Practice	Principles of Attack – Penetrate, Out Flank, Go Over.	Date	February 2009

Objective	Spatial awareness, Scanning skills, Decision making, Communication.

Equipment

Balls	1
Cones	4
Shield	N/A

B	N/A
S	N/A
Bi	N/A

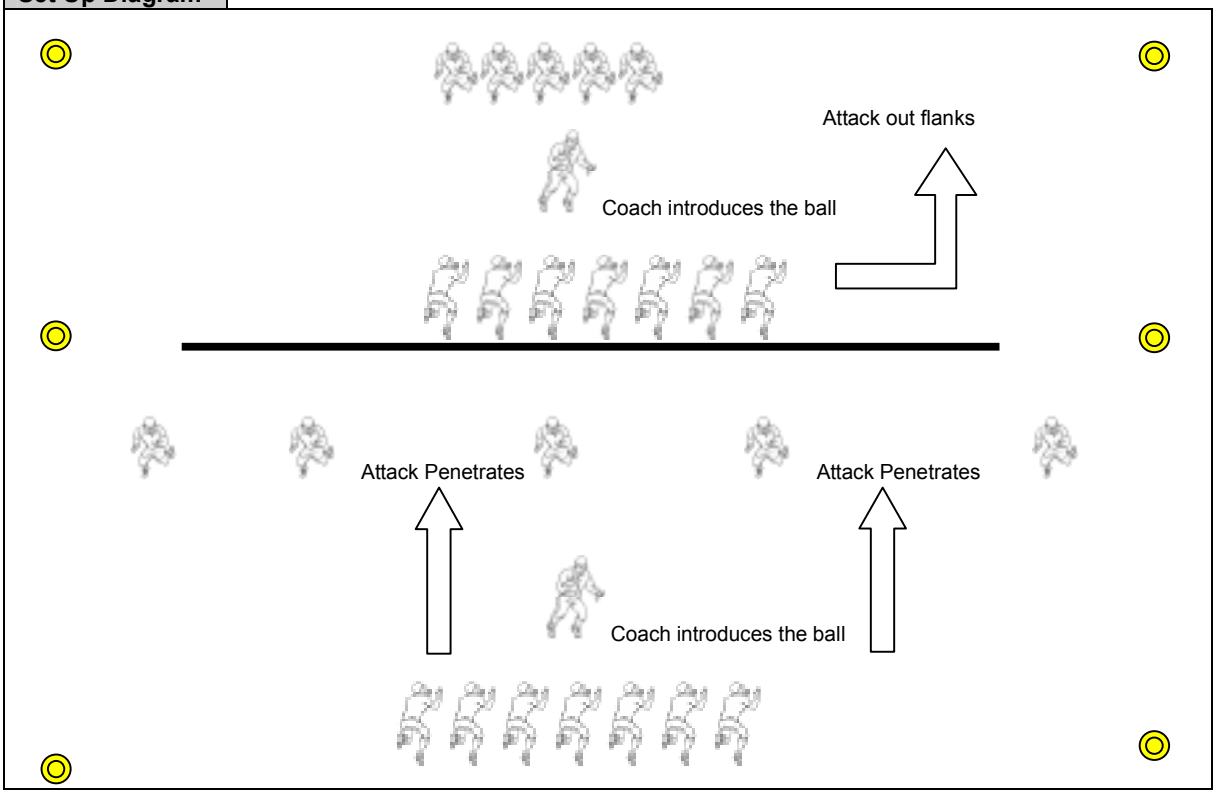
Practice Requirements

Area	30x30 grid
Players	All
Time	20 minutes

Practice Description

- The coach stands in the middle of the pitch with the ball. The attack stand shoulder to shoulder looking away from the pitch. The coach indicates to the defence to align wide or narrow while the attack cannot see.
- The coach calls 'turn!' to the attack and throws the ball to any attacking player.
- The objective is for the attack to take advantage of the defence shape they see in front to score try. If the attack are too slow in recognition and reaction, the defence shape adapts.
- The attack should attack to penetrate or out flank accordingly, or chip over if the coach indicates to the defence to blitz.

Set Up Diagram



Key Coaching Points

- Attacking weak areas
- If the defence is wide, penetrate.
- If the defence is bunched, out flank.
- If the defence ruches forward, go over.
- If the defence line is not breached first go, allow play to run and see if the attack can influence the defence shape through phases.

Relevance to the game

Demands attacking players to make quick and accurate decisions of areas best to attack.

If initial break through is not made, can the attack influence the defence shape by stretching the defenders and penetrate, or draw them into contact areas to outflank.