

DEFENCE

SESSION 5 – DEFENCE GAME

Tackling Key Factors

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

Objectives of Session 5

- 1. For participants to review the 4 key factors of the tackle.**
- 2. For participants to review the Principles of Phase Play Defence.**
- 3. For participants to review the Principles of Defence.**
- 4. For participants to practice all Defence Principles in a match situation.**

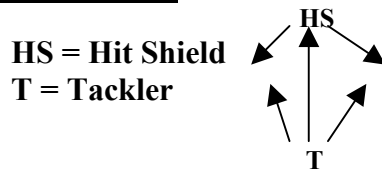
Principles of Phase Play Defence

- 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)

Principles of Defence

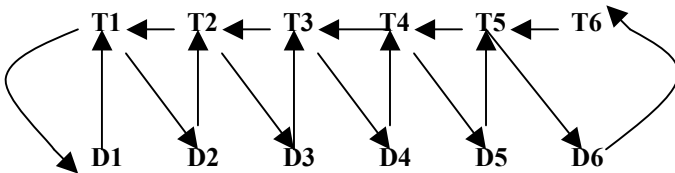
- Stay on the inside shoulder of the attacker. Defender lines up his outside shoulder on the attackers inside shoulder.
- Defence pattern is essentially up and drift (except where man on man defence is required, ie 5m zone either side or ruck/maul).
- It is vital that you move forward before you go across.
- 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.

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 3 – Continuous Game

- 1) Split training squad into half, defending team can use hit shields, tackle suits or live.
- 2) Full field can be used or confined space such as tram tracks.
- 3) Attacking team attempts to score the try whilst defending team attempts to stop them using all the Principles of Defence. Attacking team can pass, ruck, maul and run as they attempt to score a try.
- 4) There is a more beneficial training effect if teams are allowed to complete a full lap before errors are corrected.