









Defence

PLEASE ENSURE NO CONTACT AS PER LEVEL 5 GUIDELINES – THE FOLLOWING VIDEOS ARE ONLY A GUIDE. PLEASE ADAPT ACCORDINGLY. ARRIVE-TRAIN-LEAVE.

TIMING	GAME/ACTIVITY	VIDEO (click to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(10mins)	<p>Warm Up- Tag</p> <p>Play the game for 2mins</p> <p>Stop Game for 90secs to include dynamic movements: General Movements – Muscle movements – Session specific movements</p> <p>Play the game for 2mins</p> <p>Stop Game for 90secs to include dynamic movements</p> <p>Play the game again</p>		<p>Introducing Tackle Simulation:</p> <p>Focus on players using 2 hands to tag and getting eyes on the target area, boxers arms, dipping to touch and foot in close. Use below Simulated Coaching Cues to develop a Pre Tackle Technique</p>
(10mins)	<p>Shadow Defence Game 7v7 max</p> <p>Players can only defend their partner in the attacking side</p>	<p>NB – DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5</p> 	<p>Pre Tackle Coaching Cues:</p> <p>Eyes on target Focus on attackers' core</p> <p>Boxers arms Arms above hips</p> <p>Boxers feet Leg in close to the Ball Carrier. Back leg, square, bent under glutes with the heel up.</p>
(10mins)	<p>Game – Overload Games Extra Attackers to Work Defenders e.g 10v4</p> <p>Constraints:</p> <ol style="list-style-type: none"> 1. One attempt to score ie one touch 2. Add extra defender from the attackers if the attack score 3. Or vice versa – give the defense lose a defender if they keep the attack out 4. Progress to a 2 or 3 touch game 		<p>Late dip - drop hips</p> <p>Look over your sunglasses eyes up for spine alignment</p>
(10mins)	<p>REDUCED ACTIVITY OPTION:</p> <p>1v1 and 2v2 Simulated Tackle Technique</p> <p>Progress to 3v2 or 2+1v2</p>		

<p>(10mins)</p>	<p>GAME– Overload Defence</p> <p>More Defenders than attackers to work on linespeed and connections e.g 9 v 5</p> <p>Constraints:</p> <ol style="list-style-type: none"> 1. Slow pace of delivery after the touch so defenders can get set 2. Progress to an offload option for attack <p>Increase numbers of Attackers to overload attack as game progresses</p> <p>For mini's use Rugby Prime or Lep Rugby to develop understanding of the off-side line etc</p>	<p>NB – DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5</p>  	<p>Pre Tackle Coaching Cues:</p> <p>Eyes on target Focus on attackers' core</p> <p>Boxers arms Arms above hips</p> <p>Boxers feet Leg in close to the Ball Carrier. Back leg, square, bent under glutes with the heel up.</p> <p>Late dip - drop hips</p> <p>Look over your sunglasses eyes up for spine alignment</p>
<p>(5 mins)</p>	<p>Cooldown Stretch & Review Check for Understanding</p>		

TACKLE

Applicable to Level 5 Non - Contact

Go-Balance-Go
Line speed adjusting in small steps (on the balls of your feet) coming into contact.

1. Pre tackle (Balance):	2. Tackle (Go):	3. Post-tackle:
<p>Eyes & Feet</p> <p>Eyes on targets Focus on attackers' core</p> <p>Boxers arms Arms above hips</p> <p>Boxers feet</p> <ul style="list-style-type: none"> • Same Leg Same Shoulder close to the Ball Carrier. • Back leg, square, bent under glutes with the heel up. <p>Late dip - drop hips</p> <p>Look over your sunglasses eyes up for spine alignment.</p>	<p>Shoulder & Bite</p> <p>Boxers jab - punch through</p> <p>Shoulder contact</p> <p>Ear in pocket - spine alignment</p> <p>Wrap-Chop-Squeeze</p> <ul style="list-style-type: none"> • Wrap -forearm grip • Chop down - on the back of the legs • Squeeze up -using your whole-body; arm to chest, ear to shoulder <p>Leg drive to finish on top.</p>	<p>Second action, stay low - back to feet</p> <p>Blast Clean out "If in doubt, blast out"</p> <p style="text-align: center;">_____ or _____</p> <p>Bounce (2 over the ball with no windows/ levers). -Scan and quickly defend space</p> <p style="text-align: center;">_____ or _____</p> <p>Poach</p> <p>Low and Compact -Elbow tight, "Turtle neck" -protection when absorbing pressure</p> <p>Strong grip and rip</p>

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[Coaching 15-a-side game](#)

[Coaching Children](#)