

## **DEFENCE**

### **SESSION 2 – DEFENCE PRINCIPLES**

#### **Tackling Key Factors**

- 1. Head Position**
- 2. Shoulder Contact/Feet Position**
- 3. Leg Drive**
- 4. Arms**

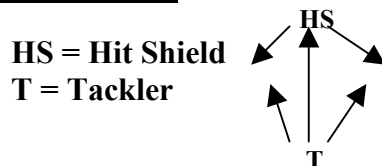
#### **Objectives of Session 2**

- 1. For participants to review the 4 key factors of the tackle.**
- 2. For participants to become familiar with the Principles of Defence.**
- 3. For participants to become familiar with Phase Play Defence.**

#### **Principles of Defence**

- Stay on the inside shoulder of the attacker. Defender lines up his outside shoulder on the attackers inside shoulder.
- Defence pattern is essentially up and drift (except where man on man defence is required, ie 5m zone either side or ruck/maul).
- It is vital that you move forward before you go across.
- Never get beaten on the inside.
- Stay square on to the trylines, turning sideways while drifting is an invitation for the attackers to turn the ball back and drop an angle on the sideways player.
- In Defence players must always be square on to the trylines, moving up on the balls of their feet and not sitting back on their heels waiting for attackers.

#### **Drill 1 – Hit Shield Tackle**

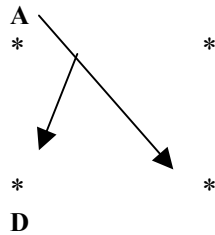


1. Pair up Players with a hit shield between each pair.
2. Partners line up opposite each other, attacker has the hit shield.
3. Attacker runs at the defender front on for the first 4 contacts then moving to the left and right across the face of the defender for 4 contacts on left and right shoulder.
4. The drill is emphasising shoulder contact so the tackle is not followed through.
5. The key factors of the Tackle should be reviewed throughout the drill.

Defence Session 2  
by Matt Ryan

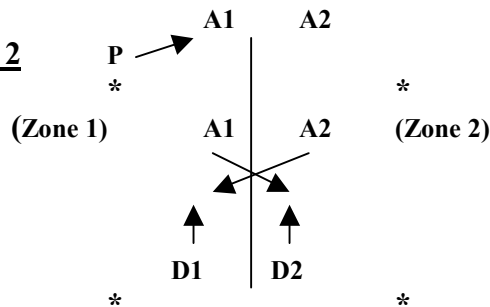
**Drill 2 – 1 on 1**

**A = Attacker**  
**D = Defender**



- 1) Players pair up and stand opposite each other 10m apart in a 10m square, 1 player designated the attacker with the ball and the other player designated the defender. Before commencing the ball carrier puts up his inside arm, giving the tackler his inside shoulder target area, the defender puts up his outside arm to acknowledge.
- 2) The attacker runs at the defender and attempts to evade the tackle and score a try by running to the outside or inside. The defender tries to stop the attacker with a shoulder hit using the Principles of Defence, most importantly don't get beaten on the inside.
- 3) The defender to complete 4 hits on the left shoulder and 4 hits on the right shoulder. To do this the attacker will need to start from both sides of the square.

**Drill 3 – 2 on 2**



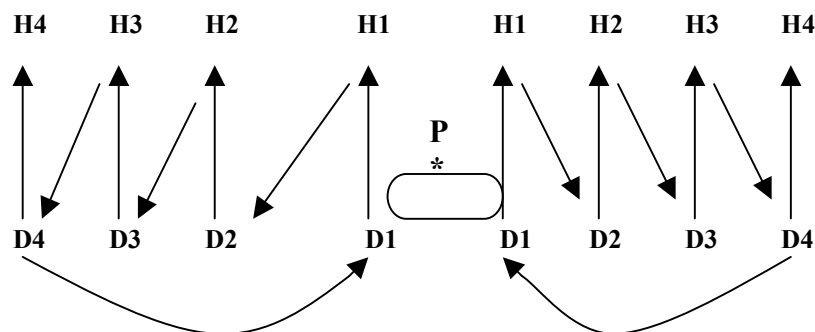
- 1) Drill is commenced by a pass from P to Attacker 1, A1 and A2 attempt to score a try. (Use 15m square for this Drill)
- 2) Defenders 1 and 2 attempt to defend their tryline by using Principles of Defence, very important that they don't get beaten on the inside.
- 3) If A1 and A2 switch it very important that D1 and D2 stay in their respective Zones.
- 4) D1 and D2 must communicate, if A1 switches and moves into D2's Zone, D1 must not follow, A1 then becomes D2's tackle.
- 5) Defenders defend for 6 sets then swap, 3 sets left, 3 sets right.

### Introduction to Phase Play Defence

#### Principles:

- Defensive line must be lined up in a straight line, level with the back feet of the last player in the ruck & maul.
- The defensive line must move up together either side of the breakdown. If one side holds and does not move up with the other side, it provides the attackers an opportunity to bring the ball and attack the side where the space has not been denied.
- Pillar on either side of the breakdown put one of their arms up to give outside players a point to mark up on. Pillars lead up the defensive line when the ball is cleared.
- The 5 metre zone either side of the breakdown is man on man defence, with 2-3 players defending this zone either side of the breakdown.
- Outside this 5m zone players use a very tight drift pattern which is stay on the inside shoulder and don't drift until the ball is gone. (Optional – Junior teams can just keep the straight line across the field and not do the tight drift)

### Drill 4 – Phase Play Defence



**H = Hit Shield**

**D1 = Pillar**

**D1-D4 = Defenders**

**P = Halfback**

- 1) The tackle bag in the centre represents the ruck, the Pillars D1 and D2 line up either side, mirroring a ruck set up.
- 2) The pillars lead up the defensive line when P places his hands on the ball on the other side of the ruck.
- 3) All players then come back to the starting line once they have made their shoulder contact hit and everyone moves to the outside.
- 4) The drill is continuous for the tackling team and can be timed or number of circuits.
- 5) Extra players line up behind the D1 position, players coming from the D4 position join the queue behind D1.