

Stage	Action
1	The defender goes forward towards the attack.
2	The defender makes the ball carrier pass through block, or grab or tackle.
3	The defender grabs the defender and stops the pass (creates a contest for the ball).
4	The defender tackles the ball carrier and takes him to ground.
5	The defender tackles and gets back into the defence quickly.
6	The defender tackles, gets up quickly and contests the ball.
7	The defender creates a turnover.