way
  • 24 = Set the attack up in between the centers, then switch the direction quickly
Team Attack Channels

11

1

12

10

13

11

Lineout

Scrum

Fall 2005
Channel - Offense

Steps for good offense from second phase

- Attacking options (called by FH):
  - Punch – attacker run with ball right off SH
  - Gregan – Attacker switches with SH
  - Bounce – Out to FH then back to runner inside
  - Cut – Out to FH who switches runner back into channel
  - 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.

- 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
Channel 3 Attack Options

Attacking the Hinge
The Hinge

The hinge is the area between the forwards and the backs – it is our 3 channel. It is an area that is difficult to defend. Here are some options that we have to attack the 3 channel. In addition to these we can also do a back peel which is any color.
Scrum on LHS. Need a big on tight head prop. 8 picks and attacks inside defensive 10 channel
Inside center is a channel 3 attack.
Inside center is a 3 channel attack
Works off L/O with tap from 6.
Option to give back to SH. Note angle change to attack the hinge.
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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
  - “2,3” – Chase the hit with a very quick resetting of the feet
  - “And” – sink the knees to be able to pop and drive
  - “Now” – drive as the ball comes in
  - “2,3” – Chase the drive with a very quick resetting of the feet
- 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.

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#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
For tight attack. 8 picks up and Angles out to pull the the #7 wide. Big hit on #3, Should be channel 2. 9 must run an angle to draw the Defense wide. #6 tries to attack Tight inside 7.
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.
New Zealand

To attack with no space left. Take on opposition #9. Option is to drive and create a Maul, or pop to #6. Need big hit on #1. Channel 1 ball. #7 binds at back of lock. 8 picks up and rolls to outside. #6 puts out arm and #8 rolls into arm. 7 comes around and either gets pop from #8, or binds over 8 with 4 binding onto the ball.
Scrum Defense

We always want to pressure their possession. We will:

- “Drive” – Hooker binds square to drive. 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.
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.
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
- Q is a call for a quick throw and jump
“Jumbo” Lineout

Throw to space where their jumpers are not.

Call

T – Thrower
S – Supporter
J – Jumper
F – Flanker –

stay out and support the backs

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“Mix n Match” Lineout

Throw to space where their jumpers are not.

Call

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.

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“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)

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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.
Lineout Defense

Match – Contest - Disrupt

Full Lineout

6 Man

5 Man

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Lineout Defense

Match – Contest - Disrupt

4 man

3 Man

2 Man

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Defending the Hinge

The Role of the Backrow
Backrow Defense: LHS Scrum

9 runs at outside shoulder of #10
7 runs at #10 inside shoulder – takes cutbacks/switches
8 Checks Blind side, runs towards #12 inside shoulder, will change angle on read and react
6 Checks blind and runs deep “corner flag” line.

Backs play Drift defense
Backrow Defense: RHS Scrum

7 runs at #10 inside shoulder takes cutbacks and switches
8 Runs at #10 outside shoulder
6 Checks Blind side, runs towards #12 outside shoulder, will change angle on read and react
9 Checks blind, then runs deep “corner flag” line
Option includes 7 and 8 reversing roles.
Backs play Man-up defense

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**Backrow Defense: Lineouts**

9 runs at #10 outside shoulder  
7 Runs at #10 Inside shoulder and takes cutbacks/switches  
F The next forward has to get out of the lineout and cover the gap inside the #10 and 8 reversing roles.

Backs play Man-out defense
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Back Play
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

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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

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Good against man-up defense.

2 play

Channel 1

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Good to move the ball wide with width. Not the ball is passed behind 13, who stops running as soon as the ball is passed.
Good against inside-out defense
Good against inside-out defense
Good off lineouts

X Play

1 or 2

9
D

10
P

12
S

13
S

11
S

14
T

15
S

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Good off lineouts

Inside Loop

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13 option

Good against inside-out defense

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Good off second phase
Centers cross, with OC going behind
Early to IC to be playmaker
Late to OC for a crash

23 Cross

1 or 2

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Scrum center

Works against either defensive alignment

England

Fall 2005
Works off scrums or lineouts

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Principles of Defense

Pressure – Tackling - Poaching

• Offense always has an overload advantage because defensive FB must cover kick
• Defensive cover is inside
• Attack on defense – 3 steps up
• Once you know your player attack him
• Don’t get beat on outside – force ball back inside
  – Don’t turn in on the ball – you have cover inside
  – Cover your player and gap outside
• Player inside the tackler is the poacher
• Man-up is more aggressive – leaves holes wide
• Drift covers the outside hole but is passive – forwards must cover FH
• Goal line FB joins line and play man-up
• Have to defend against kick – always have “2 fullbacks” out wings and fullbacks
  – Depth varies depending on their desire to kick and space available
  – Ball will be kicked in the same direction as ball movement
  – See principles of kicking in attack
  – Last line of defense always stays inside ball

NO DEFENSE SYSTEM IS EFFECTIVE WITHOUT STRONG TACKLING
4 Man up

Scrums on RHS
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.
Every lineout start one gap out
SH takes outside shoulder of FH, 7 takes inside
Start gap inside player – 3 steps up then across
Cover your player and gap outside – if doubt cover the outside player.
Drift

Scrums on LHS
Start gap inside player – 3 steps up then drift across one player automatically
SH takes outside shoulder of FH, 7 takes inside

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Scrum center

Back stays out and forces ball back into backrow. Do not turn in.

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Defending Kicks from Scrum Right

14 must vary the position dependant on the amount of space on RHS. If 9 can cover the space, 14 drops back to become one fullback and 15 moves across. If 14 has to move up, 15 moves and 11 must drop back. 11 and 14 must become partial fullbacks. Once the ball is passed by 10, 11 comes up and 14 and 15 come across.

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11 must vary the position dependant on the amount of space on LHS. 15 moves across depending on 11’s position. If 11 has to move up, 15 moves and 14 must drop back. Once the ball is passed by 10, 14 comes up and 11 drops back and 15 come across.
Defending the Kick from Lineouts

Because of lineout wing
Can stand back as second
Fullback. As the ball moves
Across the FB and Wing follows
FB always stays inside of the ball
Counter-Attack

The simplest plays are often the best in counterattack. We will have a mantra of two passes in counterattack. The options are:

• Two long passes away from opposition strength
• Loop option. This is long pass, short pass, long pass. Fixes some opposition and allows us to go back to our forwards if necessary.
• Scissor option. This is short pass, long pass. Run back toward opposition strength and fix them in place. Pass to runner going away from strength and then big pass in to space.

And one more advanced option:

• If you have to Kick – Keep it in. Away from Opposition players to make them work for it. Our chasers can then pressure for a kick back / turnover / penalty.
• In every counterattack AT LEAST one more player must get back to assist.
Counter-Attack Examples

2 passes
Box kick

Pass and Loop
Kick
Counter-Attack Examples

Scissor Option 1

Option 2

Fall 2005
Kick-Off and 22 Strategies

These are the first part of the principles of play. Our goals are:

1. Secure possession
2. Go forward
3. Create attacking channel in middle of field
4. Continue the attacking channel on the far side of the forwards
Receiving a Kick-Off Set-up
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.
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.
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

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Chasing a Kick-Off or 22

Kick 1 is high and between the 5m and 15m. The 2 middle chasers will challenge for the ball with supporters. The winger and the insider chaser will go beyond the ball for the tap back. The SH will cover the return kick.

Centers cut the field in half and prevent ball moving across field
Forward prevents the ball moving to middle of field

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Kick 2 is high and deep and the goal is to keep their defense in their 22. The set up is the same, but the supporters now join the chasers in one defensive line. The wing can chase ahead.