



# **PATHWAYS SKILLS BLUEPRINT**



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KEY	
A	Attack
D	Defence
TC	Tackle Contest
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



**HIGH**  
PERFORMANCE

**RUGBY**  
**AU**



## 2021 PATHWAY GAME MODEL

# GAME MODEL

= SMART & RELENTLESS

PRIORITY

### SET PIECE

### CONTACT

PRINCIPLES

#### SCRUM

- Low consistent setup
- Shape during/post contact
- Constant pressure (8 man)

#### LINEOUT / KICK OFF

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

#### MAUL

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

#### TACKLE

- Strong initial contact + target zones (height control)
- Punch wrap / drive for 5
- Speed through contact zone
- 2nd Action

#### CARRY

- Move onto ball
- Footwork
- Fend / Bump / Body before ball
- Fight - Height drop / Feet Skills
- Beat defender

#### TACKLE CONTEST

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

PHYSICAL NEEDS

- Total body strength
- Mobility
- Neck/trunk strength

- Lifting power
- Jumping speed
- Reactive trunk strength

- Total body strength
- Mobility
- Trunk strength

- Acceleration capacity
- Contact conditioning
- Collision power

- Acceleration capacity
- Collision power
- Leg power
- Reactive trunk strength

- Mobility
- Flexibility
- Acceleration capacity
- Collision power
- Trunk strength





PRIORITY

PRINCIPLES

PHYSICAL NEEDS

## UNSTRUCTURED PLAY

## STRUCTURED PLAY

### KICK TRANSITION

- D = Kick Chase (Work hard for 20)  
A = Support
- 1st 10 m race
- Transition + 2 Phases

### TURNOVER TRANSITION

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

### LINEBREAK TRANSITION

- A = Support &  
Keep ball alive!
- D = TC  
+ Reform
- LB Transition +  
2 phses

### 1ST 3 PHASES

- 1st Phase Execute
- 2nd Phase Energy
- 3rd Phase Excel
- Momentum, dent  
the line, find the  
space

### FIELD ZONE MASTERS

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

### KICKING STRATEGY

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

- Speed
- Running capacity
- Repeat speed

- Speed
- Running capacity
- Repeat speed

- Speed
- Running capacity
- Repeat speed

- Acceleration capacity
- Collision power
- Contact conditioning

- Acceleration capacity
- Collision power
- Leg power

- Mobility
- Flexibility
- Acceleration capacity
- Collision power



## 1. OVERVIEW - DEFENCE

# DEFENCE SKILLS

### CORE SKILL

### RUGBY IQ

TACKLE	TACKLE CONTEST			
Axe	Body - Lock on carrier	Lineout Defence	Scrum Defence	Kickoff Execution Defence
Smash				
2nd Player In				

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

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

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

OPTIMIZING  
TALENT

CREATING  
GAME HABITS

DEVELOPING  
THE PLAYER

CREATING  
OUR BASE

## 2. OVERVIEW - ATTACK

# ATTACK SKILLS

### CORE SKILL

### RUGBY IQ

CATCH PASS	CARRY	TACKLE CONTEST	CATCH,PASS,SUPPORT	CARRY	TACKLE CONTEST
Consistent Performance Under Pressure			Lineout Patterns	Scrum Patterns	Kickoff Reception Attack

CATCH PASS	CARRY	TACKLE CONTEST	CATCH PASS	CARRY	TACKLE CONTEST
Pass Subtlety	Footwork	Latch	Transition Attack	Forwards Phase Shapes	Attack 2 x 2
	Fend	Brutal dominance			
	Fight	Wide Tackle+			

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

CATCH PASS	CARRY	TACKLE CONTEST	CATCH PASS	CARRY	TACKLE CONTEST
Body tilt	Body tilt	Positioning	Go Forward	Support	Active Attack
Hads to target	Square	Entry Angle			
Early catch	Leg drive	Entry Height			

OPTIMIZING  
TALENT

CREATING  
GAME HABITS

DEVELOPING  
THE PLAYER

CREATING  
OUR BASE



### 3. CORE SKILL - DASHBOARD

# PATHWAYS SKILLS DASHBOARD

## CATCH PASS

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



## CARRY

1. Scan Early
2. Movement onto ball
3. Footwork
4. Fight - Power Step
5. Keep Ball Alive or Long Quality Place





## **TACKLE CONTEST With the Ball**

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 for 5



## **TACKLE CONTEST Without the Ball**

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

## 4. CORE SKILL - MATRIX

# LEARNING & PERFORMANCE CAPABILITY

CREATING OUR BASE	Focus on foundation coaching points of the core skill
DEVELOPING THE PLAYER	Ensuring players know the how and why of the foundation coaching points
CREATING GAME HABITS	Players can critically analyse performance; Performance challenged and enhanced through game play/modification of time, space and numbers
OPTIMIZING TALENT	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. →

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	ELEMENT	DETAIL	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)		*	*	*	*	*	*	*	*



			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	ELEMENT	DETAIL	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				*	*	*	*	*	*
		Timing to ground					*	*	*	*	*
	POST ACTION	Pass		*	*	*	*	*	*	*	*
		Offload			*	*	*	*	*	*	*
		Off ground transfer			*	*	*	*	*	*	*
		Placement		*	*	*	*	*	*	*	*
		Reload			*	*	*	*	*	*	*
TACLE CONTEST (With the ball)	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
		Body position			*	*	*	*	*	*	*
	ACTION	Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Low clean - scrape			*	*	*	*	*	*	*
		Low clean - pilfer			*	*	*	*	*	*	*
		Low clean - body	*	*	*	*	*	*	*	*	*
		Roll						*	*	*	*
		BC - latch				*	*	*	*	*	*
		BC - brutal dominance						*	*	*	*
		BC - wide break-down/isolated					*	*	*	*	*
	POST ACTION	Reload - minus defender				*	*	*	*	*	*
		Reload - scan		*	*	*	*	*	*	*	*
		Reload - attack				*	*	*	*	*	*

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	ELEMENT	DETAIL	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)						*	*	*	*
TACLE CONTEST (Without the ball)	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
		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
	POST ACTION	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
TACKLE CONTEST (Without the ball)	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
	ACTION	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
		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 jacker'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
TACKLE CONTEST (With the ball)	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 - brutal dominance	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 break-down/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







## 6. RUGBY IQ - DASHBOARD

# 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

CREATING OUR BASE	Focus on foundation coaching points of the core skill
DEVELOPING THE PLAYER	Ensuring players know the how and why of the foundation coaching points
CREATING GAME HABITS	Players can critically analyse performance; Performance challenged and enhanced through game play/modification of time, space and numbers
OPTIMIZING TALENT	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	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

		CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	ELEMENT	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	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
DEFENCE	DEFENCE	Phase	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	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
		Kick chase	Win the 1st 10 m + 3 D in the 15 m channel to kick side (5/10/15)	Fast ball reload = scan and fill relevant space	Slow ball reload - return side
		Linebreak	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	Kill - closest defender to dive on ball	Link - remaining players work to establish a defensive line quickly	Parity within 3 phases
		Quick Tap	Reaction of movement from the whistle	Move to spacing - no lazy defenders getting narrow	D9 + wingers set the 10 m line quickly
		Kickoff Execution	Short kick = contest	Long kick = tackle behind the 22 m line	Pressure - relevant breakdown pressure + kick pressure
		Linout	Front & Seam coverage	Backline + back field positioning	1st phase fold
		Scrum	Backrow coverage	D9 + midfield + back 3 positioning & movement	1st phase fold
	CONTACT ROLE	Tackler	Tackle + 2nd action = ball/body/ fold	Inside shoulder carry = 2nd man tackle/ball/body	Outside shoulder carry = fold fast/ball only if space is obvious
		Hunt	Reaccelerate on the 45 inside the pass	Inside shoulder carry = hold 3 channel and organise folding players	Outside shoulder carry = 2nd man in/ball/body/hit and bounce out
		Adjustor	Hold shape with tackler - windscreen wipers mentality	Inside shoulder carry = ball/ body/lock pilferer in	Outside shoulder carry = fold fast/ball if counter ruck is positive
		Double Hunt	Reaccelerate on the 45 inside the pass	Speed of fold + awareness not be taken out by deep cleaners	Scan + comms on the fold
	FOLD-ING ROLES		Push and pull philosophy	9 role when losing both winger and 15 in a tackle	Fly half awareness of pendulum
	PENDU-LUM		Back 3 movement + comms	Linespeed - lightning	Outcome - tackle made by the 2nd pass/turnover
	MOVEMENT PATTERN	Blitz	Situation - off a sideline/-10 m from tryline/slow to medium ruck speed	Linespeed - fast	Outcome - tackle made by the 2nd pass/strong gainline win
		Hit	Situation - good numbers and field coverage	Linespeed - soft/give up metres if needed	Outcome - tackle on sideline/ slow down ruck speed/blitz off sideline
		Soak	Situation - outnumbered/10+ m from tryline	Line connection + D9 + backfield coverage	3D @ 5/10/15 m to kicking side

## 6. RUGBY IQ

# COACHING POINTS ATTACK

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
ATTACK	ATTACK	<b>Work off the ball</b>	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
		<b>Alignment</b>	1st receiver - speed of ball/ linespeed awareness to depth	Lateral supporters - appropriate gradient	Shortside alignment
		<b>Ball carry support structure</b>	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
		<b>Contact Roles</b>	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
		<b>Active Attack</b>	Constantly information gathering - scanning + comms	Awareness of the position of the ball	Constantly being engaged to the ball to be a potential option
		<b>Counter Attack</b>	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
		<b>Linebreak Attack</b>	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
		<b>Turnover Attack</b>	Ball recapture and play space quickly	Active attack - attackers react quickly to find their own space + scan + comms	Backfield to link up with frontline
		<b>Attack x 2 x 2</b>	2 lines - FWDS/BCK or BCK/ FWDS	2 lines - Frontline + floating runner (11/15/14)	2 sides of the ruck available to play
		<b>Set Piece of Play</b>	Direct	Returns	Wide
		<b>Kick off reception attack</b>	Short edge catch	Short middle catch	Long kick
	ATTACK ENVIRO- MENT	<b>Punch</b>	ID - good defensive line	Comms - attack option to punch between defenders	Outcome - gainline + quick ball recycle
		<b>Spread</b>	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
		<b>Shortside</b>	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
	PHASE SHAPES	<b>Unders</b>	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
		<b>Overs</b>	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
		<b>Switch</b>	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
		<b>Loop</b>	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
		<b>Block</b>	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
		<b>Rails</b>	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
		<b>Hippo Rail</b>	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
		<b>Forwards</b>	ID - rush defence/space between defenders	Forwards Frontline	Forwards Second Line

## 7. PSS - COACHING POINTS

# SCRUM, LINEOUT & KICKING

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
SCRUM	FRONT ROW	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)
	"FRONT ROW 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	Backrow bring vocal energy

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 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	Dominant hand towards back of ball, other slightly in front
			Snap elbows	Roll hands out	Roll hands out
		Post throw	Hands up	Hold position until ball hits target	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	Drive towards ball with powerful takeoff
		Speed of movement	Fast small steps - take off must be balanced	Create space - aim to jump on throw in most cases	Create space - aim to jump on throw in most cases
		Catch/delivery	Catch with soft hand	Teapot shape for off the top delivery	Teapot shape for off the top delivery
	LIFT	Power of lift	Back lifter - palms up, thumbs vertical,	Front lifter - squeeze and push - grip outside of leg below tape	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	Hold lifter until ball in 9's hands
		Communication	Stay in contact with jumper	Watch jumper not ball	Watch jumper not ball

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 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
		Ball Drop	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	

## 7. PSS - COACHING POINTS CONT.

# HALFBACK & HIGH BALL CATCH

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 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 re-capture from contestable kick	

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 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



**RUGBY**  
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