



"All Blacks"

RULES

- One team are *the All Blacks*. They only have **one phase** to score. The *other team* have **unlimited touches**.
- AB kick off to start.
- Completed "tackle" is end of AB phase.
- Allow kicking.
- Restarts could also be: scrums (3v3), lineouts (2v2).

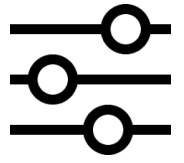
RUGBY COACH WEEKLY

Rhys Davies

- How best can we get the ball back? Examples could be: interceptions, contested kicks, contest in contact areas (ruck, tackle).
- How can we manipulate the attack play? Numbers on feet, painting pictures, space traps.
- How am I supporting the defence? Do I need to compete? Fill the field, double hit, self-organising.



DEFENCE



OPTIONS

Change the "tackle" rule:

- Touch and cannot offload within 1 second.
- Double touched (two defenders at the same time) - if they are touched once they have to pass within three seconds.
- Grabbed and held by one player.
- Grabbed and held and cannot pass the ball within three seconds.
- A touch is with two hands below the waist.

Rhys Davies

RUGBY COACH WEEKLY

- Where am I on the pitch, does that affect my decision?
- Does my decision change if I am the other team?
- How best can we support the team and the space? Examples of techniques and tactics could be: Lifts, tips and offloads, width, support line.
- What opportunities are available? Space behind, mismatch for speed and pace, numbers up.

ATTACK

