

**RUGBY**  
**AU**

**PATHWAYS**  
**SKILLS**



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KEY	
A	Attack
D	Defence
BD	Breakdown
A Zone	22 m to attacking tryline
B Zone	50 m to attacking 22 m
C Zone	Defensive 22 m to 50 m
D Zone	Defensive tryline to defensive 22 m
PSS	Position specific skill



# GAME MODEL

= SMART & RELENTLESS

PRIORITY

PRINCIPLES

PHYSICAL NEEDS

## SET PIECE

## CONTACT

### SCRUM

### LINEOUT / KICK OFF

### MAUL

### TACKLE 2ND MAN IN

### CARRY

### BREAKDOWN

- Setup
- Shape during/post contact
- Constant pressure (8 man)

- Jump / lift tech / speed
- Throw accuracy
- Deliver

- Speed of setup
- Attack - Tight, low & long
- Defence - Role clarity

- Strong initial contact + target zones (height control)
- Speed through contact zone
- 2nd Action

- Footwork
- Fend
- Fight - On/Off Feet Skills

- Early decision
- Entry height
- Speed into contact/ fold
- Body position

- Total body strength
- Mobility
- Neck/trunk strength

- Lifting power
- Jumping speed
- Reactive trunk strength

- Total body strength
- Mobility
- Trunk strength

- Acceleration capability + capacity
- Collision power

- Acceleration capability + capacity
- Collision power
- Leg power

- Mobility
- Flexibility
- Acceleration capability + capacity
- Collision power

PRIORITY

PRINCIPLES

PHYSICAL NEEDS

## UNSTRUCTURED PLAY

## STRUCTURED PLAY

### KICK TRANSITION

### TURNOVER TRANSITION

### LINEBREAK TRANSITION

### 1ST 3 PHASES

### FIELD ZONE MASTERS

### KICKING STRATEGY

- D = Kick Chase/ A = Support
- 1st 10 m race
- Transition + 2 Phases

- Kill v Ignite
- D = Rapid Reform/ A = Reload
- Transition + 2 Phases

- A = Support & Play!!
- D = BD + Reform
- LB Transition + 2 Phases

- 1st Phase Execute
- 2nd Phase Energy
- 3rd Phase Excel

- A Zone - A = Points/ D = Pressure
- D Zone - A = Exit or Opportunities/ D = Deny
- \* B/C Zones = Control

- Take the space
- Set kick - 14 on feet + kick protection
- Territory/contest

- Speed
- Running capacity

- Speed
- Running capacity

- Speed
- Running capacity

- Acceleration capability + capacity
- Collision power

- Acceleration capability + capacity
- Collision power
- Leg power

- Mobility
- Flexibility
- Acceleration capability + capacity
- Collision power



1. OVERVIEW - DEFENCE

# DEFENCE SKILLS

## CORE SKILL

## RUGBY IQ

TACKLE	BREAKDOWN			
Axe	Body - Lock	Lineout Defence	Scrum Defence	Kickoff Execution Defence
Choke				
2nd Player In				

TACKLE	BREAKDOWN			
Chop	Target Zone	Kick Chase Defence	Turnover Defence	Linebreak Defence
Leg Drive	Reload			
Reload	Folding			

TACKLE	BREAKDOWN			
Attitude	Attitude	Contact	Folding	Defence Movements
Target Zone	Low Clean - Body			
Punch Wrap	Ball - Pilfer Tech			

TACKLE	BREAKDOWN			
Positioning	Positioning	Phase Defence	Ruck Defence	
Lead Foot	Entry Angle			
Shoulder Contact	Entry Height			

2. OVERVIEW - ATTACK

# ATTACK SKILLS

## CORE SKILL

## RUGBY IQ

CATCH PASS	CARRY	BREAKDOWN	CATCH PASS	CARRY	BREAKDOWN
Consistent Performance Under Pressure			Lineout Patterns	Scrum Patterns	Kickoff Reception Attack

CATCH PASS	CARRY	BREAKDOWN	CATCH PASS	CARRY	BREAKDOWN
Pass Subtely	Footwork	Latch	Transition Attack	Forwards Phase Shapes	Attack 2 x 2
	Fend	Pub Fight			
	Fight	Wide Breakdown			

CATCH PASS	CARRY	BREAKDOWN	CATCH PASS	CARRY	BREAKDOWN
Ball Above Hips	Attitude	Attitude	Punch/Spread	Shortside	Phase Options
Transfer 1 Plane	Keep Ball Alive	Clean Out Options			
	Reload	Reload			

CATCH PASS	CARRY	BREAKDOWN	CATCH PASS	CARRY	BREAKDOWN
Positioning	Positioning	Positioning	Go Forward	Support	Active Attack
Early Catch	Square	Entry Angle			
Follow Through	Feet	Entry Height			

OPTIMIZING TALENT

CREATING GAME HABITS

DEVELOPING THE PLAYER

CREATING OUR BASE

OPTIMIZING TALENT

CREATING GAME HABITS

DEVELOPING THE PLAYER

CREATING OUR BASE

### 3. CORE SKILL - DASHBOARD

# PATHWAYS SKILLS DASHBOARD

## CATCH PASS

1. Catch Early
2. Ball Above Hips
3. Punch Hands to Target



## CARRY

1. Scan Early
2. Footwork
3. Fight - Power Step
4. KBA (Keep Ball Alive) or Long Place



## ATTACK BREAKDOWN

1. Eyes on Threats
2. Win the Race  
Body/Ball  
Carrier/Scan
3. Accelerate at Threats
4. Win the Shoulder Battle
5. Leg Drive



## TACKLE

1. Foot in Close
2. Head Position
3. Punch Wrap
4. Leg Drive



## DEFENCE BREAKDOWN

1. Eyes on Opportunities
2. Win the Race
3. Accelerate at Opportunities
4. Win the Shoulder Battle

## 4. CORE SKILL - MATRIX

# LEARNING & PERFORMANCE CAPABILITY

<b>CREATING OUR BASE</b>	Focus on foundation coaching points of the core skill
<b>DEVELOPING THE PLAYER</b>	Ensuring players know the how and why of the foundation coaching points
<b>CREATING GAME HABITS</b>	Players can critically analyse performance; Performance challenged and enhanced through game play/modification of time, space and numbers
<b>OPTIMIZING TALENT</b>	Knowledge and skills being developed to an autonomous level; challenge players above relevant competition game intensities

← Players can progress quicker, however they must be able to consistently perform the foundation skills. →

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
			U12	U13	U14	U15	U16	U17	U18	U19	U20
CATCH PASS	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Early catch	*	*	*	*	*	*	*	*	*
	ACTION	Ball above hips/ elbow loaded			*	*	*	*	*	*	*
		Head then ball			*	*	*	*	*	*	*
		Transfer 1 Plane				*	*	*	*	*	*
		Appropriate Pass Subtlety				*	*	*	*	*	*
	POST ACTION	Hands finish to target		*	*	*	*	*	*	*	*
		Support Line (primary)		*	*	*	*	*	*	*	*

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
			U12	U13	U14	U15	U16	U17	U18	U19	U20
CARRY	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Foot Tempo	*	*	*	*	*	*	*	*	*
	ACTION	Attitude				*	*	*	*	*	*
		Footwork/ Direction change				*	*	*	*	*	*
		Fend/guard				*	*	*	*	*	*
		Fight				*	*	*	*	*	*
	POST ACTION	Timing to ground				*	*	*	*	*	*
		Pass		*	*	*	*	*	*	*	*
		Offload			*	*	*	*	*	*	*
		Off ground transfer			*	*	*	*	*	*	*
		Placement		*	*	*	*	*	*	*	*
	ATTACK BREAKDOWN	POSITIONING	Reload			*	*	*	*	*	*
Eyes			*	*	*	*	*	*	*	*	*
Comms			*	*	*	*	*	*	*	*	*
PRE ACTION		Feet	*	*	*	*	*	*	*	*	*
		Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
ACTION		Body position			*	*	*	*	*	*	*
		Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Low clean - scrape			*	*	*	*	*	*	*
		Low clean - pilfer			*	*	*	*	*	*	*
		Low clean - body	*	*	*	*	*	*	*	*	*
		Roll						*	*	*	*
	BC - latch				*	*	*	*	*	*	
BC - pub fight				*	*	*	*	*	*		
POST ACTION	BC - wide break-down/isolated					*	*	*	*	*	
	Reload - minus defender				*	*	*	*	*	*	
	Reload - scan		*	*	*	*	*	*	*	*	
POST ACTION	Reload - attack				*	*	*	*	*	*	

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT		
			U12	U13	U14	U15	U16	U17	U18	U19	U20	
TACKLE	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*	
		Comms	*	*	*	*	*	*	*	*	*	
		Feet	*	*	*	*	*	*	*	*	*	
	PRE ACTION	Foot tempo				*	*	*	*	*	*	
		Body position				*	*	*	*	*	*	
	ACTION	Attitude	*	*	*	*	*	*	*	*	*	
		Lead foot	*	*	*	*	*	*	*	*	*	
		Shoulder contact	*	*	*	*	*	*	*	*	*	
		Target zone	*	*	*	*	*	*	*	*	*	
		Punch wrap		*	*	*	*	*	*	*	*	
		Leg drive		*	*	*	*	*	*	*	*	
	POST ACTION	Reload - ball				*	*	*	*	*	*	
		Reload - body				*	*	*	*	*	*	
		Reload - defence				*	*	*	*	*	*	
	POST ACTION	Chop - low (mid thigh)	*	*	*	*	*	*	*	*	*	
		2nd player in					*	*	*	*	*	
		Axe - impact (belly button)					*	*	*	*	*	
		Choke - high (torso)						*	*	*	*	
	DEFENCE BREAKDOWN	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
			Comms	*	*	*	*	*	*	*	*	*
Feet			*	*	*	*	*	*	*	*	*	
PRE ACTION		Entry angle	*	*	*	*	*	*	*	*	*	
		Entry height	*	*	*	*	*	*	*	*	*	
		Foot tempo			*	*	*	*	*	*	*	
		Body position			*	*	*	*	*	*	*	
ACTION		Decision making			*	*	*	*	*	*	*	
		Attitude	*	*	*	*	*	*	*	*	*	
		Target zone				*	*	*	*	*	*	
		Ball				*	*	*	*	*	*	
		Body - grips (opposition)				*	*	*	*	*	*	
		Lock					*	*	*	*	*	
		Fold					*	*	*	*	*	
POST ACTION		Reload - defence		*	*	*	*	*	*	*	*	



## 5. CORE SKILL - COACHING

# COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3	
CATCH PASS	POSITIONING	Eyes	Scanning the V as early as possible prior to catch			
		Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume	
		Feet	Work hard early to position	Controlled movement through the catch		
	PRE ACTION	Square	Hips square onto the catch	Outside foot/hand leading up		
		Early catch	Hands above hips in running action prior to catch	Catch on the inside shoulder	Relaxed through shoulders/elbows/fingers	
	ACTION	Ball above hips/elbow loaded	Carry the ball above hips = elbow loaded	Carry the ball in the midline (belly button)		
		Head then ball	Head must scan + look to target prior to the pass	Ball is then passed		
		Transfer 1 Plane	Quick transfer - 1 plane across the body	Tuck elbows into body	Avoid catch high, drop hands low, finish high	
		Appropriate Pass Subtlety	ID strength of pass required (hard/medium/soft)	Tactile pressure through fingers (medium/soft)	Punch hands to target - long pass	
	POST ACTION	Hands finish to target	Punch elbows through to target	Outside shoulder rotates to target	Hands finish strongly together	
		Support Line (primary)	Post pass, move quickly to the inside hip off receiver	Hold depth to have time & space to read	Communicate with receiver	
	CARRY	POSITIONING	Eyes	Scanning the V as early as possible prior to carry		
			Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume
			Feet	Work hard early to position	Timing of carry to speed of ball	
		PRE ACTION	Square	Hips square initially unless early space dictates a line		
Early catch			Hold feet - buy time to allow catch pass situation	Controlled movement - catch run/run catch	Relaxed through shoulders/elbows/fingers	
ACTION		Attitude	WANT - to carry	IQ - smarts on line change/foot tempo	Dominate - courage line	
		Footwork/Direction change	1 direction change - powerful cut	Fast slow = time at the line for options	Slow fast - changing a line to drag/leave defenders	
		Fend/Guard	Mindset - active arm	Target - point of opposition shoulder/head	Punching action - loaded/powerful punch/retract	
		Fight	Leg drive	Fend	Mindset - tackle break	
POST ACTION		Timing to ground	Decision - momentum slowing up, win the time to ground	Decision - isolated, fight for time for supporters	Must be connected with comms from support players	
		Pass	Ball in 2 hands post tackle break/linebreak	Ball above hips	Carry in midline (belly button)	
		Offload	Dominate the carry	Sight your offload target	Control the ball (1 hand or 2 hands)	
		Off ground transfer	Ball in 2 hands from chest	Sight target		
		Placement	Jackknife - recoil legs and explode back	Place the ball towards goal line as far as you can	Strong arms/hands on belly of the ball	
Reload		2 sec off the ground	1st 3 steps quickest and scanning	Must be connected with comms from support players		

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3		
TACKLE	POSITIONING	Eyes	Scanning the V as early as possible prior to tackle				
		Comms	Nominate attacker you are marking	Communicate with inside defender	Communicate with outside defender		
		Feet	Work hard early to position	0 - 2 = outside foot forward	3 + = inside foot forward		
	PRE ACTION	Foot tempo	Tackle selection = power-balance-accelerate	Tackle selection = power-accelerate (straight line)	Tackle selection = hover (9 scooting)		
		Body position	Square off the line	Hands above hips/elbows in	Tall & relaxed on approach - chest in front of feet		
	ACTION	Attitude	WANT - to tackle	IQ - smarts on identifying the type of carrier	Dominate - the collision		
		Lead foot	Toe to toe with ball carrier	Triggers the dip/load	Accelerate off lead foot		
		Shoulder contact	Junction of neck and shoulder				
		Target zone	Chop = mid thigh	Axe = belly button	Choke = see below		
		Punch wrap	Punch arms narrow either side of the ball carrier	Powerful squeeze + grips	Both arms through the same height as shoulder contact		
		Leg drive	Generated off the lead foot	Trail leg comes through quickly for ground contact	Must be connected with comms from support players		
	POST ACTION	Reload - ball	Immediate pop off the ground through the hips	ID isolated ball carrier or space to support players	Feet landing in strong position/hips & shoulders low		
		Reload - body	Immediate pop off the ground through the hips	ID isolated support player or delayed supporters	Hit low, stay low + FIGHT		
		Reload - defence	Immediate pop off the ground through the hips	ID no opportunities @ breakdown	Fold fast into defensive line		
	TACKLE TYPE	Chop - low (mid thigh)	See ACTION Target Zone				
		2nd player in	Hunt - reaccelerate on the 45	Smash through the football + powerful arm wrap	Change direction of the carrier		
		Axe - impact (belly button)	See ACTION Target Zone				
		Choke - high (torso)	1st contact - target shoulder below the ball	Catching action vs hitting	Hips through with strong levers		
	DEFENCE BREAKDOWN	POSITIONING	Eyes	Scan the tackle contest as early as possible	Awareness of arriving attack supporters	Keep eyes forward	
			Comms	Communicate action - ball/body/dead	Communicate to 1st arrival - ball/body/dead	Volume	
			Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move		
		PRE ACTION	Entry angle	Target the head of the ball carrier on the ground (=ball)	Straight lines v curves	Strong pivot off inside leg	
			Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders		
			Foot tempo	Ball = accelerate - balance	Body - accelerate		
			Body position	Feet shoulder width apart	Entry height	Hands above hips narrow	
Decision making			BALL - ID isolated ball carrier or space to support players	BODY - ID isolated support player or delayed supporters	FOLD - ID no opportunities @ breakdown		
ACTION		Attitude	WANT - to be in a position to apply pressure	IQ - smarts on identifying the breakdown situation	Dominate - your decision (ball/body/fold)		
		Target zone	BALL - ID isolated ball carrier or space to support players	LOCK - ID jackler under threat on T/O opportunity	BODY - ID isolated support player or delayed supporters		
	Ball	Target the head of the ball carrier on the ground (=ball)	Strong base with feet + hips square down the field	1 bullet 1 kill = strong hands straight to the ball			
	Body - grips (opposition)	Punch arms narrow either side of the support player	Powerful squeeze + grips				
	Lock	Strong base - 1 foot between jackler's feet	Strong arm wrap around the jackler's waist	Chest down on jackler's back + eyes looking forward			
	Fold	Fold fast	Scan the attack on the fold early	Awareness not be caught by an attack supporter			
POST ACTION	Reload - defence	Immediate pop off the ground through the hips	ID no opportunities @ breakdown	Fold fast into defensive line			

## 5. CORE SKILL - COACHING CONT.

# COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
ATTACK BREAKDOWN	POSITIONING	Eyes	Scan the tackle contest as early as possible	Awareness of ball carrier - on feet/going to ground	Awareness of arriving defence supporters
		Comms	Communicate with ball carrier - drive or drop	Communicate action - latch/cleanout/pass/offload	Volume
		Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move	
	PRE ACTION	Entry angle	Accelerate on the 45	Ground ball = work to the ball	Ball carrier - hip to hip through contact
		Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders	Ball carrier - control the height of both
		Foot tempo	Cleanout - accelerate	Ball carrier - accelerate	Scan - accelerate to balance
		Body position	Feet shoulder width apart	Entry height	Hands above hips narrow
	ACTION	Decision making	Ball carrier on feet with space = pass/offload option	Ball carrier on feet with no space = latch/pub fight	Ball carrier off feet = cleanout/scan
		Attitude	WANT - to be in an active support position	IQ - smarts on identifying the breakdown situation	Dominate - your decision (ball/body/scan)
		Target zone	Ball carrier on feet with no space = latch	Lateral defensive supporters = pub fight	Threats on ball = shoulders below shoulders/levers
		Low clean - scrape	Entry height low	Accelerate through shoulder contact	Finish on top of defender and reload
		Low clean - pilfer	Entry height low	Accelerate through shoulder contact	Split defenders' power base = levers = legs/arms
		Low clean - body	Entry height low	Accelerate through shoulder contact	Hold for 2 sec post cleanout
		Roll	Hit down on the back of the defender	Strong arm wrap + arm lever	Powerful roll to the designated side
		BC - latch	Hip to hip/inside foot to ball carrier's foot - no space	Inside arm low-mid across the ball carrier's back	Outside arm holding the ball carrier's point of shoulder
		BC - pub fight	Shear off ball carrier to the threat	Hit with inside shoulder and powerful through inside leg	IQ - discipline = don't hit off the ball or drive too deep
		BC - wide breakdown/isolated	Attack the inside corner of the breakdown	Entry height + speed to carrier	Split stance/shoulders down/ grips onto the carrier
	POST ACTION	Reload - minus defender	Cleanout and land on top of the threat/control up	3 sec hold at the end of the cleanout	IQ - don't clean out deep or hold too long
		Reload - scan	Immediate pop off the ground through the hips	Split stance loaded low and strong	Eyes scanning with hands at chin narrow
		Reload - attack	Immediate pop off the ground through the hips	ID no threats @ breakdown/ enough attack numbers	Reload fast into a better attacking position



# RUGBY IQ DASHBOARD

## EYES

1. Scan the V early



## COMMS

1. Volume
2. Action Words
3. Player Names
4. Listen & React



## FEET

1. 2 sec reload
2. 1st 3 steps quickest
3. Controlled



## 6. RUGBY IQ - MATRIX

# LEARNING & PERFORMANCE CAPABILITY

<b>CREATING OUR BASE</b>	Focus on foundation coaching points of the core skill
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SKILL	ELEMENT	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
		U12	U13	U14	U15	U16	U17	U18	U19	U20
DEFENCE	Phase Defence	*	*	*	*	*	*	*	*	*
	Ruck Defence		*	*	*	*	*	*	*	*
	Contact Roles				*	*	*	*	*	*
	Folding Roles				*	*	*	*	*	*
	Pendulum				*	*	*	*	*	*
	Movement Patterns					*	*	*	*	*
	Kick Chase Defence					*	*	*	*	*
	Linebreak Defence					*	*	*	*	*
	Turnover Defence					*	*	*	*	*
	Quick Tap Defence						*	*	*	*
	Kickoff Execution Defence						*	*	*	*
	Lineout Defence						*	*	*	*
	Scrum Defence						*	*	*	*

“

*Order and simplification are the first steps towards the mastery of a subject*

THOMAS MANN

SKILL	ELEMENT	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
		U12	U13	U14	U15	U16	U17	U18	U19	U20
ATTACK	Work off the Ball	*	*	*	*	*	*	*	*	*
	Alignment	*	*	*	*	*	*	*	*	*
	Ball Carry Support Structure	*	*	*	*	*	*	*	*	*
	Contact Roles			*	*	*	*	*	*	*
	Active Attack			*	*	*	*	*	*	*
	Attack Environments				*	*	*	*	*	*
	Counter Attack						*	*	*	*
	Linebreak Attack						*	*	*	*
	Turnover Attack						*	*	*	*
	Phase Shapes - General Play				*	*	*	*	*	*
	Phase Shapes - Forwards					*	*	*	*	*
	Attack x 2 x 2						*	*	*	*
	Set Piece Patterns of Play							*	*	*
	Kickoff Reception Attack							*	*	*

# COACHING POINTS

## DEFENCE

SKILL	ELEMENT	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
DEFENCE	Phase Defence	Tracking - 1 v 1/2 v 2/3 v 3/4 v 3	Body position - square/scan the V/nominate attacker	Spacing - field coverage (avoid ruck watching)
	Ruck Defence	Neg 1/1/2/3 + D9 positioning + comms	Neg 1/1/2/3 + D9 movement on 9 passing	Neg 1/1/2/3 + D9 movement on 9 running
	Contact Role - Tackler	Tackle + 2nd action = ball/body/fold	Fast ball reload = scan and fill relevant space	Slow ball reload - return side
	Contact Role - Hunt	Reaccelerate on the 45 inside the pass	Inside shoulder carry = 2nd man tackle/ball/body	Outside shoulder carry = fold fast/ball only if space is obvious
	Contact Role - Adjustor	Hold shape with tackler - windscreen wipers mentality	Inside shoulder carry = hold 3 channel and organise folding players	Outside shoulder carry = 2nd man in/ball/body/hit and bounce out
	Contact Role - Double Hunt	Reaccelerate on the 45 inside the pass	Inside shoulder carry = ball/body/lock pilferer in	Outside shoulder carry = fold fast/ball if counter ruck is positive
	Folding Roles	Push and pull philosophy	Speed of fold + awareness not be taken out by deep cleaners	Scan + comms on the fold
	Pendulum	Back 3 movement + comms	9 role when losing both winger and 15 in a tackle	Fly half awareness of pendulum
	Movement Pattern - Blitz	Situation - off a sideline/-10 m from tryline/slow to medium ruck speed	Linespeed - lightning	Outcome - tackle made by the 2nd pass/turnover
	Movement Pattern - Hit	Situation - good numbers and field coverage	Linespeed - fast	Outcome - tackle made by the 2nd pass/strong gainline win
	Movement Pattern - Soak	Situation - outnumbered/10+ m from tryline	Linespeed - soft/give up metres if needed	Outcome - tackle on sideline/slow down ruck speed/blitz off sideline
	Kick Chase Defence	Win the 1st 10 m + 3 D in the 15 m channel to kick side (5/10/15)	Line connection + D9 + backfield coverage	3D @ 5/10/15 m to kicking side
	Linebreak Defence	Tackler = pop and attack breakdown - must slow the speed of the ball	Workrate - defenders lock in ruck roles/phase spacing/D9 fill for D15	Parity within 3 phases
	Turnover Defence	Kill - closest defender to dive on ball	Link - remaining players work to establish a defensive line quickly	Parity within 3 phases
	Quick Tap Defence	Reaction of movement from the whistle	Move to spacing - no lazy defenders getting narrow	D9 + wingers set the 10 m line quickly
	Kickoff Execution Defence	Short kick = contest	Long kick = tackle behind the 22 m line	Pressure - relevant breakdown pressure + kick pressure
Lineout Defence	Front & Seam coverage	Backline + back field positioning	1st phase fold	
Scrum Defence	Backrow coverage	D9 + midfield + back 3 positioning & movement	1st phase fold	

# COACHING POINTS

## ATTACK

SKILL	ELEMENT	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
ATTACK	Work off the Ball	Eyes - scan the relevant area of the field early	Comms - talk your action/group action required	Feet - move into the appropriate position quickly with knowledge
	Alignment	1st receiver - speed of ball/linespeed awareness to depth	Lateral supporters - appropriate gradient	Shortside alignment
	Ball Carry Support Structure	Primary - supporter inside the ball carrier moves to the inside hip of BC	Lateral - outside supporters being connected to the ball carrier	Secondary - supporters inside the primary/moving to the outside/reloading
	Contact Roles	Ball carrier = creating weak shoulders with 1 direction change	Primary/lateral supporter = pass option/cleanout/latch	3rd player-required = scan/cleanout; not required = realign; no A9 = pass
	Active Attack	Constantly information gathering - scanning + comms	Awareness of the position of the ball	Constantly being engaged to the ball to be a potential option
	Attack Environment - Punch	ID - good defensive line	Comms - attack option to punch between defenders	Outcome - gainline + quick ball recycle
	Attack Environment - Spread	ID - narrow defensive line	Comms - attack option to hold narrow defenders whilst passing the ball to space	Outcome - ball into space with an attack support structure in place
	Attack Environment - Shortside	ID - numbers shortside (generally 3 or less)	Comms - A9 hears and reacts to call to play the shortside	Outcome - ball back to shortside quickly to play into space/passive defence
	Counter Attack	11/15/14 connection on long kick with centres filling to the outside	Catching wing/15 connection with centres filling midfield + open wing	Remaining players = win the 1st 10 m + create escort lanes
	Linebreak Attack	Ball carrier support structure - immediately to deny separation to the carrier	Active attack - push forward to stay engaged with the ball to play quickly	Ball to space vs. setup plays
	Turnover Attack	Ball recapture and play space quickly	Active attack - attackers react quickly to find their own space + scan + comms	Backfield to link up with frontline
	Phase Shapes - Unders	ID - set defensive line/wide lateral defender	Movement - receiver flat with ball player/square to cut/tempo - medium to fast	Outcome - preserve space whilst square/accelerate on the cut into space
	Phase Shapes - Overs	ID - narrow lateral defender/space on edge of line/mismatch of speed	Movement - ball player targets inside shoulder of lateral defender/square to cut/tempo - medium to fast	Outcome - turn lateral defender into the ball carrier creating a 2 v 1
	Phase Shapes - Switch	ID - set defensive line/hard sliding defensive line	Movement - ball player square to cut to the inside shoulder of the lateral defender/receiver hook line	Outcome - ball carrier drags immediate defender sideways whilst fixing lateral defender/receiver - patient
	Phase Shapes - Loop	ID - rushing defence/up and in/wide defence	Movement - flat line on the loop/receiver go forward to create forward space for looper/inside pass	Outcome - receiver sits down immediate defender with looper creating an extra player
	Phase Shapes - Block	ID - numbers mismatch +1/jamming defender	Movements - ball player + lead runner flat/sweeper offset/Sweep runner changes line late	Outcome - challenge lead defender with two options
	Phase Shape - Rails	ID - jamming defender on lead runner/separation between defenders	Movements - trailing sweep on the inside/ability to hide behind ball player/45 degree line	Outcome - either ball back inside of sweep runner or delayed pass from ball player to directly to rails
	Phase Shape - Hippo Ball	ID - rush defence/space between defenders	Movements - Trail ball player on the inside/late change of line to the outside of the ball player	Outcome - attack the defence seam between ball player defender and lateral defender
	Phase Shapes - Forwards	Pick & Drive	Forwards Frontline	Forwards Second Line
	Attack x 2 x 2	2 lines - FWDS/BCK or BCK/FWDS	2 lines - Frontline + floating runner (11/15/14)	2 sides of the ruck available to play
Set Piece Patterns of Play	Direct	Returns	Wide	
Kickoff Reception Attack	Short edge catch	Short middle catch	Long kick	

## 7. PSS - COACHING POINTS

# SCRUM, LINEOUT & KICKING

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
SCRUM	FRONTROW	Setup	Feet pointing forward	Knees over the top of feet (in line with shoulders)	Hips square and facing forward
			Back flat (from shoulders to pelvis)	Chest flat (shoulders pulling back together)	Head flat (eyes looking forward)
	"FRONTROW BINDING"	Hooker	Sets the height	Feet slightly spilt but not too far (affects hip angle)	Avoid coming up and opening shoulder on loosehead bind
		LHP	Set low to high on hooker	Plant inside leg in a strong position	Loose bind + bicep curl to bring hooker in close
		THP	Set low to high on hooker	Plant inside leg in a strong position	Bind is behind and low/Outside arm loaded to close off space
	ENGAGEMENT	Pre Engagement - Going Across the Space	Feet on the ground	Hips in correct position	Shoulders in correct position
During Engagement - Getting Through the Point of Contact		Toes pointing forward	Knees just behind hips	Hips square & flat/back flat/shoulders out/eyes up	
Post Engagement - Stability		Nice & stable	Weight going forward		

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
LINEOUT	THROW	Set up	Feet shoulder width apart and square, elbows in, chest up	Dominant hand towards back of ball, other slightly in front	No trigger movement
			Snap elbows	Roll hands out	Hands finish at target
		Post throw	Hands up	Hold position until ball hits target	
	JUMP	Power of jump	2 foot take off - split feet then step and jump	Drive towards ball with powerful takeoff	Core on, legs together, toes pointing down
		Speed of movement	Fast small steps - take off must be balanced	Create space - aim to jump on throw in most cases	
		Catch/delivery	Catch with soft hand	Teapot shape for off the top delivery	Strong base when down and feed
	LIFT	Power of lift	Back lifter - palms up, thumbs vertical,	Front lifter - squeeze and push - grip outside of leg below tape	
		Hold and bring down	Lifters target chest to chest finish	Hold lifter until ball in 9's hands	Strong base when down and feed or maul
		Communication	Stay in contact with jumper	Watch jumper not ball	

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
KICKING	GENERAL PLAY - SPIRAL	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
			Over kicking leg	Hip to mid thigh height	Placed on shelf
		Ball Strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
		Follow Through	Body through to target	Head forward	
	GENERAL PLAY - DROP PUNT	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
			Over kicking leg	Hip to mid thigh height	Placed on shelf
		Ball Strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
		Follow Through	Body through to target	Head forward	

# HALFBACK & HIGH BALL CATCH

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
HALFBACK	GROUND PASS	Approach	Scan both sides of the ball on approach - look for cues in defence	Approach chest to the ball - allows movement both ways	Arrive at the ball in a low powerful position
		Pass	Back foot to the ball	Guiding foot pointed to the target	Sweeping motion with strong follow through to the receiver
		Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
	HIP PASS	Approach	Position to work moving into the catch vs. going back to catch	Hands above hips and together	Catch the ball chest to back shoulder = elbow loaded
		Pass	Punch elbows through to target		
		Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
	BOX KICK	Approach	Arrive at the ball in a low relaxed position	Organise blockers	
		Kick	Strong/quick step back and across (45) to create space	Hips square to sideline	Kick high & forward
		Post Kick	Finish the kick well	Awareness of chip line/ball recapture from contestable kick	

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
HIGH BALL CATCH	Momentum	Eyes on the ball - flight judgement		Organise feet for momentum through the ball	Timing to catch the ball at the highest point of the jump
	Knee	Strong knee drive up for power/protection		Slight angle from knee to ankle on opposite player = strong core/power up	
	Arms/Hands Position	Hands close together at eye level		Arms at 11 - keeping elbows in	Torso straight/forward vs leaning back
	Landing	Land on both feet for quick movement		Feet shoulder width apart	Slight sink through ankles/knees/hips to land in a safe position

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