

DEFENCE

SESSION 4 – STRAIGHT LINE DEFENCE

Tackling Key Factors

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

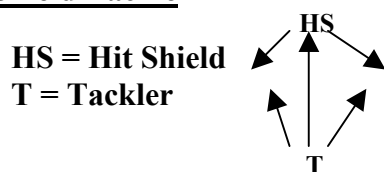
Objectives of Session 4

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

Phase Play Defence Principles

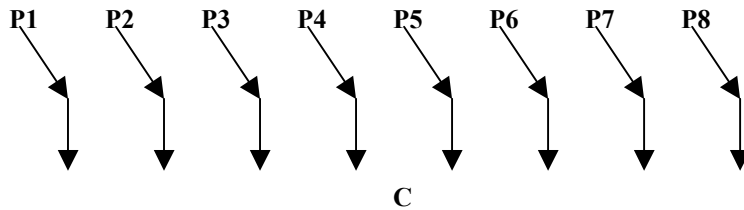
- Defensive line must be lined up in a straight line, level with the back feet of the last player in the ruck & maul.
- The defensive line must move up together either side of the breakdown. If one side holds and does not move up with the other side, it provides the attackers an opportunity to bring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

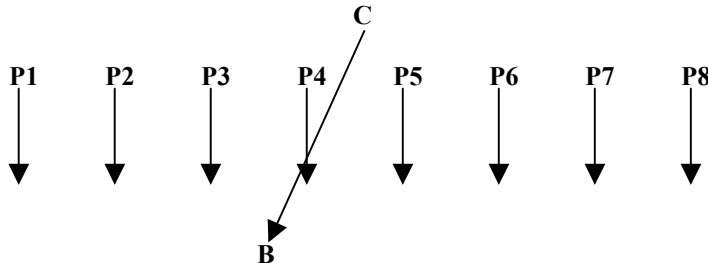


P = Players

C = Coach

- 1) All players line up in a straight line equal distance apart across the field.
- 2) Players move forward, backwards, diagonally and jog on the spot on command of the coach. Coach can indicate direction with hand signals or whistle.
- 3) Players must remember to stay square on to the trylines whilst moving in this drill. In a game turning sideways whilst drifting is an invitation for the attackers to turn the ball back and drop an angle on the sideways player.
- 4) During this drill players must be moving on the balls of their feet and keeping shoulder width base with their feet. Players must not sit back on their heels.
- 5) Players must continually look to their left and right and maintain a straight line.

Drill 3 – Straight Line Practice



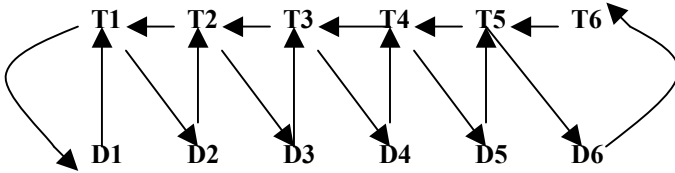
P = Players

C = Coach

B = Ball

- 1) All players line up in a straight line equal distance apart across the field.
- 2) The coach stands behind the player line and kicks the ball through on the ground. Player line must run towards the ball whilst maintaining a straight line.
- 3) Coach can kick the ball in any direction.
- 4) Players must remember to stay square on to the trylines whilst moving in this drill. In a game turning sideways whilst drifting is an invitation for the attackers to turn the ball back and drop an angle on the sideways player.
- 5) During this drill players must be moving on the balls of their feet and keeping shoulder width base with their feet. Players must not sit back on their heels.
- 6) Players must continually look to their left and right and maintain a straight line.

Drill 1 – 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.