

Practice No.	Back Line Attack	Date	May 2009
---------------------	------------------	-------------	----------

Objective	Clinical decision making, Execution, Passing & Running Skills
------------------	---

Equipment	
Balls	1
Cones	4
Shield	N/A

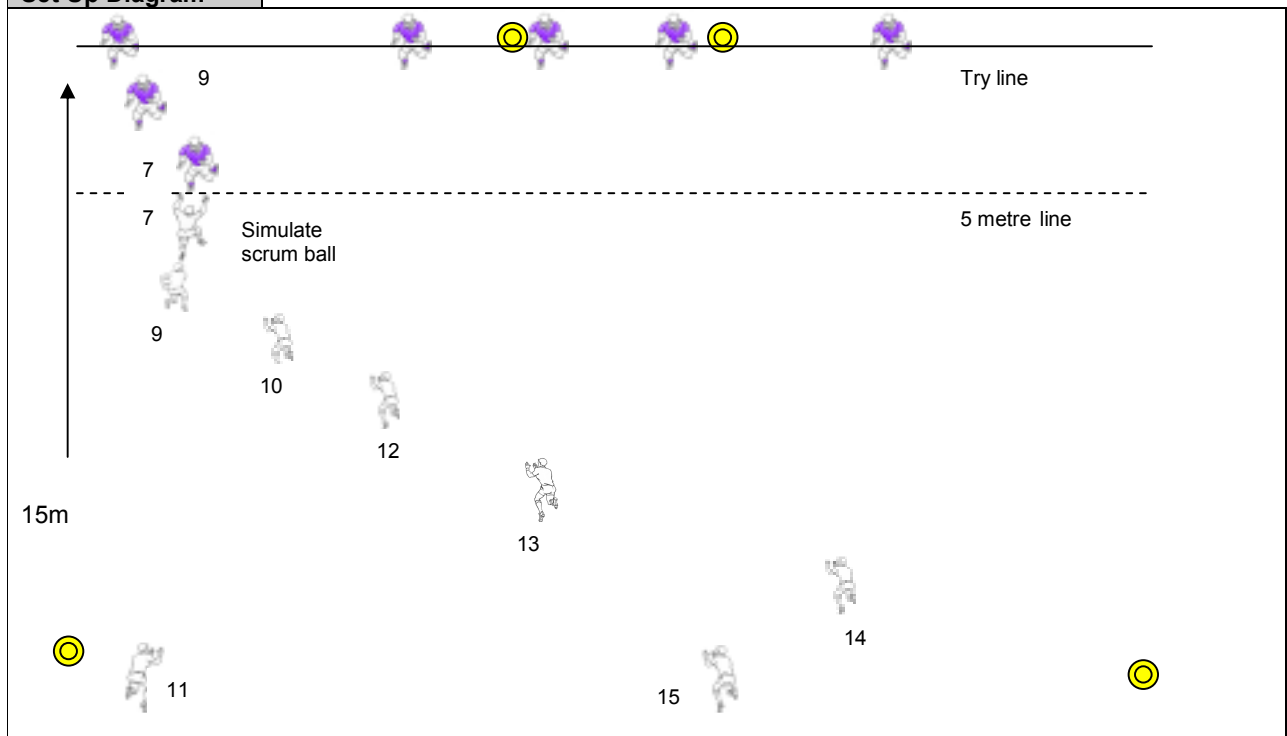
Bags	N/A
Suits	N/A
Bibs	N/A

Practice Requirements	
Area	Try line to 10 metres out
Players	All
Time	30 minutes

Practice Description

- The objective of this game is to score from first phase.
- The defence start on the try line and can only advance to the five metre line (gain line).
- The attack must start from the 5 metre line if simulating a scrum and vary the starting points i.e. centre field.
- If simulating a line out start, use the 10 metre line to half way.
- If the attack can score from the set piece they are awarded 5 points.
- If they score after one phase they are awarded four points
- If they score after two phases they get awarded three points and so on.
- If the attack fails to score after four phases they turn around and defend.
- Kicking options may be introduced.
- Five attacks each team.

Set Up Diagram



Key Coaching Points

Relevance to the game

- Decision making skills (strike move, defensive alignment)
- Appropriate passing (short, long, flat, deep etc.)
- Appropriate running lines; decoy / option / creating spaces / accelerating into space.
- Support and reaction.
- Look-Think –Do Process
- Allow the players to self correct before intervention from the coach.

This game calls for clinical and decisive call making and execution.

High levels of pace in running and passing.

Accuracy in decision making scanning and decoy / option running lines.

Important for teams that may rely on less than 50 % possession.