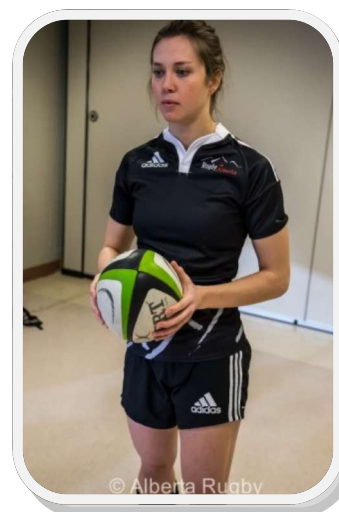


Grip

- Thumb around the ball
- Thumbs and forefinger spread more than 90 degrees
- Five finger pressure
- Squeeze ball
- Carry centered, ball not moving side to side when running



Hand Catch

- Track Ball with Eyes
- Fingers towards the ball and in 'w' formation (thumbs together)
- Elbows bent and relaxed
- Outside hand in line with inside shoulder
- Bring ball in towards body
- Hips square



Scanning - Vision Decision

- Look for numbers (do we out number the defense?)
- Are we numbers up or numbers down?
- Gaps (How is the defense set up? Any clear gaps space)
- Miss matches (winger or center V front row player)
- In behind (Is there space behind the line? Is a kick a better option?)
- Breakdown (In or Out) Pick, lift to 9, or clear



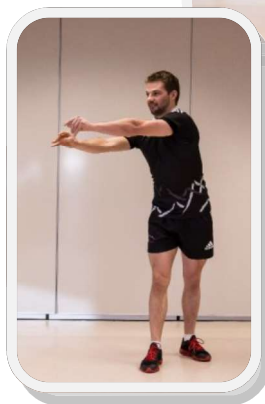
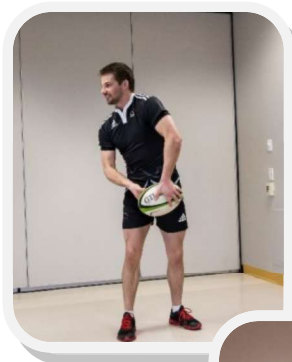
Push Pass

- Hips square
- Bring ball in close to body, near hip e.g. if passing left to right, left hip and vice versa
- Transfer ball straight across the body, ball above hip height
- Rotate shoulders towards the target
- Punch ball through with back hand/power hand, slight flick of the wrists
- Hand nearest the catcher stays on target
- Take a picture of your pass
- Accuracy aim in front of catchers chest



Spin Pass

- Thumbs around the ball, grip either level or split
- Top hand provides power, bottom hand provides direction
- Carry ball close to body and on the hip
- Transfer across the body hips square, rotate from the shoulder
- Release through hands, slight flick of the wrists
- Hand nearest catcher stays on target
- Accuracy: aim in front of catchers chest
- Take a picture of your pass
- Maintain pace



Ball Carry

- Grip and carry ball
- Foot speed into and through the point of contact, power step, forward step
- Avoid head on tackles, evasive footwork (only need to change the point of contact by 6 inches)
- Attack weak shoulders, fend
- Dominate collisions (speed up through contact, leg drive, win the fight)



Running Lines Y Line/Overs

- Controls position
- Eye contact with 1st defender to engage
- Runs “Y” Lines, accelerate at the 2nd defender (space is behind 2nd Defender)
- Off front foot is optimal
- Split vision
- Control defenders (pull 2 defenders in to 1 channel)
- Decision to run or pass



Unders



- Attackers run line to take defender away (out) attack outside shoulder
- Open the gap
- Cut late back at the defender's inside shoulder
- Hit the gap at pace and receive the pass

- Pick up cues from the defender's body position (feet, hips, shoulders and head)



Off Load (on feet)

- Attacking mindset, looking for opportunities to off load the ball
- Win the space behind the defender, evasive footwork, forward step, leg drive, fend
- Turn Hips and Shoulders back to see support (eye contact)
- Squeeze ball and pop to support player



Off load (on deck)

- Attacking mindset, looking for opportunities to off load the ball
- Win the space behind the defender, evasive footwork, forward step, leg drive, fend
- Keep ball close to chest when going to ground (strong grip)
- Short pass to support player



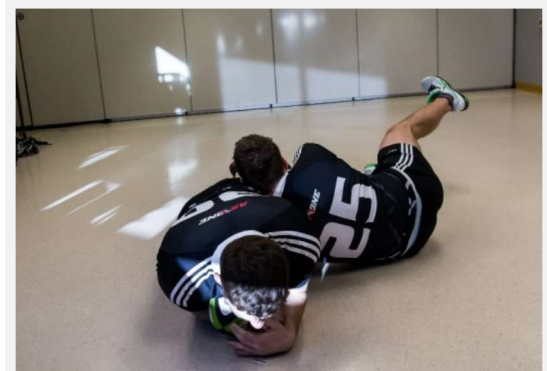
Support Lines



- Scanning
- Adjust for support
- Attack the space left by the tackler
- Win space between tackler and next defender
- Flood through the space (timing)
- Dominate the collision

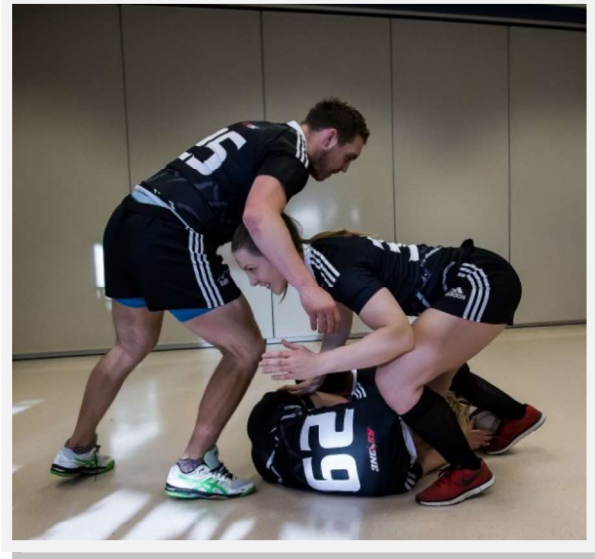
Placement (Man on Fire)

- Grip and carry ball
- Foot speed into and through the point of contact, power step, forward step
- Avoid head on tackles, evasive footwork (only need to change the point of contact by 6 inches)
- Attack weak shoulders, fend
- Dominate collisions (speed up through contact, leg drive, win the fight)
- Land on ball (score the try)
- Jack Knife and long placement



Supporting Players 1st Player to the Breakdown

- Adjust for support, funnel behind ball carrier
- Clear, pick or lift to 9
- Recognize (eyes up) primary threat
- Sink = Sink hips, head up
- Ball = Clear out over ball
- Leg drive = Dominate and win space past the ball
- Head = Your head on defenders chest (even if they arrive before you, win space between hands and chin)
- Remove primary threat
- Retain Possession



Additional Players at the Breakdown

- 2nd and 3rd players
- Adjust for ruck support
- Eyes Up
- Threats = Identify secondary threats
- Arrive = On feet through the gate
- Remove threats
- Blast = Past Ball (no parking)

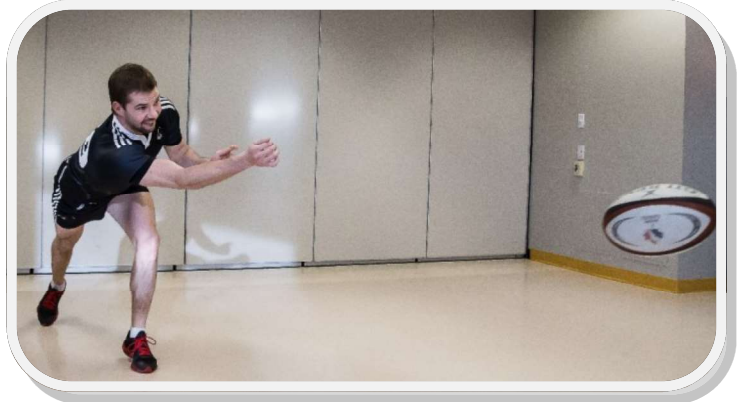


Clearing Pass

- Approach the ball in a low, strong and stable position
- Sink at the hips, bend at the knees
- Place the right foot to the ball when passing with the right hand (left foot to the ball when passing with the left hand)
- Place the other foot a comfortable distance away for stability, pointing the direction of the pass
- Keep the head over the ball, eyes focused on the ball
- In one quick movement, 'sweep' the ball from the floor to the receiver, taking care not to make two movements (i.e lifting then passing)
- When passing right, use the right hand for stability and the left hand for power and vice versa
- Follow through with both hands pointing in the direction of the receiver



in



Tracking and Tackling

Attitude

- Aggressive
- Positive
- Confident



On Approach

- Shut down space
- Alignment (inside Shoulder)
- Shorten steps (But do not square feet up)
- Stay tall
- Watch Core
- Head up



Tackle

- Hands up elbows in to side (TV screen to focus on ball carrier's core)
- Lead with the foot, not the arms
- Step In (foot close, do not plant)
- Same foot, same shoulder (split attacker)
- Punch arms through and squeeze (wrap)
- Drive off lead foot
- Put attacker on the floor
- Finish on top
- Hands on ball



Kicking

- Body over ball at contact
- Guide ball down with one hand
- Ball in front of kicking leg
- Point of contact with hard part of foot
- Follow through to target to ensure foot stays on ball
- (optional) land on kicking leg helps with body position and follow through



High Ball Reception

- Watch the rotation of the ball in the air
- Enter contest zone on a 45° angle
- Strong one legged take off
- Leading knee up high so you are protected
- Hands up like holding a raffle
- Sight the ball above eye line
- Catch ball early and cradle to chest
- Head still in the direction you are jumping, do not turn in the jump



Line Out—Throwers, Jumpers, Lifters

Thrower

- Strong base, feet parallel, shoulders width apart
- Dominant hand slightly towards back of ball (power), other hand used as a guide
- Thumbs around the ball
- Core locked (Chest high)
- Cocked and Loaded (Ball behind head, elbows in)
- Follow through to target, hands high

