



Key Focus Areas XVs (tap each title for Clarity Video)

Breakdown

Tackler &
Tackle-Assist

Jackler

Cleanout

Counter Ruck &
Halfback

Space

Inside Defence
(Pillars)

Outside Defence
("13" Channel)

In Front of Kicker
(IFOK)

Obstruction
(Support Play
& Kick Chase)

Set Piece

Scrum Setup

Scrum Contest

Lineout

Maul

Foul Play

Tackle Height

Head Contact

Croc Roll &
Dangerous Cleanout

Unfair Play

Game Management

Movement &
Position

Communication

Pressure Gauge

In-Goal



Key Focus Areas XVs (tap each title for Clarity Video)

Breakdown

Tackler **NOT IN WAY** of ball
or cleanout.
Tackle-Assist clear release

Jackler in position to
LIFT the ball

Square up +
Threat Focus: **MOVE BODIES**
Ball Focus: Feet on ground

MOVE BODIES & leave
halfback alone

Space

Hands and feet
START ONSIDE

Daylight: **START** clearly onside
("13 Channel")

Chasers in line with kicker.
Players in front
NOT ADVANCING.
Retreat if near play

Support player: in
REALISTIC position to catch
a pass. Kick Chase:
allowing **ACCESS** to the
chasing players

Set Piece

Brake Foot established,
alignment to left, **STABILITY**
before & after "Set"

Loosehead: left foot stepping
forward/back, not out.
Tighthead: bind on body,
leg shape 90-120 (not
overextended)

GROUND: gap (1m+), receivers (2m),
5m defender (2x2m)
AIR: jumper realistic to get ball (not
across landing on opposition). Throw
inside shoulder if **LIFT** from opposition
OR to player on ground **OR** over 15m)

ATTACK: initial access to ball
carrier (no chest to back).
DEFENCE: enter square behind
last teammate, no slide or pull up
the side. Stay on feet

Foul Play

UPRIGHT defender: contact below
sternum (hit below the ball). **LOW**
defender (bent at knees & hips): not
liable to high tackle

1) Head Contact?
2) Foul Play (upright or no arms)
3) Degree of Danger (high or not high)
4) Mitigation
(change in height or direction)

Late or compromised arrival? must
avoid **CLAMP** and roll or collapse on
lower limbs of Jackler
Head Contact Process applies
if not chasing feet + not squaring up

REALISTIC position to compete
legally under pressure
(linebreak, 2v1, in air)

Game Management

General: **RUN** Ball-in-line.
Contest (**JOB 1**): stop on angle
FACING DEFENDERS
Ball Won (**JOB 2**): get **WIDE** and **IN-FIELD**
or 9s pocket (if stuck in close)

Whistle matching Primary (**WHAT**),
Non-verbal Secondary (**WHY**).
Verbal
(if needed):
number, colour, infringement

Who is under pressure?
What are they going to do
(linebreak, 2v1, mismatch)?

GET IN IN-GOAL: Who took ball
into in-goal? Press or **NO**
SEPARATION. Restart?