



BSRFUR Monthly Meeting

21st April 2015
Positioning



Positioning

What did we learn from the outside session?

- **Importance of the 45° angle**
- **Body angle to enable good all-round vision and prepare to run in desired direction**
- **Anticipate play to determine what to do next**
- **Get goal-side near the try line.**



Positioning - Introduction

Why important?

If not well positioned, decision making likely to be flawed

- **There are no absolute rights or wrongs**
- **We have preferred starting points, but no set "rules"**
- **Positioning is Dynamic – we need to consider the developing match situations**



Positioning - Introduction

At each stage of each game phase need to be able to answer:

- **What are we looking for?**
- **What is likely to happen next and**
- **What is its importance?**

Caution:

We do not have ARs or TMO

Positioning on the TV is not for most of us



Positioning - Introduction

BPON Framework

- **B**all - need to locate it
- **P**articipants - what are they doing?
- **O**ffside lines - establish if appropriate
- **N**ext - anticipate where needed

Note:

- It is a **Compromise** – cannot optimise all of **BPON**
- Do not undervalue “Next”

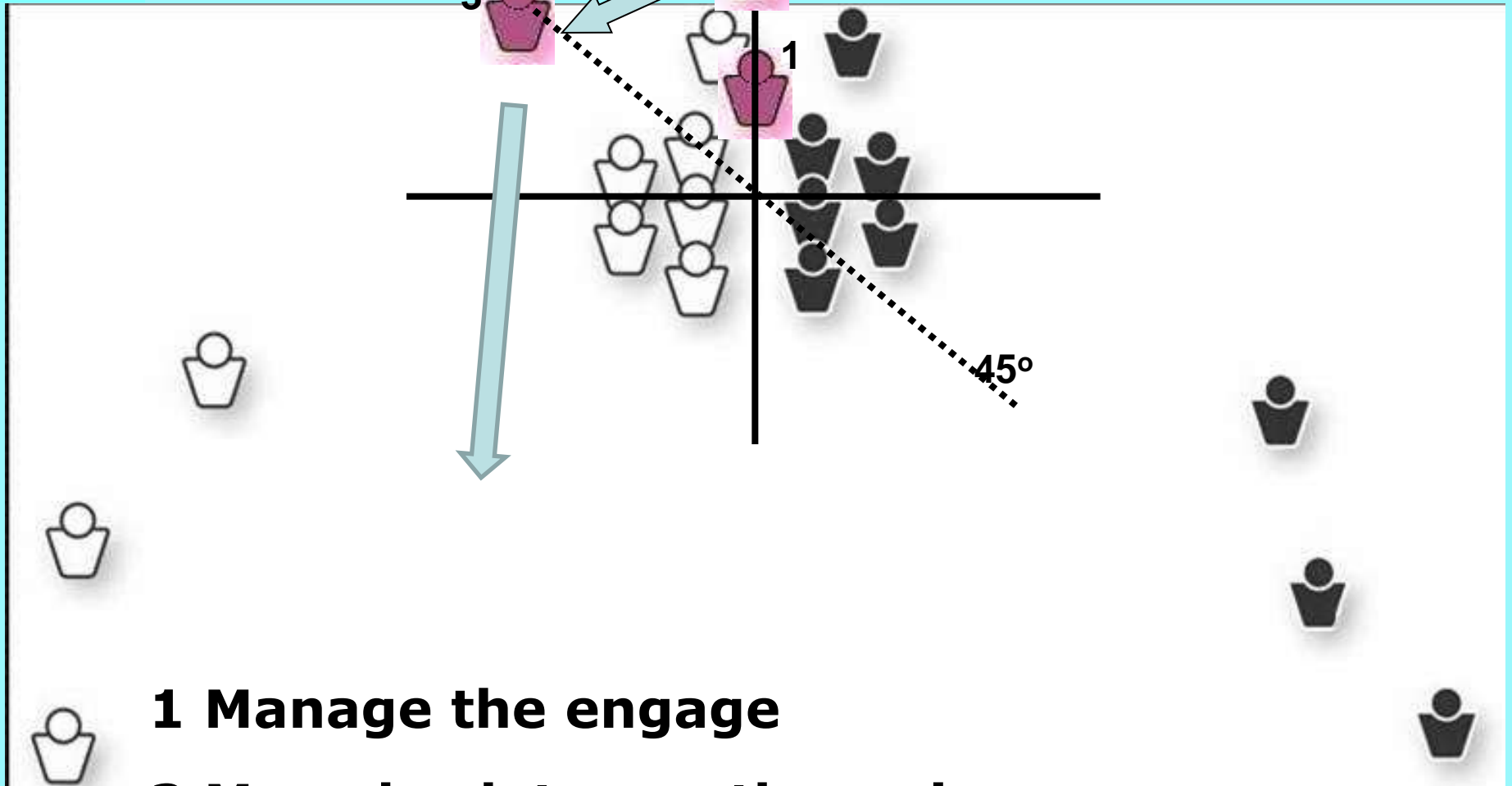


Positioning - Introduction

BPON Framework - General Principles

- **In close to either**
 - **Manage the formation or**
 - **ensure where the ball is and that it is not being illegally impeded**
- **Move away to widen view for other participants and offsides**
- **Prepare, and clear path, for Next**

Scrum

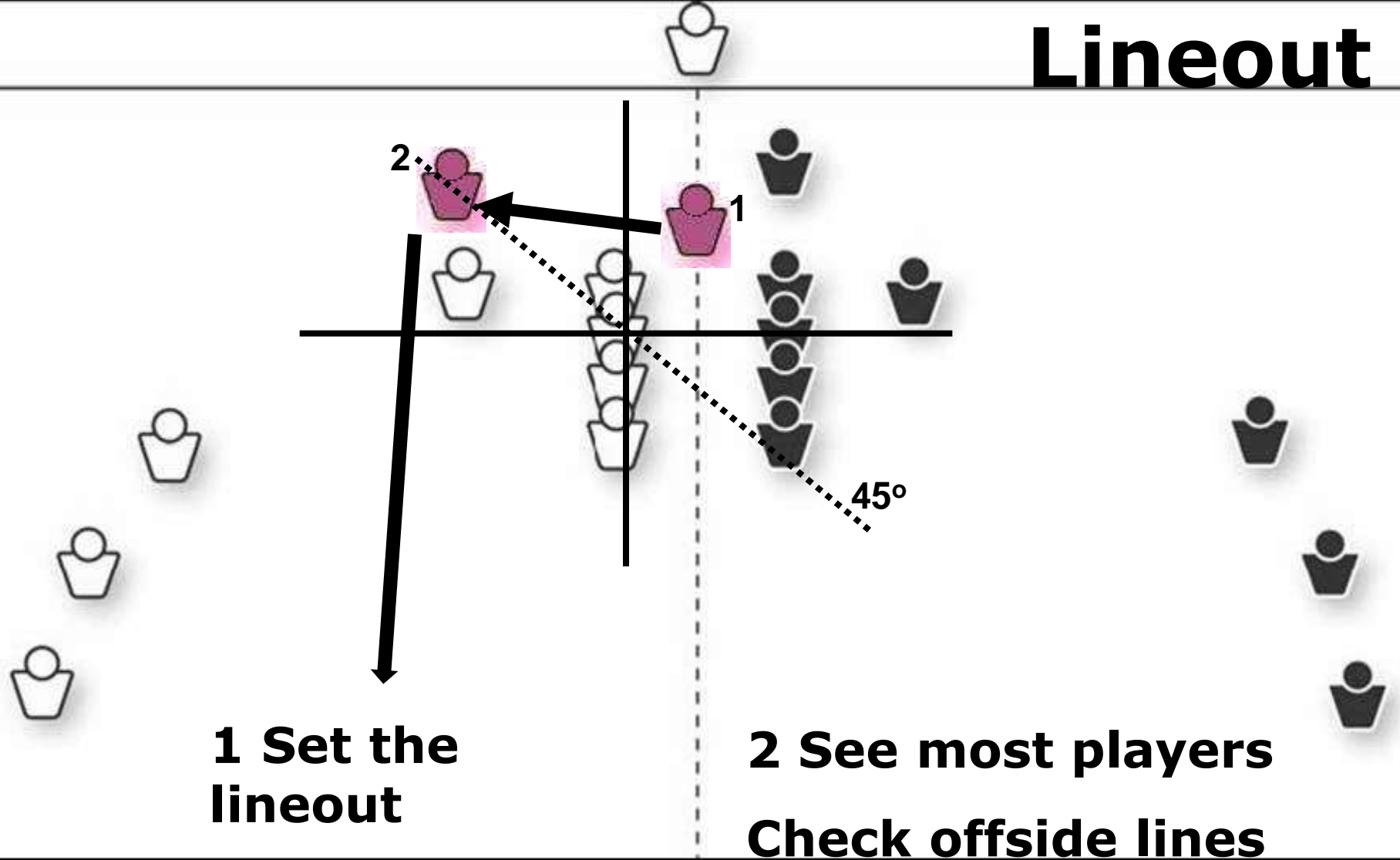


1 Manage the engage

2 Move back to see throw-in

3 Move to ensure clean delivery, check bindings and offside, prepare to follow play

Lineout



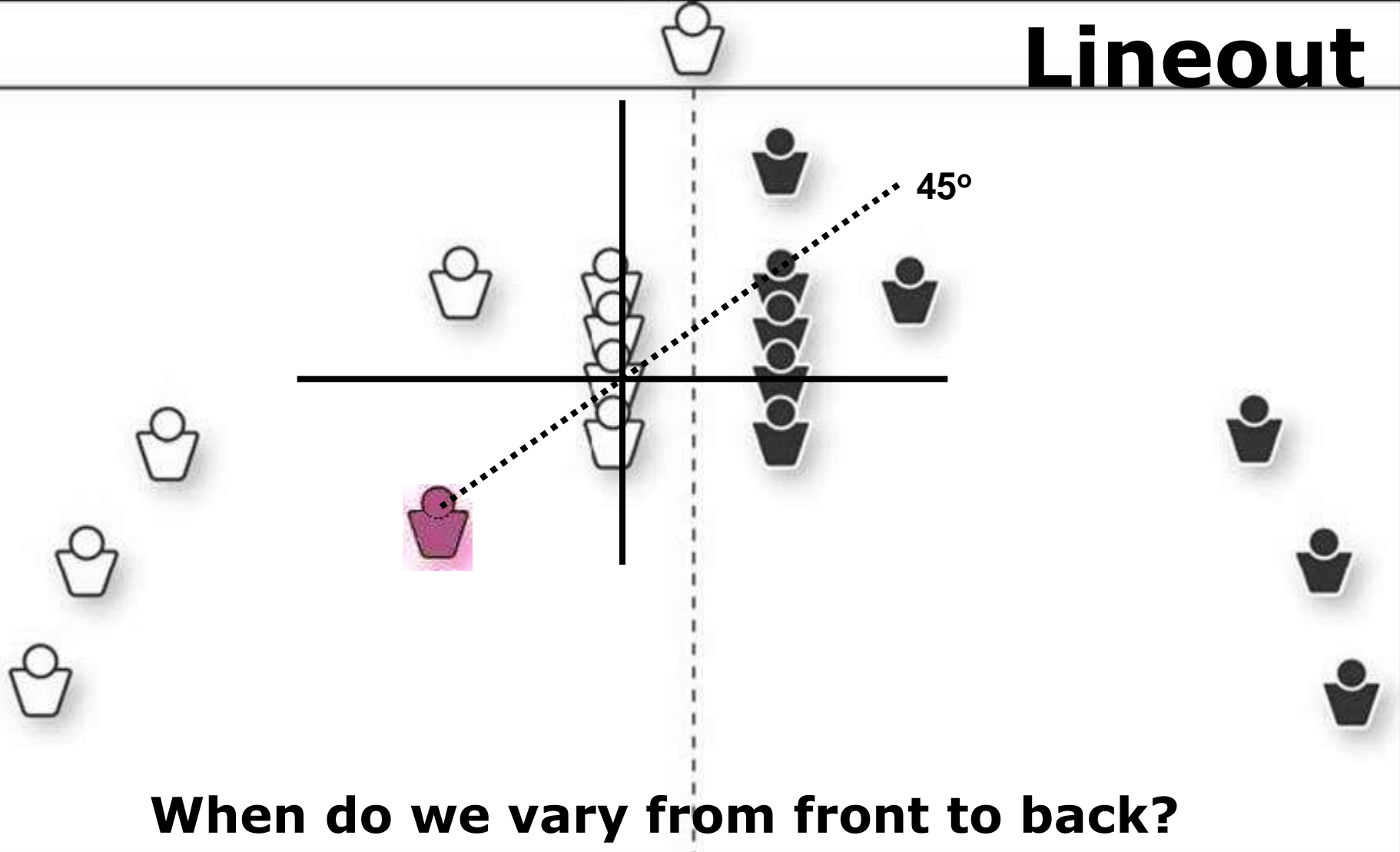
1 Set the lineout

Ensure the gap, then move to:-

**2 See most players
Check offside lines**

**Look for not straight
Follow ball if thrown long**

Lineout

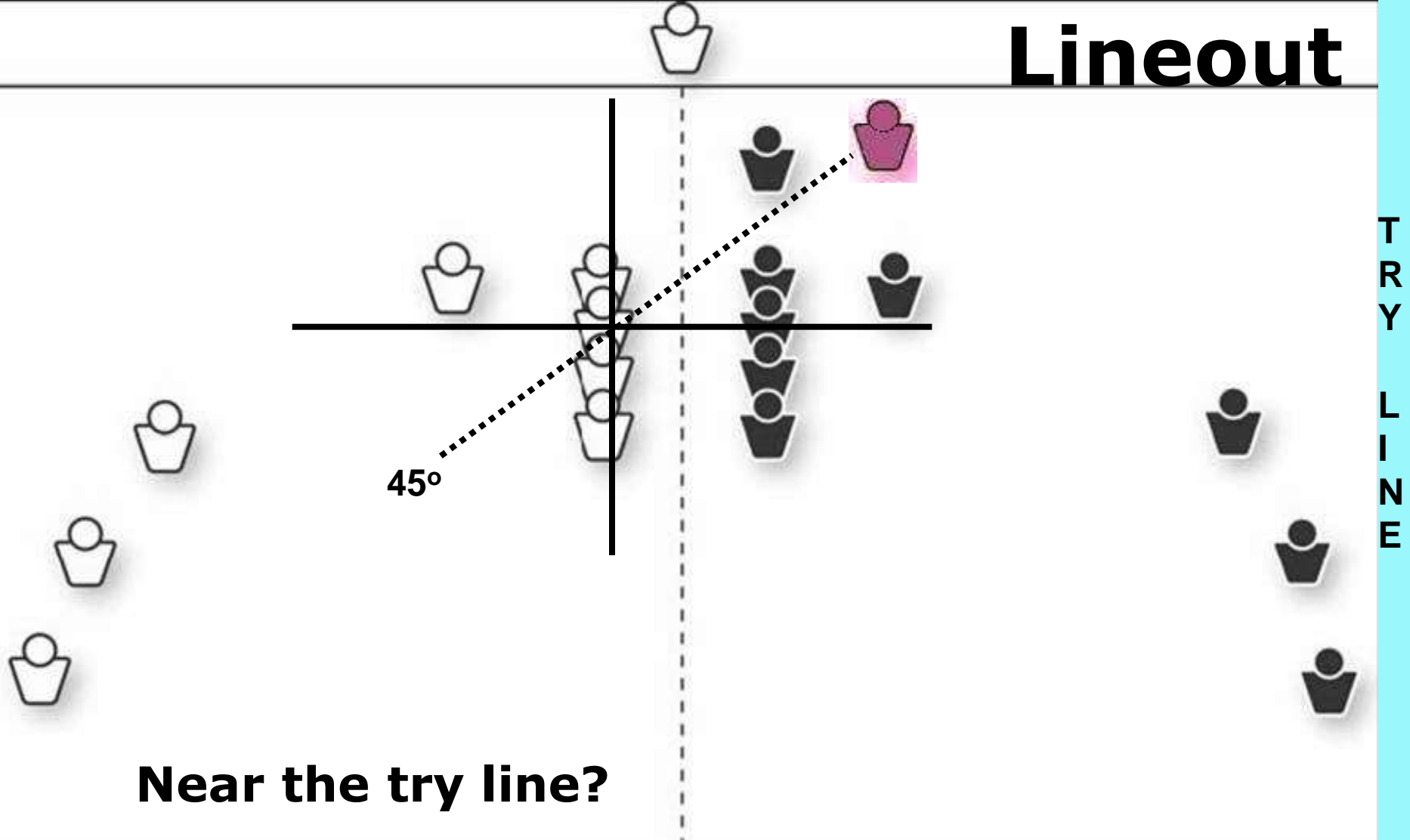


When do we vary from front to back?

a) If looking into the sun

b) If anticipating a long throw

Lineout

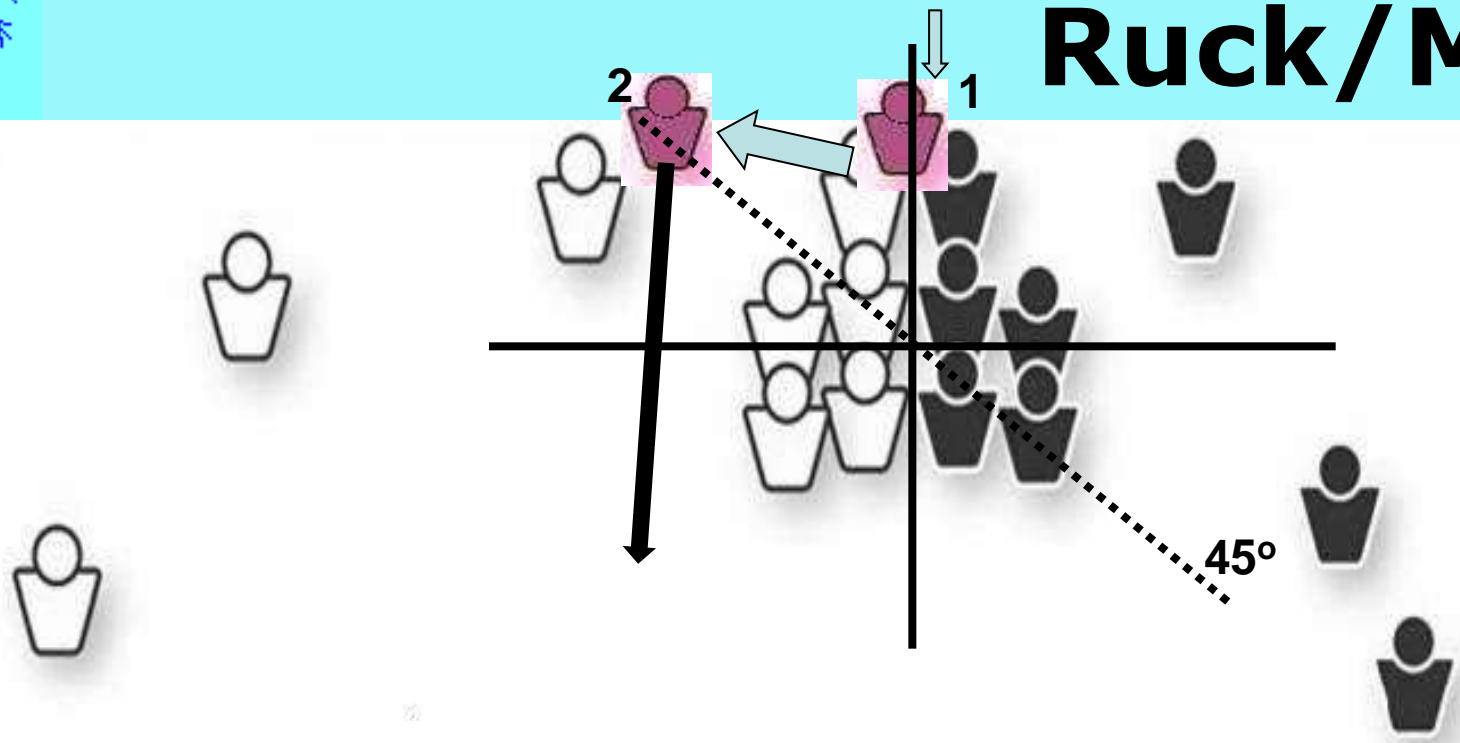


Near the try line?

Important to get goal-side and watch play coming to you – overriding priority is to see what happens if the ball reaches the try line



Ruck/Maul



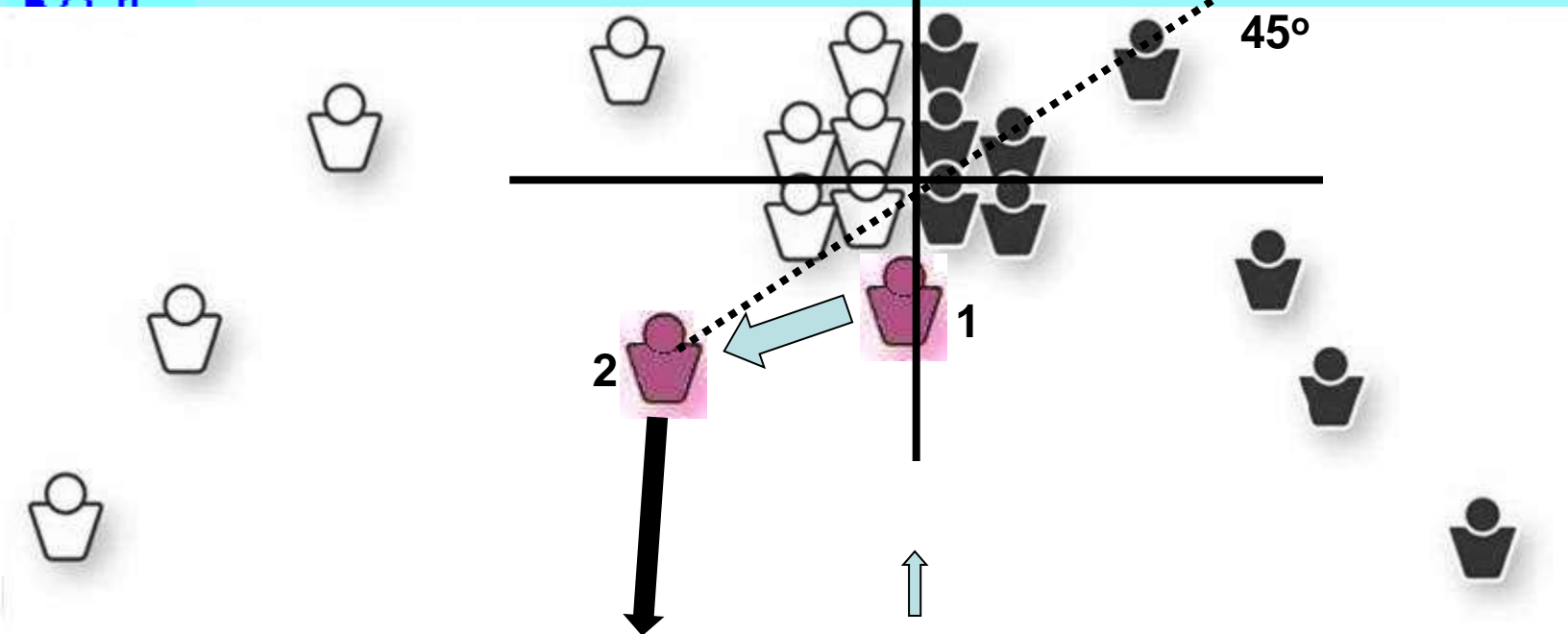
If arriving "from the top"

1 In close to see the ball

2 Then move to check binding, see most players and check offside lines. Also clear of the back feet to follow play



Ruck/Maul



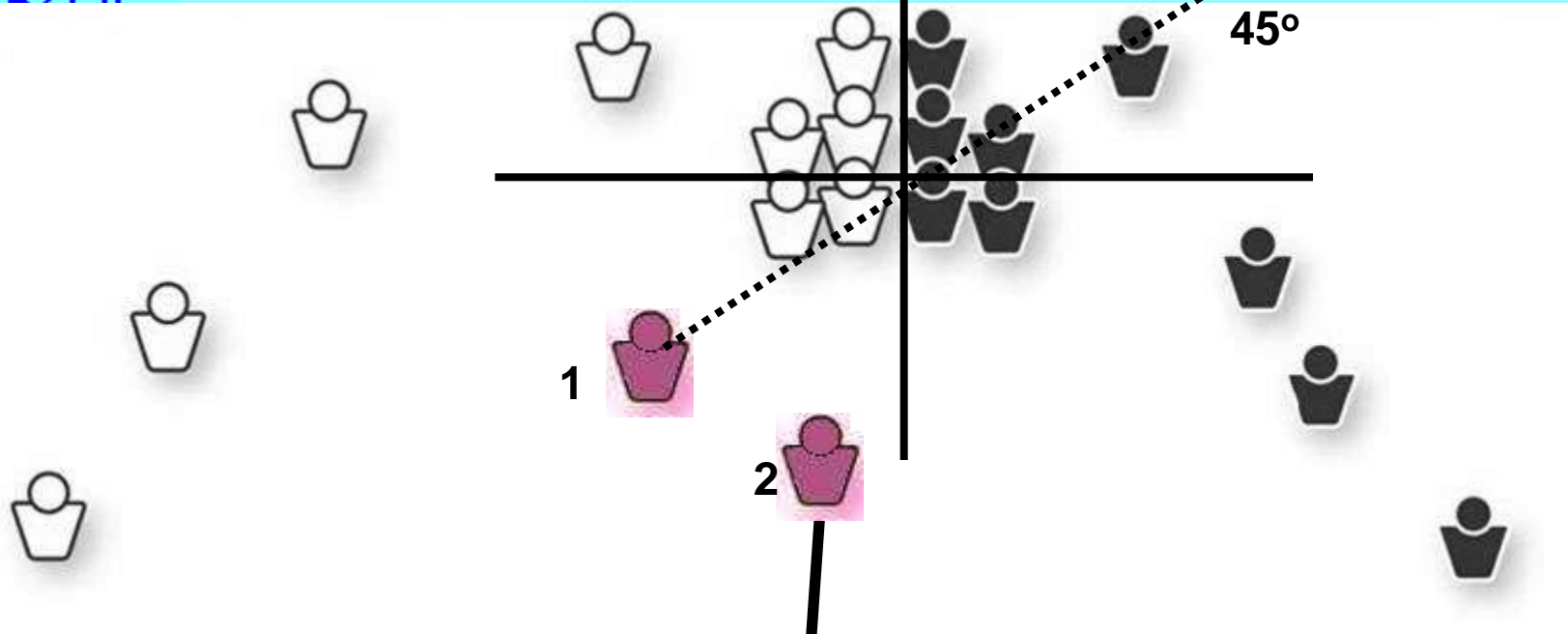
If arriving "from the bottom"

1 In close to see the ball

2 Then move to check binding, see most players and check offside lines



Ruck/Maul

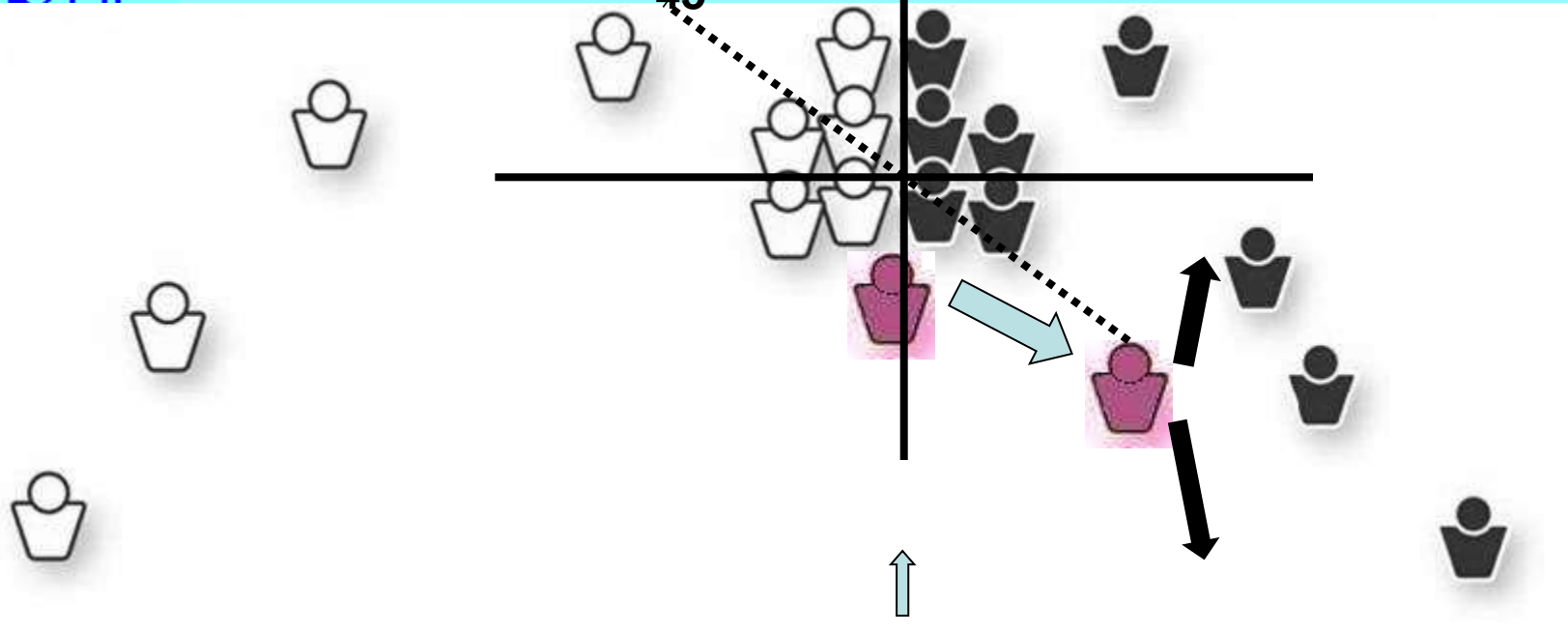


- 1 In this situation beware**
- **body angle –facing opposition and look sideways**
 - **Obstructing the no 10 channel**

2 So adjust as the ball is being delivered



Ruck/Maul



If near the try line

Need to be in position to judge events if they pick-and-drive so move to goal-side and watch play coming towards you