

CHAPTER 3

METHODS, THE EXPERIMENTAL DESIGN OF THE INTERVENTION AND PROCEDURES

“Overloading the defenders with defensive options!”

3.1 METHOD

At this stage of the discussion the purpose of this section is to identify and explain the concepts that are to be incorporated into the experimental design of this study. The study will take the form of a quasi-time series experiment. Once an increase or decrease in total linebreaks has been established, an in-depth study of the reasons why the linebreaks were successful will be evaluated.

The concepts explained in this section will be used in the coaching of the Blue Bulls U21 team in order to gather the notational statistics required in order to determine whether these concepts as well as their application played a part in the increase or decrease in the number of linebreaks achieved in the matches that were played in the 2002 Bankfin U21 season. During the course of the season these aspects regarding the execution and implementation of the coaching concepts will be focussed on with the objective of attempting to increase the success rate of linebreaks during match situations.

By means of statistical information gathered during the 2001 Blue Bulls U21 rugby season a comparison is to be made in order to evaluate whether there was a change in success when compared to the results of the 2002 season.

The concepts identified as imperative to achieving successful linebreaks and to be concentrated on in the coaching sessions are as follows:

1. the initial starting position of the first receiver;
2. the alignment of the attacking unit from the facet;
3. the timing of the movement of the attack;
4. decoy runners;

5. the striker;
6. the strike area;
7. the angle of run after a successful strike has been executed; and
8. the strike moves (Evert, 2001a).

These concepts form the backbone of the experimental design. They can be seen as the structure of the attacking play that will be used in the coaching of the Blue Bulls U21 team during the 2002 season. The measurement of success will be determined by the success rates of the striking moves. These concepts form the core aspects of the attacking structure of the team and are instrumental as the basis from which each strike is to be launched. Evaluation of these concepts will be dependant on the player's ability to optimally execute these concepts and are dependant on the following:

1. the player's ability to understand the concepts; and
2. the player's ability to perform and execute these concepts in a match situation.

Following the evaluation of the relevant data a deduction is to be made as to:

1. which of the striking moves were the most successful and in which circumstances?;
2. can it be deduced that these concepts are of such value that if a team was to optimally make use of them, that a linebreak could be achieved at will?; and
3. is it possible to adapt these running lines in order to make them more effective?

A process will now follow discussing the above mentioned concepts giving a detailed description of the attacking principles that will be used in the organisation and execution of the strikes the Blue Bulls U21 team will use.

3.2. CHANGE IN THE INITIAL STARTING POSITION OF THE ATTACKING UNIT

The key to catching the opposition unaware so that advantage can be taken of their lack of attention on the field can be achieved by the whole attacking backline

positioning quickly, and then, as the ball is entered into play, the whole attacking backline positions as a unit in a new position, i.e., either

- a. two steps backwards – for a strike in a wider channel
 - b. two steps forwards – for a strike close to the facet
 - c. two steps to the left
 - d. two steps to the right.
- } for an expanded or compressed
} attack

This change in initial starting position creates the following situation for the defending team if they are not at full wit and aware of what is happening in front of them. The opposition's defensive line aligns themselves according to what they see in front of them. When the ball is entered into play, their attention focuses on the play that is taking place inside of them at that facet of play, i.e., the defenders attention is drawn to the result of the facet, this implies that if the ball is won by the attacking team, the defenders have to defend, however if the possession is won by the defending team through a turn-over at that facet, then the defenders will change to an attacking mode and react accordingly.

The net result is therefore that if the attacking team can take advantage of the opposition's split second lack of concentration, and in this time align differently from their initial position, the opposition's defensive "zones" will be slightly out of sync and the defenders will be faced with an attacking backline that looks "different" to what it did a split second earlier.

The following will be achieved:

1. By moving sideways before receiving the ball, it creates a situation where the defence's alignment is out of sync, due to them being too far inside their immediate defenders.
2. By being out of sync, there is extra space on the outside and it makes the preservation of this space easier if the attacking backline moves forward and "fixes" their immediate defenders.

3. Finally, the responsibility of the attacking team is limited to merely preserving and then making use of this space on the outside through optimal transference of the ball along the backline.
4. Defensively, it makes it increasingly difficult for the defenders, especially further out along the line. The reason for this is that because they are “caught” to close inside, when they press and move towards the attacking players, it is difficult for them to keep their shoulders square to the touchline in order to be in a good position to be able to execute the tackle.
5. Because the defenders suddenly feel “out of touch” of the attackers due to the extra space that is inside of them, it makes it difficult for the defenders to press, and then shift. He is forced to shift immediately as there is too much ground for him to make up and thus if he does press first, the attackers will move even more out of reach and there will be even more space on the outside. The defender thus becomes a chaser instead of being the one who attacks the opposition’s possession front on which is the optimal mindset of a defender.
6. This gives the attacking players the following advantages:
 - 6.1 The defender’s shift from the outset of the play, thus if the attacker runs forward “at” the defenders and attacks their defensive line, it is highly likely that the attacking unit will get over the advantage line.
 - 6.2 It forces the defenders to turn their shoulders towards the touchline thus making them defensively vulnerable behind their back from any attacking scissors “X”, or inside passes “Happy’s”.
 - 6.3 When defending they are not able to contest at the strike zone by making big hits or out muscling the attackers but are merely able to try and nullify it. The possibility of gaining a turnover or contesting at the resultant ruck is minimal thus the attackers are able to recycle quick possession which will put the defenders under further pressure at later phase play.

3.3. THE ALIGNMENT OF THE ATTACKING UNIT FROM THE FACET

With defence becoming more organised on set and phase play, it often occurs that a defending team will commit limited numbers to the ruck or maul and stack a straight line defence across the field, which often results in the defenders outnumbering the attackers (Townsend, 2000). This makes the transference of the ball very difficult.

As an attacking strategy against an opposition using such a defensive system, the alignment should be set so that the advantage line can be crossed and thus the attack can move up the field longitudinally, i.e., up the channel. This should be done until the lateral defence has been drawn in and has lost its defensive alignment. Once this has been done then the option can be taken to move the ball laterally to space where the attackers have numbers or continue up the channel if it is not well defended (Bird, 1998).

It is important to note that the channel to strike into may vary and should be directed to areas where the defence is weakest and this is not necessarily close to the ruck or maul.

According to where the strike is planned will influence the alignment of the attacking team. For explanation, the attacking channels in which the strike is likely to take place will be defined as follows, thus making further discussion easier:

- i. channel 1 - Between the flyhalf and the facet on the inside;
- ii. channel 2 - Between the inside centre and the flyhalf;
- iii. channel 3 - Between the outside centre and the inside centre; and
- iv. channel 4 - The area outside the outside centre.

The question of whether a backline should be aligned “flat or steep” and “shallow or deep” is dependant on the channel the strike is to be executed in. If the strike is to take place in channel 1 or 2, the backline can take the ball flat as the strike is to take place on the contact line and the ball does not need to be passed a long way before the strike will be made.

If an attacking unit attacks a “flat-line” defensive team, it can be assumed that the strike is going to take place in these two channels. When faced with this there are certain options available to the attacking team in order to “outsmart” the defenders. The concept of “overloading the defenders with attackers” is the key to a successful attack when confronted with a “flat-line” defensive line.

This is achieved by using the ball carrier and multiple runners to attack a defender one or two out from the ball’s current position. The ball carrier and runner needs to put the defender in two minds covering two or three runners. This is done by running at the gap to draw the defender out of position, overloading the situation with two additional runners holding their line or angling in towards another gap.

The key to this approach being successful is the need for the ball carrier to have two optional off-load options and having the ability to decide at or after the point of impact which option is to be taken.

The following can be seen as possible examples:

Option 1:

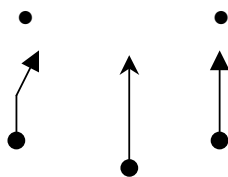


Figure 22: Attacker pulling the first defender out of alignment while the second defender marks his opposite attacker running at him

In this example the attacker is pulling the first defender out of alignment while the second defender is being fixed by his opposite attacker who is running straight at him.

The second defender is therefore being “attacked” because he has two players to cover, i.e., his own attacker, or the striker who is running in the centre. The ball

carrier has thus various offload options available to him depending on the reactions of the defender.

Option 2:

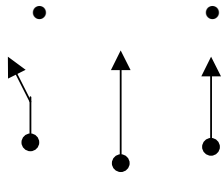


Figure 23: Attacker being pulled away from his defensive channel

In this example the attacker is pulling the defender away from his channel. The outside player holds his line to fix the second defender. The ball carrier squares up his defender then goes on the inside path using advantageous foot speed and tempo, executes a hit and spin off, or drive through into the defender before offloading to the striker or the second attacker depending on how the defenders react.

There are two further variations, which can be used in order to further “overload” the defenders:

1. the attacking unit can either execute a “block” or “one-out” striker to move the second defender out of their alignment; or
2. the third man out can run at the gap with the striker holding back and striking through a stream.

These two variations give the ball carrier two or three offload options, which make defending an arduous task.

The final option is that of attacking the third man out. This is slightly more complex when viewed in the line of the flat-line defence of the opposition. What is attempted to be achieved is the ball carrier fixing his defender then running hard at the inside shoulder of the next defender out. The two outside attackers hold their line but adjust their rate of attack to change their alignment, e.g., third receiver comes in faster than the second receiver.

Option 3:

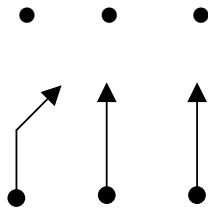


Figure 24: Outside attackers hold their line but adjust their rate of advance

The third defender is faced with the decision of which of the two attackers he is going to take which makes his defensive ability extremely difficult. The ball carrier has offload options to either the second or third attackers who are both approaching at different rates. Depending on whether the offload occurs before or after impact, or on how the defender reacts to what is taking place ahead of him, will determine which offload option will be taken (Muggleton, 2001).

This type of attack close to the facet brings forth the next concept to be explained which is a strike near to the facet. The key to attacks close in is to “overload” the defenders with attacking options. For this to be achieved the attack has to be “compressed”. A “compressed attack” implies that there is a concentration of attackers in a condensed area. What this achieves is that the attacking team knows where the strike is to take place and therefore throws all possible attackers into that strike area so to “force” the linebreak.

The second aspect of alignment is that of an “expanded attack”. This form of attack occurs when strikes take place further down the attacking line. The key to its success is the opening up of a space through which a strike can occur. This is achieved by keeping defenders busy on the inside of the strike zone, and on the outside of the strike zone.

The concepts of “one-out” strikers, “one-out” decoys and “one-out” trailers all work together to make this possible. The way that these “attackers” all interlink added to

the organised width to create the necessary illusion that will make the linebreak possible, all play a part in the success of an expanded attacking method.

If the strike is to take place further out in channel 3 or 4, a steeper alignment will be needed as the ball will need more time to reach its destination.

The advantage that can be created by an attacking backline aligning in a “crocodile teeth” manner holds even more advantages when the attack is executed. The reason for this is that it makes nomination of the attacking player to be defended difficult. Added to this, the fact that a backline that is viewed as marked with defenders allocated is all of a sudden different after the defender’s attention has been drawn away by the focus being on the preceding facet accompanied by the change in the initial starting position makes the defensive situation difficult to evaluate. We will attempt to incorporate the concepts of “compressed” and “expanded” attacking alignment to our attacking organisation and thereafter evaluate its influence.

3.4. THE TIMING OF THE MOVEMENT OF THE ATTACK

The success of any attacking play is dependant on variations in speed and movement through the different phases of the execution of the attacking strike. With the previous aspects in place, the key aspect is that the attacking backline should start moving as the scrumhalf touches the ball (Honan, 1999).

It is not necessary that this movement should be fast, the key is to move comfortably with the ability to be able to accelerate rapidly or decelerate as appropriate when required. This movement before the ball is passed makes the nomination and execution of the tackle by the defenders difficult (Robilliard, 1992) and begins the process of overloading the defenders with defensive options (Evert, 2001a).

It also gives the attacking players the necessary initial forward movement which will keep the defensive team on their toes as they cannot afford to just rush in on the attackers and will need to hold back to see what will transpire in the attack before

executing their defensive action. There is the also the added advantage that the attacking team will be able to get over the advantage line with greater ease as the initial movement is always forward (Honan, 1999a; Evert, 2001a; Hedger, 2002).

The second aspect of the timing of the movement in the attack is the change of pace during the execution of the attacking play. Each player within the unit has the responsibility to vary and adjust his speed of movement during the whole development of the attack as is appropriate in order to either catch the defenders unaware, or to surprise the defenders with unanticipated variations in pace and movement (Evert, 2001a).

These variations of movement take place in the following stages of the attack:

3.4.1 The initial starting position of the first receiver.

This involves the sideways movement which needs to be made subtly so as not to draw attention to this movement and thus to catch the defenders unaware (Evert, 2001a).

3.4.2 The alignment of the attacking unit from the facet.

The key to effectively catching the defenders unaware so that they do not know what to expect from the attacking unit can also be instituted in the alignment of the attacking players. This involves the concepts of “compressed” and “expanded” attacking structures. Again the movement needs to be subtle so as not to draw attention to the movement (Evert, 2001a).

3.4.3 The timing of the movement of the attack.

This concept involves the movement and changes in pace and timing prior to the strike being executed. The ball is in play and the execution of the strike is imminent. The reason for these changes in pace is the need to lure the defenders into a sense of comfort and belief that they have the attack covered. While the defenders may feel secure in their defensive abilities at that specific moment if the attackers are able to rapidly explode and totally overpower them by increasing the pace and intensity of the strike then it will result in an increase in the defender’s defensive options in such a way that they are not

able to cope with nullifying the attack (Evert, 2001a). The ball carrier who is to transfer the ball to the striker should move with ease and in such a way that he keeps his immediate defender on his inside shoulder if the strike is to take place on the outside. This ensures that the space on the outside is preserved. The first and primary responsibility of the first receiver is to ensure that he commits and “fixes” both his immediate defender, as well as the defenders moving across from the inside facet. The reason for this is that if any advantage is to be taken when striking in the outer channels, it will require space and one-on-one confrontations between attackers and defenders. This can only be achieved if the “sliding” or “drifting” defence is halted as close as possible to the facet that preceded.

The first means of achieving this is through the first receiver:

1. positioning himself quickly;
2. as the play is entered into he should realign himself two steps outwards; and
3. as the scrumhalf touches the ball, the first receiver starts moving forwards firstly on a very slight drift, and then as the ball touches his hands he increases his velocity rapidly and steps inside onto his immediate defender’s inside shoulder thus forcing him to straighten up his body positioning so that his shoulders are facing inwards. As soon as his immediate defender’s shoulders have been slightly turned, he slackens off on his acceleration and moves outwards with his body positioning being optimal to be able to give a precise pass to his fellow attackers who are outside of him.

By shifting his initial alignment outside his defender and running outwards then inwards he forces his immediate defender to change direction twice, first outwards, then inwards to cover his movement inwards. It also makes the inside defenders coming from the preceding facet have to make two alterations to their defensive running lines.

Firstly, they can immediately move across as the first receiver takes the ball on a drift, secondly, they are faced with the next decision as the first receiver immediately steps inside thus opening up the option of an attack in channel 1. They thus have to slow down to ensure that any possible play in that channel is checked before again being

able to move across the field to the outside once the first receiver passes the ball outwards. Although the players may not always react in this way, it seems to be a possible way of manipulating the immediate defender as well as the sliding inside defenders as long as possible so to be able to maintain the attacking space on the outside. What is also achieved is that if the opposition team are using the one-out defensive system, which implies that the openside flanker must take the first receiver, then, if the attacking first receiver can by means of his initial run at that specific point commit his immediate defender, i.e., the first receiver as well as the sliding defender from the inside, then the attacking team will have an extra attacker out wide who will be able to play havoc in the outfield when he is able to be unleashed (Evert, 2001a).

Secondly, a 15 vs 7 attack develops i.e., by running at the defender you force him to wait for the attack, as a defensive decision has to be made. This allows the attackers to get in ahead of their own forwards and the supporting running lines that the forwards run to the next phase of play is forward and not backwards as for the defending forwards (Macintosh, 1997; Macintosh, 2000). If the strike is to take place behind his back, i.e., with an “X”, then the ball carrier should lure his immediate defender to follow him across the field so that the attempted strike can take place in optimal conditions. This can be achieved by the attacker suddenly accelerating forward at the last moment towards his immediate defender’s inside shoulder so to lure the defender into believing that he may be going for that gap. If the defender follows the ball carrier the space will open up (Evert, 2001a).

3.5 DECOY RUNNERS

The role of the decoy runners is to create imaginary forces that manipulate the defenders into mechanically weak defensive positions. For this to be possible they should draw attention to themselves as impending “pressure” or “danger” players in order to be effective in committing opponents (Evert, 2001a).

There are two decoy ploys necessary if the play is to take place in the midfield channels. These decoy ploys take place inside and outside the strike zone. The decoy runner who needs to come in on the inside whose responsibility it is to “check” the

inside defenders from the preceding facet have to decoy “strike” with absolute conviction. His responsibility is to “fix” the inside defenders and to delay their movement across the field so to “buy” attacking time and space in the midfield where the strike is to take place (Evert, 2001a).

This also fulfils the function of nullifying the defensive system of “one-out” defence which is executed by using a forward at the facet to mark and defend against the flyhalf thus allowing the flyhalf to defend the inside centre and so on.

If this is not achieved then there will be no possible overlap on the outside thus the attack will be difficult due to the attackers equalling the defenders. If the “striking” decoy is convincing enough so to commit the inside defender thus forcing the flyhalf to have to defend against flyhalf then there will be extra attackers on the outside.

The second decoy ploy takes place on the outside of the strike zone and has the following two advantages. The first is that it keeps the hole through which the strike is to go through open by committing the outside defenders in their defensive zones as there always remains the possibility that these decoy runners can receive the ball on an “overs” line thus their immediate defenders cannot afford to tackle in. Secondly, it facilitates easier supporting running lines. Three situations can result from a strike with decoy ploys on the inside and the outside:

- (i) There can be a successful and clean strike. If this occurs, then the supporting running line will create two supporters who are in a position to receive “finishing off” return passes to score the try.

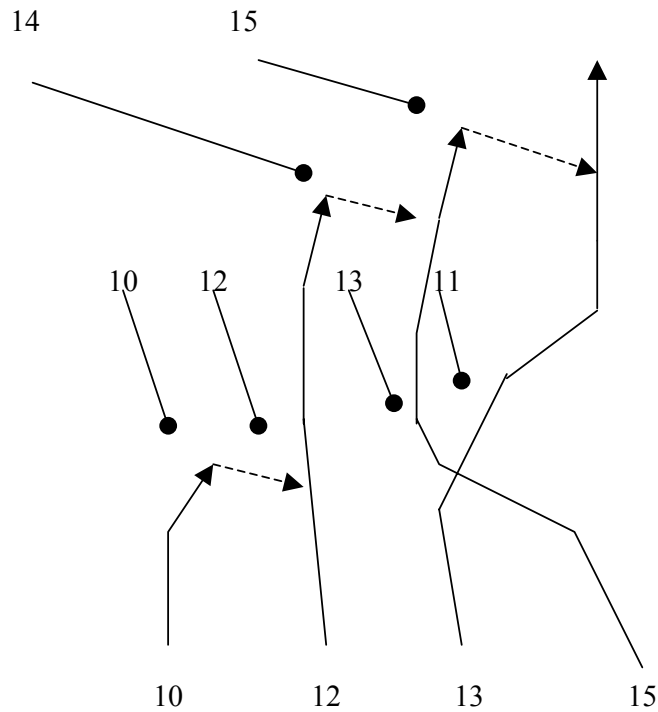


Figure 25: Indicating the use of an “O,I” decoy line and the support lines created through its use after a cleanbreak has been achieved

- (ii) If the strike takes place and the striker is momentarily stopped in the tackle, the supporting running lines of the decoy runners will result in there being a trailer who will be able to receive an offload and thus be able to continue the play that has been created.

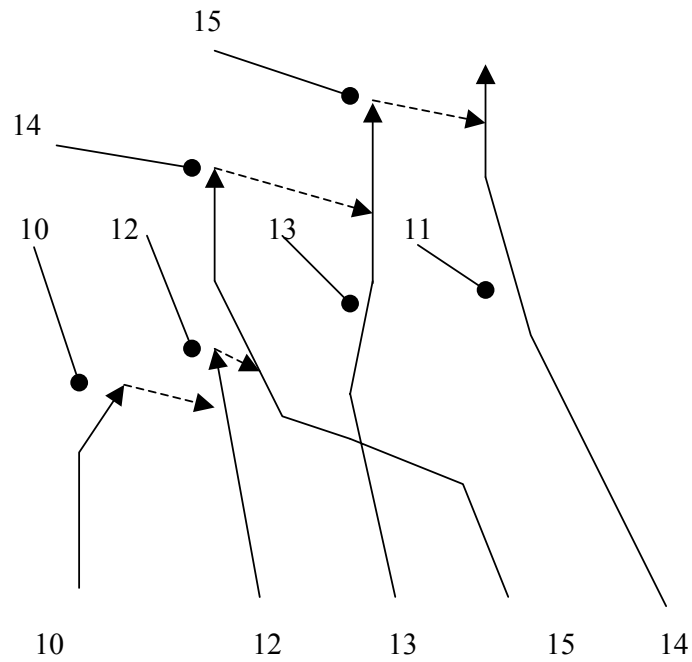


Figure 26: Indicating an “O,I” decoy line where the striker offloads to a trailer coming in, and the support lines created after the linebreak has been achieved.

- (iii) There will also be one extra support runner on the outside that will be able to link up with the player who received the offload and be in a position to receive the “finishing off” return pass to score the try. If the attack is smothered and the play is halted, the support runner will be in a position to be the first cleaner, thus recycling the possession and creating another opportunity to launch a further attack on the oppositions defence is created.

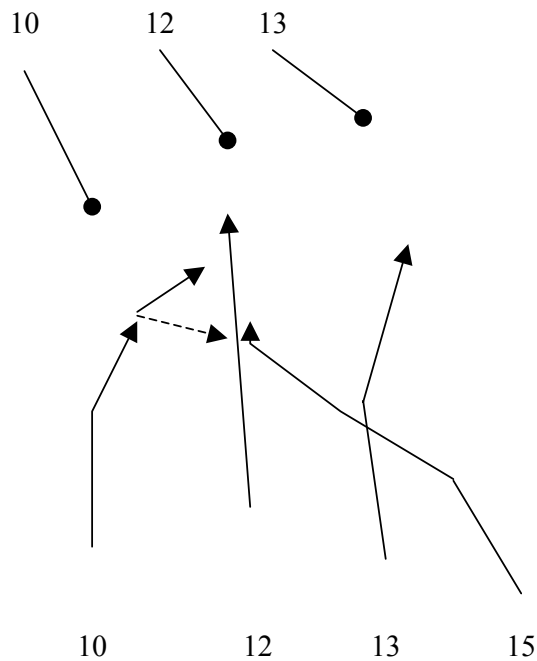


Figure 27: Indicating an “O,I” decoy line where the trailer becomes the primary cleaner with the previous ball carrier on the inside after an attempted linebreak has been unsuccessful.

With these examples in mind the fundamental role of force can be defined as the ability to change the state of motion of a body on which the force acts (Young, 1992).

If one was to look at Newton's first law of motion which states that: Every body continues in its own state of rest, or of uniform motion in a straight line, unless it is compelled to change that state by forces impressed on it, then it could be implied that if no net force acts on a body, the body either remains at rest or moves with constant velocity in a straight line (Cajori, 1934; Young, 1992).

In order to understand this link between Newton's first law and rugby, it is necessary to look at contact situations during play. In order for contact to take place, the striker and defender need to meet at the contact area. However, before this contact area develops, the players move towards each other with different velocities and from different angles.

The situation preceding contact involves many forces acting on the players before, during and after contact. The use of these varying velocities and running lines creates imaginary forces that are exerted on the defenders in order to manipulate them.

It is therefore the decoy runner's responsibility to create these forces, which can be achieved in the following way:

1. when these forces act on the defenders, it changes their state of motion. A player who is initially at rest will start to move. If the player is moving, a force in the opposite direction to the motion will cause the player to slow down or stop; and
2. if the decoy runner and ball carrier are able to exert a force on the defenders and manipulate them accordingly, their defensive line can be changed, thus creating conditions that could be conducive to a linebreak (Evert, 2001a).

The result is that if a defender has his line of defence, and a decoy runner together with the ball carrier's running line does not manipulate the defender, the defender will not be taken out of his defensive alignment and will be able to maintain his defensive line and will stop the attack.

With the understanding that the use of decoy runners is vital to a successful linebreak the finer details of decoy runners can be explained.

The first key aspect for decoy runners is the need to run angles that create an advantage (Honan, 1999). In order to create an advantage it implies that the attacking team is split up into attacking units.

These units are:

- the ball carrier;
- the decoy runners accompanied by the trailers;
- the striker; and
- the trailers who become the support runners (Marks, 1998; Evert, 2001a; Hedger, 2002)

With the importance of the first receiver keeping his immediate defender and the sliding defenders coming across from the inside “fixed” already having been established, the next part of the attacking unit are the decoy runners working in tandem with the ball carrier and the striker.

The decoy runner’s objective is to keep defenders busy and focussed on them so that advantage can be taken of the space that can be opened up. The ideal is to keep more defenders busy with fewer attackers thus opening up spaces in the channel opposite to where their attention is.

This contest of trying to keep more defenders busy with fewer attackers will result in the strikers having more trailers available behind them when they attack. The decoy runner should ensure that his movement is synchronised with the players on his inside.

If the strike is going to take place inside of them, then their aim should be to push and manipulate the defenders to keep their defensive width, i.e., they should stay wide. This together with sufficient lateral space between the first receiver and the distributor will open up a space behind the distributors back in the second or third channel.

The term “one-out decoy” is as appropriate as what “one-out striker” is and implies that the first receiver out from the distributor i.e., the second receiver, runs the line that should take the defenders on the outside of the distributor outwards, while the person outside of him, i.e., the third receiver runs an “unders” line which crosses with the second receiver and becomes the automatic trailer.

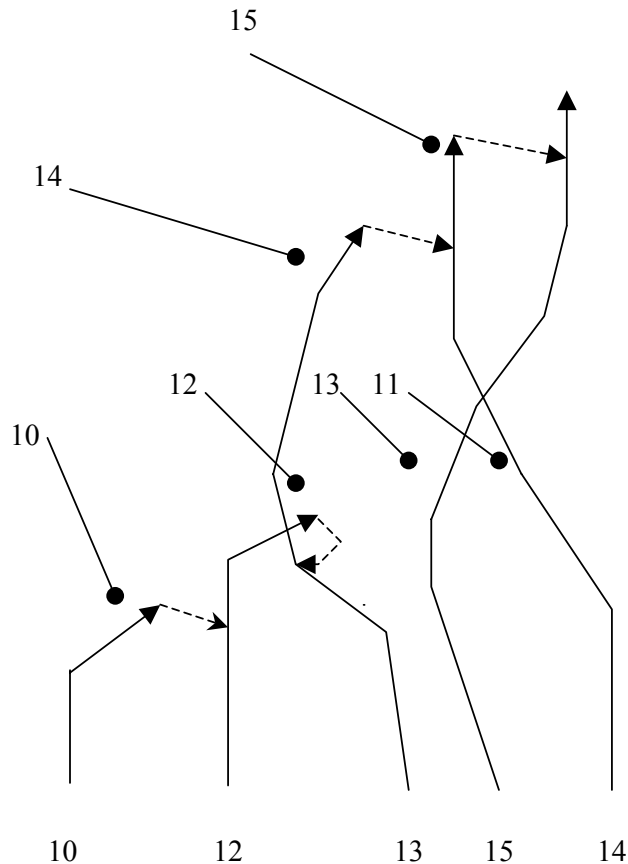


Figure 28: Indicating the concept of a “One-out” decoy line ending in a score

What this does is that it pools the defenders on the outside and then the strike takes place where they are not. If the strike is going to be wide in the fourth channel, then the aim of the decoy runners should be manipulate the defenders to “tackle in” so that the striker out wide comes into the strike “against the grain” and behind the defender’s back.

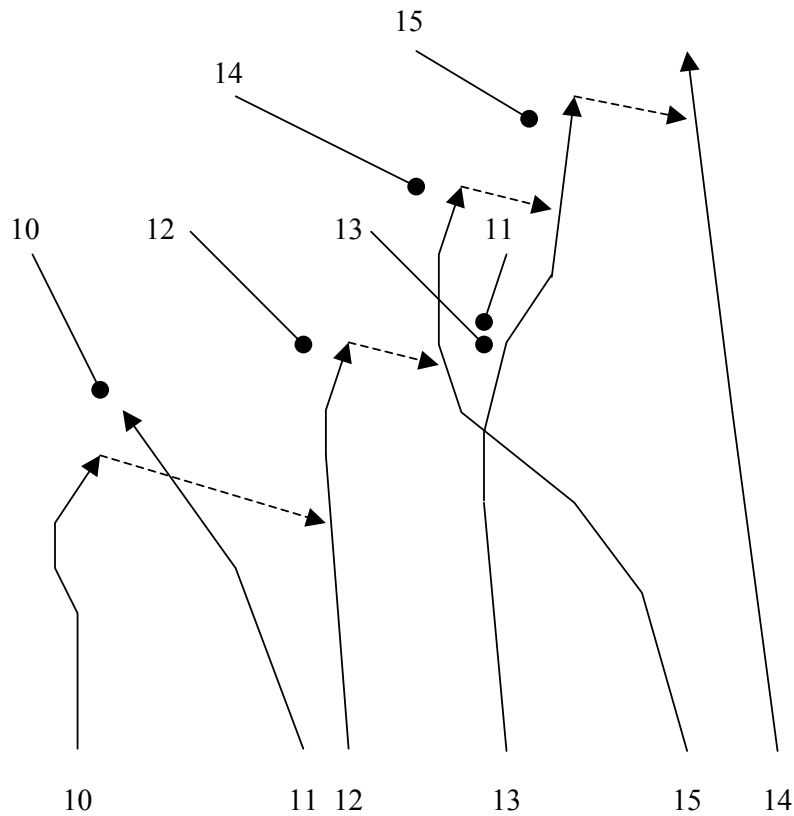


Figure 29: Indicating a decoy runner on the inside accompanied by a “One-out” decoy on the outside with the resultant trailing lines that are created

The success of the decoy runners is thus dependant on the following:

- the speed of movement of the defender and how this affects the speed of movement of the attackers;
- there has to be a marked acceleration on the part of the decoy runner in order to force the defender to speed up his movement. This must take place just as the striker is to come in on the strike. If this is achieved, the strike is more likely to be successful. If it is not achieved the defender may be able to realign himself and get himself into a position to make the tackle; and
- the centre of mass of the defender, which should be manipulated by the decoy runners to have a mechanical advantage for the striker. This can be achieved by the optimal use of the angle from which the decoy enters the strike zone. The defender must be taken past the point of no return for the striker to be able to play into an area that is defensively weak (Evert, 2001a).

3.6 THE STRIKE

This is the most important aspect of a successful linebreak. Before the intricacies and final detail is discussed, the effect of forces and momentum will be explained in order to understand why strikes should be possible under conducive conditions.

The first important aspect regarding the strike is that of the force exerted when it is executed. Force gives a quantitative description of the interaction between two bodies or between a body and its environment, therefore during contact situations there is a certain amount of force involved (Young, 1992).

The force of the striker takes place when he hits the tackle line in the attempt to break through the tackle. The key question is how a ball carrier and decoy runner can create a situation where the striker's force is sufficient in that the defensive wall is able to be broken.

As the striker moves he has acceleration and it is important to understand the relation of the acceleration to the force and thus an understanding of Newton's 2nd law of motion is needed. It can be stated that the magnitude of the striker's acceleration is proportional to that of the force, and the direction of the acceleration is the same as that of the force, regardless of the direction of the velocity (Cajori, 1934; Young, 1992).

Therefore, when a force involves direct contact between two bodies such as in a striking area, it is equivalent to a contact force. Force is a vector quantity, thus to describe it we need to know the direction in which it acts, as well as its magnitude (Hamill & Knutzen, 1995).

The direction of the force applies to:

- a) the angle at which the striker comes into the strike at the attempted linebreak;
and
- b) the angle with which the defenders enter the contact area i.e., in which direction the defender's shoulders are facing (Evert, 2001a).

The magnitude of the force is determined by:

- a) the acceleration of the striker before the ball is received;
- b) the acceleration of the striker after the ball is received;
- c) the velocity with which the striker enters the striking area together with the ability of the striker to change direction optimally if required;
- d) the effect of the decoy ploy to manipulate the defenders, such that their centre of mass is not optimal when attempting to make the tackle; and
- e) the mass of the striker (Evert, 2001a).

It is for this reason that running lines and changes in velocity are important in order to give the striker the momentum advantage at the contact area. The result of a collision between two bodies depends on their momentum, which can be described as the product of a body's mass and velocity (Young, 1992; Hamill & Knutzen, 1995). When two bodies collide and make contact, their resulting combined motion is in the direction of the body with the larger initial magnitude of momentum.

Momentum is determined by speed \times mass (Hamill & Knutzen, 1995). Unfortunately it is highly unlikely that a player's mass can be increased substantially in the course of a rugby season so to give him increased momentum in striking situations. What can however be achieved is that the player's speed or acceleration into a striking situation can be adapted to create a mechanical or momentum advantage for the striker.

This can be achieved by manipulating a defender so that they are mechanically weak and cannot re-align to be able to be in a position to make the tackle, i.e., the defender is manipulated into moving in the wrong direction and can't reverse his momentum.

If there is a marked increase in acceleration into a strike, if this has been achieved, then the strike is likely to be successful. Secondly, if a situation can be created where the defender is momentarily forced to stand still when the tackle is to be executed then the striker will have superior momentum as he is moving and attacking spaces, while the defender is stationary and trying to stop the attacking player. Thirdly, if the defenders are drawn away from the strike zone so that there is a hole through which the striker can move. This can only be achieved if the defenders are overloaded with defensive options

In conclusion, the key to a successful linebreak is the culmination of all the preceding factors and it is the responsibility of the striker to “finish off” all the hard work that has been done by his fellow attacking players. This “finishing off” is achieved by creating a situation where the striker comes out of a position which is difficult to evaluate and defend against by the defenders.

The concept that will make this possible is called a “one-out” striker. What this implies is that the striker will not be the first person out to receive the ball from the distributor. This could mean that he could either come into the line from:

1. outside the decoy runners; or
2. out of a stream, i.e., the player strikes suddenly coming in on a “blind spot” for the defenders.

All these factors are achieved by the optimal use of advantageous running lines. The strike can be executed using the following types of “running lines”:

1. an “angle” running line; (“X”, “L,O”, “O,I”, “Slap Chips”)
2. an “arc” running line; (“Happy”)
3. a “L” running line; and (“ACT”, “1,1”, “DSP”)
4. a “stream” running line (“Shark”) (Evert, 2001a)

Although these running lines could result in a linebreak, they often work better as a combination.

3.7 THE STRIKE AREA

If the tackle is made, then a collision area develops. At the collision area the following should be attempted to be achieved:

1. the angle of run and velocity of the ball carrier combined with the angle of run and velocity of the striker should be that the attacking players are at mechanical advantage and have a high kinetic energy while the defenders should be at a momentum disadvantage (Evert, 2001a).

This can be achieved by manipulating the defenders that they:

1. are forced into entering the collision area in a stationary body position; and
2. their body positioning / centre of mass is such that they are unable to re-check in order to get into position to make the tackle on a striker coming in on an attempted linebreak (Evert, 2001a).

In collision situations that result from a strike, the following situations can possibly arise. They are primarily determined by the angle at which the striker and defender meet in contact, which can be as follows:



Figure 30: A front on tackle situation

This type of collision arises due to the striker coming in on a strike from the same channel in which the defender is. It is very difficult to give an offload in this tackle situation and it will usually result in a ruck.

Often a tackle in this type of scenario comes in the form of a double hit tackle from the opposition. This holds the danger of the striker losing the ball in the tackle or the possibility that the attacking team's striker is tackled backwards which could result in serious negative implications for the supporting players of the striker.

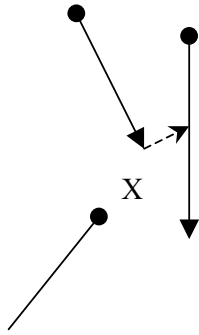


Figure 31: From the side tackle situation

There are two reasons why a side on contact situation is preferable:

1. the possibility of a linebreak is increased as the side on tackle can be stopped or be made more difficult due to:
 - 1.1 the striker being able to hand off the tackler due to the free arm being available; and
 - 1.2 the striker has the advantage that his hard body parts, i.e., elbows, hips and knees are the first body parts that make contact with the tackler making the tackler's "tackle strike area" smaller and less comfortable.
2. the striker is in a better position to be able to give an off-load to a trailer coming in from behind. This will only be possible if the striker can hand-off the tackler and safely keep the ball secure until the off-load option presents itself and then the pass can be given or be able to keep his arms free while he is being tackled thus making an offload possible.

3.8 THE ANGLE OF RUN AFTER A SUCCESSFUL STRIKE HAS BEEN EXECUTED

When a strike is made, there must be a sudden and immediate change in direction away from the inside defenders. This change of direction can be better explained by understanding that the striker always wants to play in behind the person who was originally entrusted to defend him. Because no cover lines are run intentionally, there will be a big space behind the beaten player where-after the successful striker is able

to link up with the decoy runner who was moving away from the strike zone but who is able to reappear to support the striker on the outside (Evert, 2001a).

It also results in the players coming across having to work harder to reach the successful striker. The common error players make is that they tend to run back towards the defenders thus making the defender's job easier.

By running away however, the players coming across will only be able to make a side on tackle, thus off-load options are easier to execute.

3.9 EXPLANATION OF THE RUNNING LINES TO BE USED DURING THE EXPERIMENT

3.9.1 Introduction

“You can never reach the limit, skills levels in rugby are poor all around. Over the next three years this is the area rugby must improve on – catching, passing, running lines, defensive skills. They are at a very basic level, but the sides who improve their skills will be the ones who do well in the next three years” (quote from Eddie Jones in an article by: van der Berg, 2000).

In terms of this experiment these running lines will be used as the basis of the team's attacking play. The difficult aspect regarding the coaching of these moves is the fact that their success is largely reliant on the player's ability to understand the concepts, be able to execute these concepts and to perform in pressure situations.

a. An “Overs” running line

- An “overs” running line is used in order to create an outside gap.
- It is achieved by stepping inside to force the immediate defender to “check” what the attacker is going to do next, and then to step and beat the defender on the outside using manipulating footwork.
- If each attacker executes this type of footwork, then it will create space on the outside, or the opposition will be beaten by speed by the ball carrier.
- If the attacker has superior speed, he will break the opposition’s defensive line.
- The attacker is also in a position to a hand-off if required.

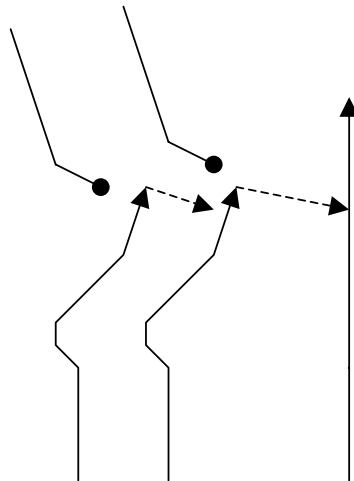


Figure 32: An “Overs” running line

b. An “Unders” running line

- This running line is used when you run at the defenders inside shoulder and attack inwards.
- It makes use of two attackers moving next to each other in one channel, which makes it difficult for defenders to defend against.
- It relies upon the defenders not being able to adjust in time to be able to get into a position to be able to defend.

- It should preferably be executed off quick recycled possession.

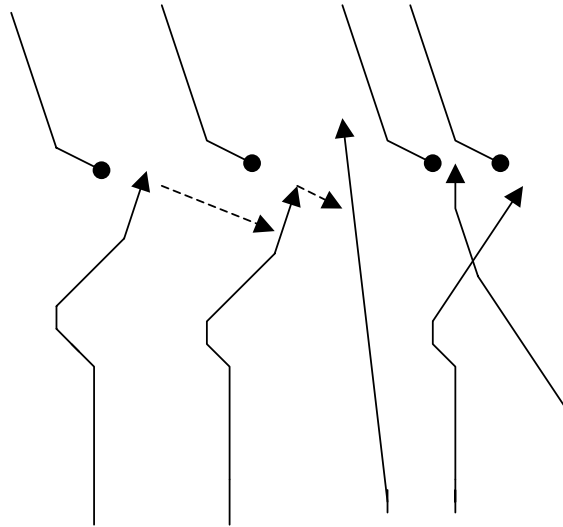


Figure 33: An “Unders” running line

c. A “Block” running line off the first receiver

- This is a passing line designed to spread the ball to an extra channel outwards, however without giving the defender the opportunity to drift too early due to the decoy player still being a threat to the opposition.
 - The opposition should be coerced into believing that the player being blocked will be receiving the ball on an “unders” line.
1. The first receiver should receive the ball with sufficient working space, step inside slightly to “fix” his immediate opposition as well as the defenders moving over from the previous facet and then get himself into a suitable position to be able to make a crisp clear pass to the player on his outside.
 2. The pass is made behind the back of the first player out from the first receiver who must “fix” his immediate defender, but should under no circumstances run into any opposition players.
 3. The second receiver receives the ball and is then able to distribute as appropriate to the attacking option taken.

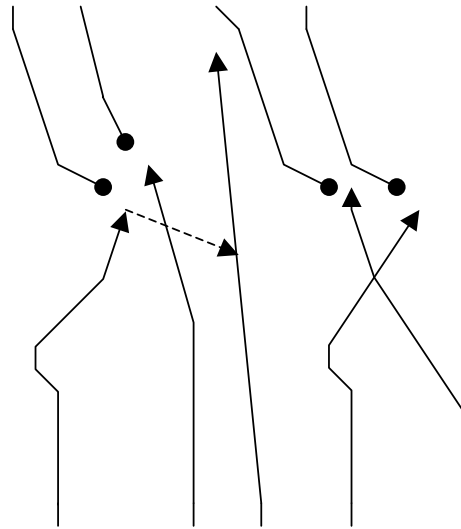


Figure 34: A “Block” running line off the first receiver

d. A “Block” running line off the second receiver

- This is a passing line designed to spread the ball an extra channel outwards, without giving the defender the opportunity to drift too early due to the missed player still being a threat to the opposition.
1. The first receiver should receive the ball with sufficient working space, step inside slightly to “fix” his immediate opposition as well as the defenders moving over from the previous facet and then get himself into a suitable position to be able to make a crisp clear pass to the outside player.
 2. He then passes the ball to the player outside of him who in turn steps inside to “fix” his immediate defender as well as those defenders who are moving across from the previous facet.
 3. The second receiver makes the pass behind the back of the player directly out from him, who in turn “fixes” his immediate defender, he must under no circumstances run into any opposition players.
 4. The third receiver receives the ball and is then able to distribute as appropriate to the attacking option taken.

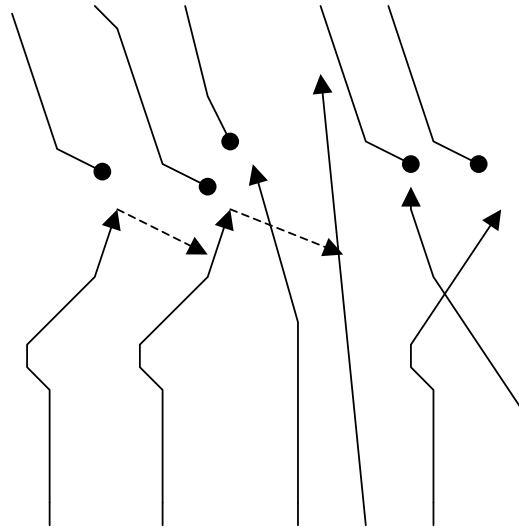


Figure 35: A “Block” running line off the second receiver

e. A “Face” running line off the first receiver

- The object of this passing line is to move the ball wide, this is not as effective as the block as it allows the defenders the opportunity to drift earlier as they can see that it is less likely that the decoy runner will receive the ball.
1. The first receiver should receive the ball with sufficient working space and must endeavour to “fix” his immediate opposition by stepping inside and then outwards just before the ball is distributed to the outside support players.
 2. The ball is then passed in front of the first player out from the first receiver to the third attacking player in the backline. He in turn distributes the ball as appropriate to the attacking option that is nominated.

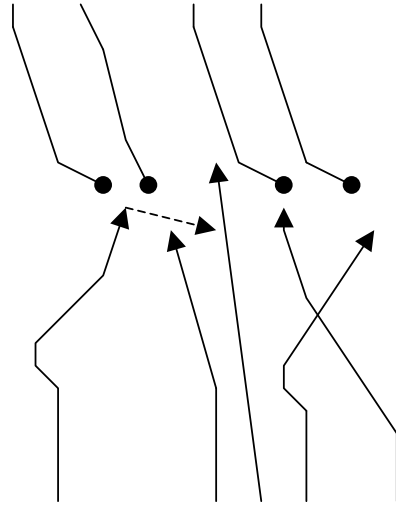


Figure 36: A “Face” running line off the first receiver

f. A “Face” running line off the second receiver

- The object of this passing line is to move the ball wide, this is not as effective as the block as it allows the defenders the opportunity to drift earlier as they can see that it is less likely that the decoy will receive the ball.
1. The first receiver should receive the ball with sufficient working space and must endeavour to “fix” his immediate opposition by stepping inside and then outwards just before the ball is to be distributed to the player on his outside.
 2. The first player out from the first receiver receives the ball and needs to ensure that he “fixes” the opposition before passing the ball in front of the next player in the backline. The third attacker in the backline receives the ball and is then able to play as appropriate to the attacking option nominated.

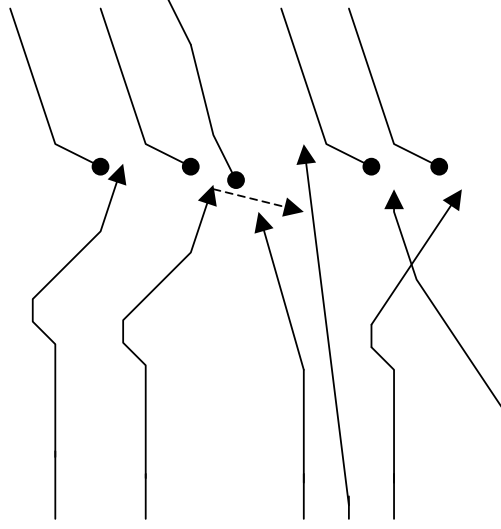


Figure 37: A “Face” running line off the second receiver

g. An “I,O” running line off the first receiver (inside - out)

- This is a running line used to manipulate defenders into weaker defending positions. This is achieved by taking the defenders out of their defensive channels by making use of crossover running lines.
 - It is important to note that this running line should be complimented by a striker coming in off it otherwise the backline will merely move sideways across the field.
 - There are many variations, which can be added to the move.
1. The pass from the scrumhalf needs to be reasonably flat and the first receiver should take the ball moving towards his directly opposite defender. He should step inside in order to “fix” his defender as well as the defenders coming across from the previous facet.
 2. As the first receiver gets ready to move the ball outwards, he should straighten up his line. The second player out from the first receiver should commit his immediate defender by running straight at him and then suddenly change direction and runs an “unders” line towards the first receiver. It is important

that the decoy runner under no circumstances runs into any of the defenders so to prevent them from being able to defend.

3. The first player out from the first receiver in turn should take the pass from the first receiver behind the back of the player who ran the “unders” line onto the first receiver.
4. The player out from the second receiver needs to run either on a supporting line or as a striker off the second receiver.

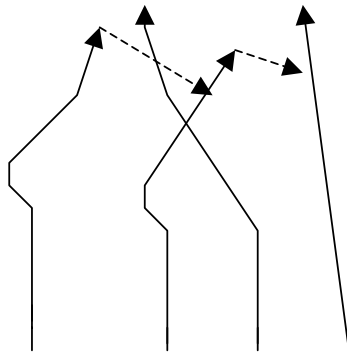


Figure 38: An “I,O” running line off the first receiver

h. An “I,O” running line off the second receiver (inside – out)

- This is a running line used to manipulate defenders into weaker defending positions. This is achieved by taking the defenders out of their defensive channels by making use of crossover running lines.
 - This running line needs to be executed slightly deeper as it involves an extra pass from the first receiver.
 - It is important to note that this running line must be complimented by a striker coming off it otherwise the backline will merely move sideways across the field.
1. The first receiver takes the ball moving forward, steps inside in order to “fix” his immediate defender and then steps outwards and passes to the player outside of him.

2. At this stage the second player out from the second receiver runs an “unders” decoy line towards the ball carrier at which time the ball carrier passes the ball behind the decoy “unders” runner’s back to the first player out from the ball carrier player who runs an “overs” line outwards.
3. The outside players need to run either on a supporting line or as a striker off the ball carrier who received the pass.

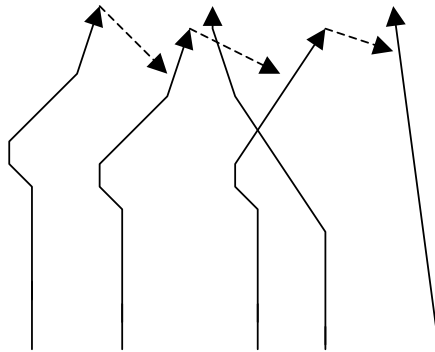


Figure 39: An “I,O” running line off the second receiver

- i. **An “O,I” running / trailing line off the first receiver (outside – in)**
 - An “O,I” is primarily used as a striking move however there is a possible variation where a strike can be made using it as an initial running line.
 - It makes use of a decoy runner to take the drifting defence outwards, and then strikes coming back with the one-out striker.
1. The pass from the scrumhalf needs to be reasonably flat and the first receiver should take the ball moving towards his directly opposite defender. He should step inside in order to “fix” his defender as well as the defenders coming across from the previous facet.
2. As the ball carrier gets ready to move the ball outwards, he should straighten up his line. The first player out from him “fixes” his immediate defender and then explosively steps off outwards on an “overs” line.

3. The one-out striker in turn attacks the advantage line by committing his direct opposition and then steps inside running an “unders” line on a strike.
4. The pass that the striker receives is taken behind the back of the outward moving decoy runner thus timing is important.
5. The first receiver runs as a trailer on the inside of the striker while the players on the outside run an “O,I” trailing line to either receive an offload or to clean as appropriate to the outcome of the attack.

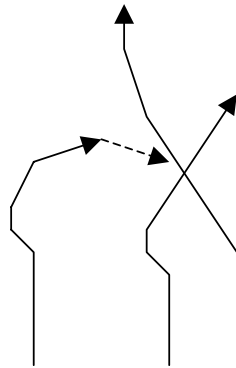


Figure 40: An “O,I” running / trailing line off the first receiver

- j. **An “O,I” Running / trailing line off the second receiver (outside – in)**
 - This running line needs to be executed deeper as it involves an extra pass from the first receiver before the strike takes place.
 - It makes use of a decoy runner to take the drifting defence outwards, and then a strike takes place coming back with the one-out striker.
 - It can be seen as an alternative striking move two channels out.
1. The first receiver takes the ball moving forward, steps inside in order to “fix” his immediate defender and then steps off and passes to the player outside of him.
2. The ball carrier takes the ball and aligns himself aiming at his direct opposition in order to “fix” him as well as the defenders moving over from the previous facet. As he prepares to distribute the ball outwards, the player outside of him

aggressively attacks his immediate defender and steps outwards on an “overs” line in order to take his defender away with him from the strike zone.

3. With that the one-out striker comes in on the strike on an “unders” strike.
4. The pass from the ball carrier is made behind the decoy runner who is moving outwards back and thus the striker plays into the open space created.
5. The ball carrier who made the pass becomes the inside trailer while the players on the outside being in a position to either receive an offload or to clean as appropriate to the outcome of the attack.

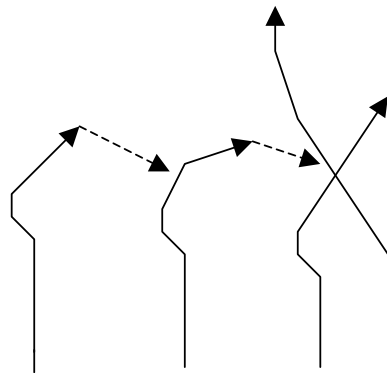


Figure 41: An “O,I” running / trailing line off the second receiver

k. A “1,1” running line off the first receiver

- This is mainly used as a set-up move however it can develop into a strike if it is executed off quick, second phase possession.
 - The first 1 in the name of the strike indicates that there is one pass before a striker is unleashed onto the opposition.
1. The first receiver needs to receive the ball fairly flat as there is only the pass remaining from him to the striker that still needs to be executed during the strike.
 2. He must run at the opposition as the strike has to be made with the attacking backline having as much forward momentum as possible.

3. There are two options available that can be used to execute the strike:
 - a. the basic option is that the striker, i.e., the first player out from the ball carrier comes in on an “unders” line and receives the ball on the contact line; and
 - b. the second option is making use of a one-out striker. This implies that the first player out runs a decoy outwards while the second player out runs an “O,I” striking line. The pass to the striker can be made behind the decoy player’s back or in front as appropriate.
4. The first receiver runs a trailing line on the striker from the inside while a player further out from the strike should run an “O, I” trailing line in on the striker so to be able to receive an offload or to clean as appropriate.

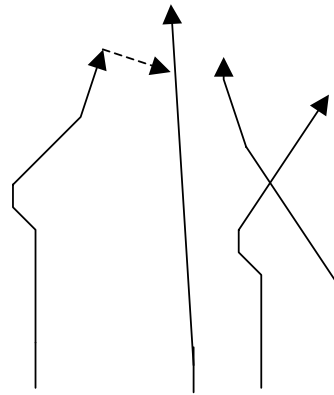


Figure 42: A “1,1” running line off the first receiver

I. A “1,1” running line off the second receiver

- This is mainly used as a set-up move however it can develop into a strike if it is executed off quick, second phase possession.
1. The first receiver needs to take the ball a little deeper as there is an extra pass needed before the strike takes place.
 2. The first receiver passes the ball to the next player out from him who in turn straightens up before passing to the player coming in on the striker.

3. There are two possible options to execute this strike:
 - a. the first option is basic and easier to execute. It involves a short pass to the next player out who takes the ball on an “unders” line on the contact line; and
 - b. the second involves an “O,I” striking line with the first player out from the ball carrier running a decoy outwards, followed by the one-out striker coming in on a strike on an “unders” line. The pass to the striker can be made behind the decoy’s back or in front as appropriate.
4. The ball carrier who passed to the striker runs a trailing line from the inside while a player on the outside must run an “O,I” trailing line to receive an offload or to clean as appropriate.

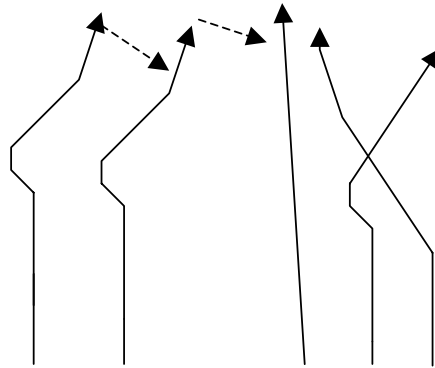


Figure 43: A “1,1” running line off the second receiver

m. A “Happy” – running line off the first receiver

- This is a basic, easy to execute strike move that can be used from any phase of play.
- This move takes place off the first receiver and in the first channel out from the facet, near to the forwards.
- The aim of the move is to send a striker through a space behind the ball carrier’s immediate defenders back as they (the defenders), are drifting outwards on their defensive line.
- The following are certain aspects that are important for the proper and successful execution of the strike.

1. The first receiver must take the ball moving forward and before making the inside pass, must move on an arced running line to draw the defence with him across the field.
2. Just before contact, the ball carrier must stop immediately in front of his immediate defender, transfer his weight so that he is facing the player coming in on the strike from the inside and pass the ball firmly and reasonably deep to the striker. The inside pass should not be made while still moving as it will lessen the biomechanical advantages that have been created.
3. The reason that the ball carrier should stop immediately is that it forces the defender to also stop in his tracks in order to see what is going to transpire. This creates a situation where the striker is running at a defender who is stationary thus giving the striker a momentum advantage.
4. The striker must strike at a line parallel to the ball carrier's running line, as this allows him to strike through the vacuum behind the back of the ball carrier's immediate defender. This angle of strike will also be advantageous, as the defender will find it difficult to realign himself quickly enough to be able to stop the striker coming through.
5. The outside players must run an "O,I" trailing line towards the strike as this will keep the drifting opposition defenders attention on the outside, as well as keeping the defending outside players attention "fixed" on the defenders in the outer channels.
6. The first and second receivers run a trailing line from the inside in order to be able to receive an offload or to clean as appropriate.

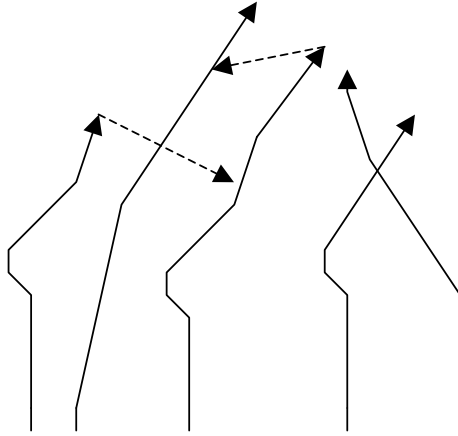


Figure 44: A “Happy” running line off the first receiver

n. A “Happy” running line off the second receiver

- This is a basic, easy to execute strike move that can be used from any phase of play.
 - The strike takes place off the second receiver, thus occurring in channel 2.
 - The aim of the move is to send a striker through a space behind the back of the ball carrier’s immediate defender as he (the defender) is drifting outwards on his defensive line.
 - There are certain aspects important for the proper and successful execution of the strike.
1. The first receiver must take the ball moving forward. Before the ball is passed to the second receiver on a “face” pass, he should aim to straighten his line slightly so to “fix” the opposition for a second and thus “buy” time before the drift defence moves across from the inside.
 2. Before making the inside pass, the ball carrier must move on an arced running line to draw the defence outwards with him.
 3. Just before contact, the ball carrier must stop immediately in front of his immediate defender, transfer his weight so that he is facing the player coming in on the strike from the inside, and passes the ball firmly and reasonably deep

to the striker. The inside pass must not be made while still moving as it will lessen the biomechanical advantages created.

4. The reason that the ball carrier should stop immediately is that it forces his defender to also stop in his tracks in order to see what is going to transpire. This creates a situation where the striker is running at a defender who is stationary thus giving the striker a momentum advantage.
5. The striker must strike at a line parallel to the ball carrier, as this allows him to strike through the vacuum behind the back of the ball carrier's immediate defender. This angle of strike will also be advantageous, as the defender will find it difficult to realign himself quickly enough to be able to stop the striker coming through.
6. The outside players must run an "O,I" trailing line towards the strike as this will keep the drifting opposition defenders attention on the outside, as well as keeping the defending outside player's attention "fixed" on the defenders in the outer channels.
7. The first and second receivers run a trailing line from the inside in order to be able to receive an offload or to clean as appropriate.

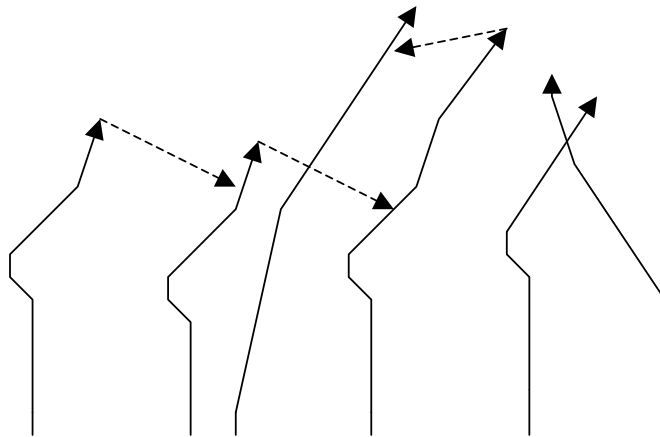


Figure 45: A "Happy" running line off the second receiver

o. An “X” running line off the first receiver

- The key to a successful “X” strike is that the striker should receive the ball in the space created just behind the back of the immediate defender of the first receiver.
 - It is important that the striker receives the ball on an angle that once the strike is made, he is moving away from the defenders that are coming across from the inside.
 - The strike must take place on the contact line otherwise the opportunities created by the preceding running line will come to nought as the defenders will have sufficient time to realign themselves and be in a position to make the tackle.
1. The ball must be passed reasonably flat to the first receiver who should receive the ball on a slightly outward angled run. Just before contact the first receiver should step off outwards with a big angle and then send the “one-out” striker into the space created by the first receiver’s running line. The strike takes place just behind the back of the first receiver’s immediate defender.
 2. The first player out from the first receiver needs to fulfil the function of keeping his immediate defender occupied by executing the “O,I” trailing line.

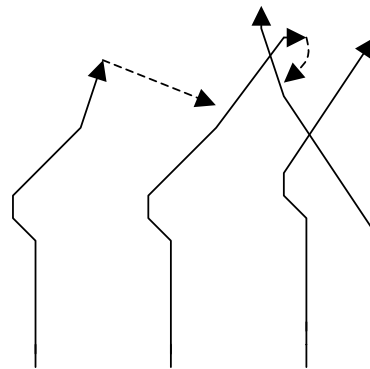


Figure 46: An “X” running line off the first receiver

p. An “X” running line off the second receiver

- This “X” takes place one channel out from the first receiver and therefore requires a greater working space. For this reason the initial alignment should be deeper due to the extra passes needed to be made.
1. The pass from the scrumhalf needs to be deeper so that the first receiver can execute a flat “face” pass to the second receiver.
 2. The second receiver takes the ball moving towards his immediate defender and the contact area ensuring that his angle of run is as straight as possible. Just before contact is made, he should very convincingly step off outwards so to “take” his immediate defender outwards with him.
 3. The two players on his outside should then execute an “O,I” trailing line with the player one-out from the second receiver coming in on the “one-out” strike while the decoy players move outwards.
 4. It is the first receiver’s responsibility to get in first to be of inside support to the striker so to clean or receive an inside offload as the situation develops.
 5. If a clean break occurs, the first receiver will still fulfil the role of inside support, and the outwards moving decoy runner will align himself as an outside supporter.

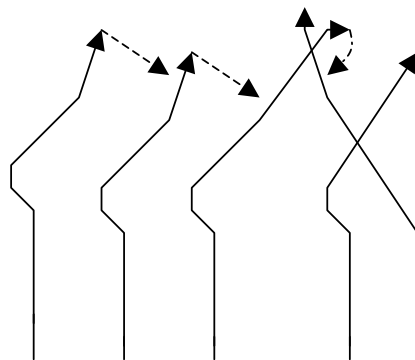


Figure 47: An “X” running line off the second receiver

q. A “Shark” running line off the first receiver

- This strike move makes use of stream running with a decoy player coming in on the first receiver’s inside and a striker appearing from behind the first receiver coming through the space on the outside.
 - It must take place on the contact line and it is important that the defenders believe that the decoy “Happy” runner on the inside is going to receive the ball.
1. The ball is passed to the first receiver who takes the ball reasonably flat moving towards his immediate defender. As he is on the contact line he must stop immediately making as though he is going to give an inside “Happy” pass to a decoy striking player in his inside channel but in the same movement gives a popped pass to the roaming striker who starts off on his inside but strikes through the channel just on his outside of the ball carrier.
 2. There is important work to be done on the outside, as it is the second and third receiver’s responsibility to open up the space just next to the flyhalf. This is done by an “O,I” trailing line being run to keep the attention of the immediately opposite defenders.
 3. This “O,I” trailing line will ensure that defenders are committed in their channels as well as the one out decoy runner being able to run a trailing line so to be able to clean or receive an offload as applicable to the situation.

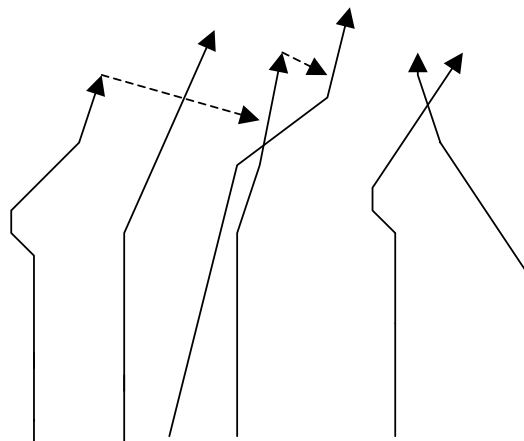


Figure 48: A “Shark” running line off the first receiver

r. A “Shark” running line off the second receiver

- This strike move makes use of stream running with a striker appearing from behind the second receiver coming in through the space on the outside.
 - Because of the extra pass involved it needs to be executed a slightly deeper however the strike must take place on the contact line and it is important that the defenders believe that the decoy “Happy” runner on the inside is going to receive the ball.
1. The ball is passed to the first receiver who takes the ball reasonably flat moving towards his immediate defender. The first receiver steps inside to “fix” his immediate defender and then gives a “face” pass outwards to the second receiver two channels out.
 2. The second receiver runs at his immediate defender and with that stops immediately makes as though he is going to give an inside “Happy” pass to a decoy striker on the inside but in the same movement gives a popped pass to the roaming striker who starts off on his inside but strikes through the channel just on the outside of the second receiver.
 3. There is important work to be done on the outside, as it is that player’s responsibility on the outside to open up the space just next to the second receiver. This is done by an “O,I” trailing line being run to keep the attention of the attacking player’s immediate defenders.
 4. This “O,I” trailing line will ensure that defenders are committed in their channels as well as the “one-out” decoy runner being able to run a trailing line to be able to clean or receive an offload as applicable to the situation.

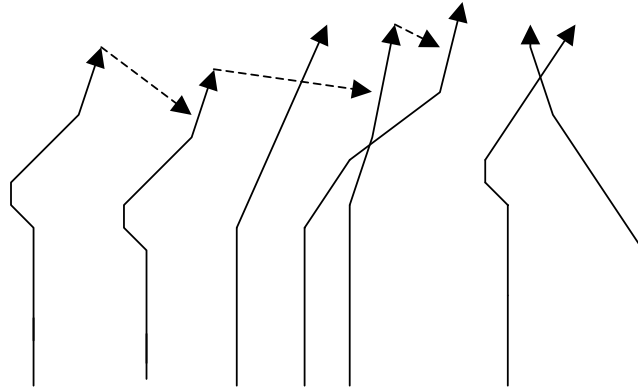


Figure 49: A “Shark” running line off the second receiver

s. An “ACT” running line with a strike close to the facet (RED)

- This is a slightly more complex running line that requires more space and good spatial judgement for its successful execution as there are more passes and off the ball running involved before the strike is made.
- It should mainly be done from a lineout or phase ball where there is sufficient space in which to do the pass-run-around.
- The colour indicates where the strike is going to take place:
i.e., “Red” indicates that the strike is going to take place nearer towards the forwards.
- Until players have the ability to judge and nominate where strikes are to take place in respect of where the spaces are, the strike will be nominated early. At a later stage and once the players are adept at decision-making, the player with space in front of him will call for the ball.
- The following aspects are important for the proper execution of the strike.
 1. The scrumhalf passes a reasonably deep pass to the first receiver who in turn takes the ball moving forward towards his immediate defender.
 2. The first receiver must move towards his opposition defender trying to get on the outside of him with the arc that he runs. At the last moment he must step aggressively inside on an angle so to manipulate the defender into adjusting his defensive line and turning his shoulders inwards.

3. The scrumhalf in turn then moves around on a reasonably deep loop so to be able to take a return pass from the first receiver.
4. The scrumhalf must continue moving across the field but must however make an effort to straighten up somewhat in order to commit and “fix” his respective defender who will be the player out from the first receiver’s initial defender.
5. The strikers approach the scrumhalf from a deep and angled run.
6. When a “red” is nominated the forward receives the ball on the strike behind the scrumhalf who is moving across the field. It is important that the striker’s line of movement should be outside the scrumhalf and that the striker runs an “X” line.
7. The success of the move is largely dependant on the work that is done simultaneously on the outside by the decoy runners.
8. They should execute an “O,I” trailing line. The second important aspect of this “O,I” trailing line is that it sets up a trailer who is thus able to receive the offload, be the first cleaner if a tackle situation arises or is a support runner if a clean break occurs.

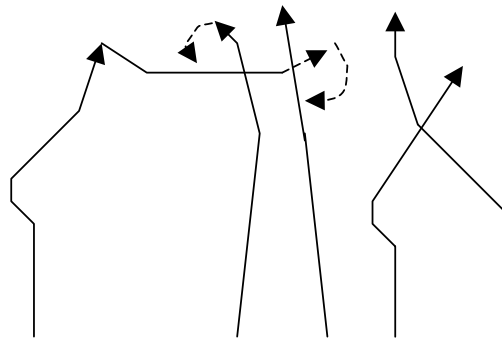


Figure 50: An “ACT” running line with a strike close to the facet (RED)

- t. **An “ACT” running line with a strike away from the facet (BLUE)**
 - This is a slightly more complex running line move that requires more space and good spatial judgement for its successful execution, as there are more passes and off the ball running involved before the strike is made.

Because the strike takes place further out than the “Red”, more working space is required in which to execute the move.

- It should mainly be done from a lineout or phase ball where there is sufficient space in which to do the pass-run-around.
 - The colour indicates where the strike is going to take place:
i.e., “Blue” indicates that the strike is going to take place further away from the forwards.
 - The following aspects are important for the proper execution of the move.
1. The scrumhalf passes a reasonably deep pass to the first receiver who in turn takes the ball moving forward towards his opposite defender.
 2. The first receiver must move towards his defender trying to catch him on his outside shoulder and at the last moment step inside on an angle so to manipulate the defender into turning his shoulders inwards.
 3. The scrumhalf in turn then moves around on a reasonably deep loop so to be able to take a return pass from the first receiver.
 4. The scrumhalf must continue moving across the field but must however make an effort to straighten up somewhat in order to commit and “fix” his respective defender who is out from the immediate defender of the first receiver.
 5. The strikers approach the scrumhalf from a deep and angled run.
 6. When a “blue” is nominated a forward runs a decoy striking run behind the scrumhalves back in order to “fix” the defenders that are moving across
 7. The striker comes in on an “O,I” strike with the decoy opening up the space through which the striker moves by running an arc outwards.
 8. The second important aspect of this “O,I” line is that it sets up a trailer who is thus able to receive the offload, be the first cleaner if a tackle situation arises or is a support runner if a clean break occurs.

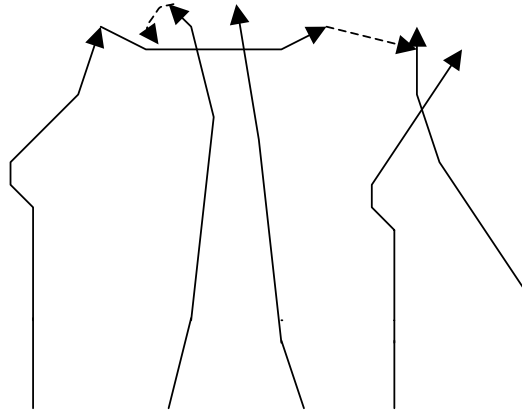


Figure 51: An “ACT” running line with a strike away from the facet (BLUE)

u. A “Slap Chips” running line off the first receiver

- This specific strike move is based on the pass-run-around moves (ACT).
 - It involves a strike off the first receiver with further decoy runners involved.
 - It is important that it is done on the contact line thus timing of the strike and decoys is important.
1. The scrumhalf makes the pass to the first receiver who receives the ball moving forward towards his direct defender. Just before contact he should aggressively step inwards so that his immediate opposition’s shoulders are turned inward.
 2. The scrumhalf runs around on the loop as a decoy continuing moving across the field but must however make an effort to straighten up somewhat in order to commit and “fix” his immediate defender. The decoy ploys on the outside will keep the space open where the strike is to take place.
 3. The roaming player then comes in on the strike in the space created by the looping scrumhalf.
 4. The success of the move depends on the work done on the outside by the players who execute an “O,I” decoy. Their job is to commit and “fix” the outside defenders so that if a linebreak occurs the defenders won’t be able to

correct and get back into a position to be able to defend. Secondly the “one-out” trailer is able to either receive an offload or clean if a ruck forms.

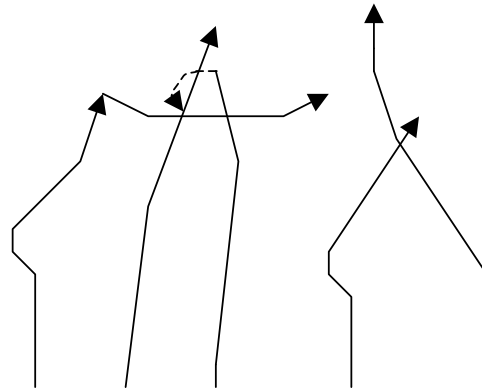


Figure 52: A “Slap Chips” running line off the first receiver

v. A “Slap Chips” running line off the second receiver

- This specific continuity move is based on the pass-run-around moves (ACT).
 - It involves a strike off the second receiver with further decoy runners involved.
 - It must take place a little deeper as there is an extra pass and for it to be successful it should be done on the contact line thus the timing of the strike and decoys is important.
1. The scrumhalf makes the pass to the first receiver who receives the ball moving forward and towards his directly opposite defender. Before making the “face” pass to the second receiver who is two channels out, he should ensure that he makes a step inside so to “fix” his directly opposite defender and those defenders moving across from the previous facet.
 2. The first receiver then makes a reasonably deep pass to the second receiver who should receive the ball moving forwards towards his immediate defender. As the second receiver is reaching the contact line he should step inside on an arc with the player who was faced looping around as a decoy

3. The “faced” player runs around on the loop as a decoy continuing moving across the field but must however make an effort to straighten up somewhat in order to commit and “fix” his immediate defender.
4. The roaming player then comes in on the strike in the space created by the looping “faced” player.
5. The success of the move depends on the work done on the outside by the players executing an “O,I” decoy. Their job is to keep the opened up space at the strike area and to commit and “fix” the outside defenders so that if a linebreak occurs the defenders won’t be able to correct and get back into a position to be able to defend. Secondly the “one-out” trailer is able to receive an offload or clean if a ruck forms.

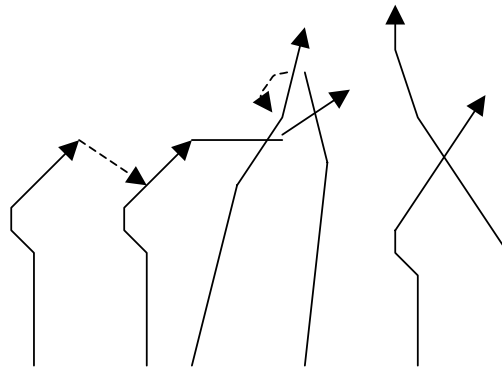


Figure 53: A “Slap Chips” running line off the second receiver

- w. **A “DSP” running line off the first receiver**
- This is a strike move where after quick, recycled possession is sought. It could possibly result in a successful linebreak if executed off quick second phase possession, however not likely against organised defence.
 - It is imperative that this move be executed on the contact line so that “go forward” momentum can be created.
1. The pass needs to be flat to the first receiver who should take it attacking the advantage line. Just before the move is executed, the first receiver should step

inside in order to “fix” the defenders moving across from the inside facet before readjusting in order to send the striker through the gap created.

2. The first receiver dummy-passes to the decoy runner who “strikes” behind his back, but in the same movement passes to the “one-out” striker who comes in on an “O,I” striking line with the player just out from the first receiver running outwards drawing the defenders away from the contact area. It is the ball carriers and outside player’s responsibility to run an “unders” trailing line so to be able to clean or receive an offload as the situation develops.

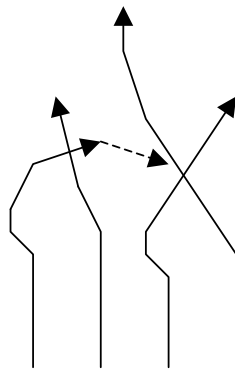


Figure 54: A “DSP” running line off the first receiver

- x. **A “DSP” running line off the second receiver**
 - The alignment of the attacking backline needs to be deeper as there is an extra pass that needs to be made before the strike takes place.
 - This is a strike move where after quick recycled possession is sought. It could possibly result in a successful linebreak if executed off quick, second phase possession, however not likely against organised defence.
 - It is imperative that this move be executed on the contact line so that “go forward” momentum can be created.
1. The pass needs to be flat to the first receiver who should take it attacking the advantage line. He should slightly straighten up his angle of run and then give a firm pass to the second receiver just out from him.

2. Just before the move is executed, the ball carrier should step inside in order to “fix” the defenders moving across from the inside before readjusting in order to send the striker through the gap created.
 3. The ball carrier dummy-passes to the decoy runner who “strikes” behind his back, but in the same movement passes to the “one-out” striker who comes in on an “O,I” striking line with the player just out from the first receiver running outwards drawing the defenders away from the contact area.
- It is the ball carriers and outside player’s responsibility to run an “unders” trailing line so to be able to clean or receive an offload as the situation develops.

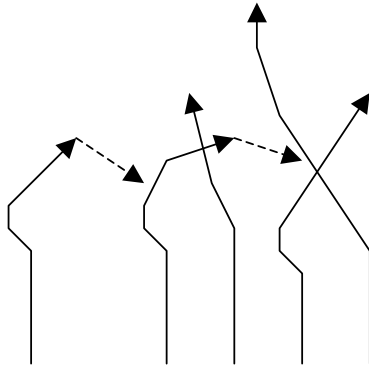


Figure 55: A “DSP” running line off the second receiver