

DEFENCE

SESSION 3 – PHASE PLAY DEFENCE

Tackling Key Factors

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

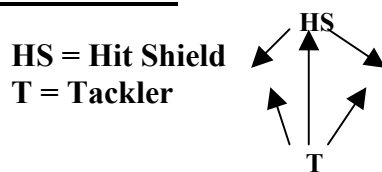
Objectives of Session 2

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

Principles of Phase Play Defence

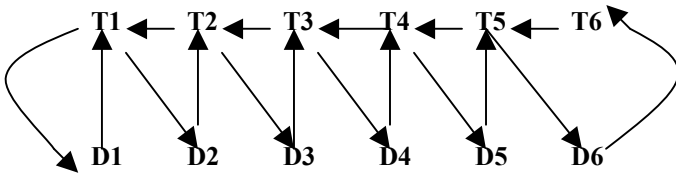
- Defensive line must be lined up in a straight line, level with the back feet of the last player in the ruck & maul.
- The defensive line must move up together either side of the breakdown. If one side holds and does not move up with the other side, it provides the attackers an opportunity to bring 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 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.

Drill 2 – Continuous Straight Line Tackle Bag Drill



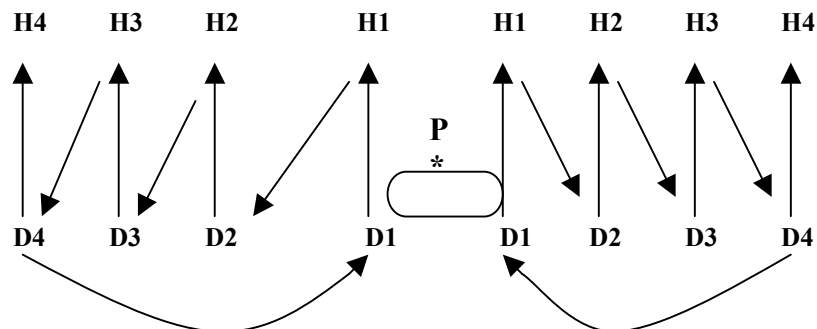
T = Tackle bag

D1 = Pillar

D1-D6 = Defenders

- 1) D1 is the pillar and the defensive line moves up on his call, the tackle is made on the bag and everyone jogs backwards to the next position, D1 to D2 etc.
- 2) D6 immediately takes over the tackle bag of T6 and all tackle bag holders move across, T6 to T5.
- 3) T1 moves straight to D1 to take over the Pillar role.
- 4) If there are more players than tackle bags, T1 joins the queue lined up on D1 waiting for a turn.

Drill 2 – Tackle Bag Phase Play Drill



H = Hit Shield

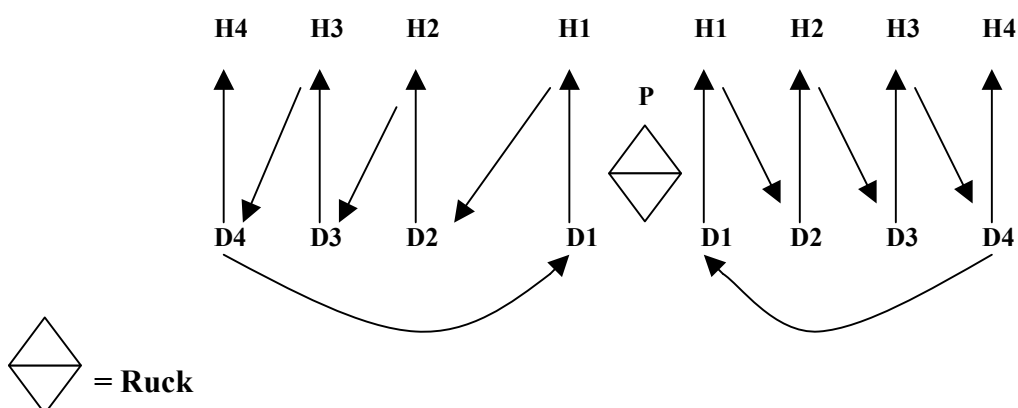
D1 = Pillar

D1-D4 = Defenders

P = Player putting his hands on the ball to commence the drill.

- 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.

Drill 3 – Continuous Phase Play Defence



H = Hit Shield

D1 = Pillar

D1-D4 = Defenders

P = Halfback

- 1) Live ruck/maul at the centre and phase play defence operates as normal.
- 2) There are 2 defenders on the D side holding hit shields, on the H side there are 3 players forming the ruck/maul with P representing the halfback.
- 3) The pillars line up on the hindmost feet of the 2 hit shield holders who are defending the ruck, as they move backwards with the forward momentum of the ruck, the pillars must also move back the defensive line and stay on side.
- 4) The pillars lead up the defensive line when the ball is out of the ruck or the halfback puts his hands on the ball.