

ANNAN RFC COACHING PHILOSOPHY



- Learn from fellow coaches and follow the same path.
- Be positive in your delivery and expect all the players to be positive in return.
- Build on player's strengths as well as their weaknesses.
- Encourage a high tempo game with game based drills.
- Keep things simple always referring to basic skill's.
- Work with the players and learn from their feedback.
- Remember Defence Wins Games!

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ATTACK KEY POINTS



Where to Attack

- Player Mismatch. I.e. slower forwards in the back line.
- Numbers 'up'. I.e. where is the opposition weaknesses.

How to Attack

- High tempo
- Direction & Purpose
- Running Angles
- Dummy runners
- Accurate passing
- Drive play
- Kicks

Scrum attack

- Drive over (senior only)
- Back row moves
- Solid platform for the backs to attack from

Line out attack

- Driving line
- Peel line out
- Reduced numbers providing more bodies in the back line
- Solid platform for the backs to attack from

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DEFENCE KEY POINTS



Defence line

- Line number 'up' number 'down' in your defensive line.
- Blitz (2 pass max) or drift defence (use the touch line)
- Pillar men to shut down a 'pick & drive' attack
- Go past the breakdown shut down support runners
- Watch your opposite man not the ball
- Trust your inside man to do his job

The tackle

- Body position and tackle technique
- Type of tackle depending on field position/opposite man.
- Get back to feet and win the space after the tackle.

Competing at the ruck

- 1st man to the ruck, compete for the ball.
- 2nd, 3rd men slow down the ruck giving the defensive line time to get reset.
- Don't over commit be aware when the ball's lost, reset the defensive line

Scrum defence

- Strong front 5
- Contest for the ball
- Flankers alert to close down the attack quickly
- Scrum half pressure their opposite number

DEFENCE KEY POINTS



Line out defence

- Check numbers
- Be flexible between jumpers and lifters but don't compromise the speed of your jump
- Get up in front of your opposite jumper, making the hooker throw over.
- Counter act a driving line.
- Tail of line lead the defence up.

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