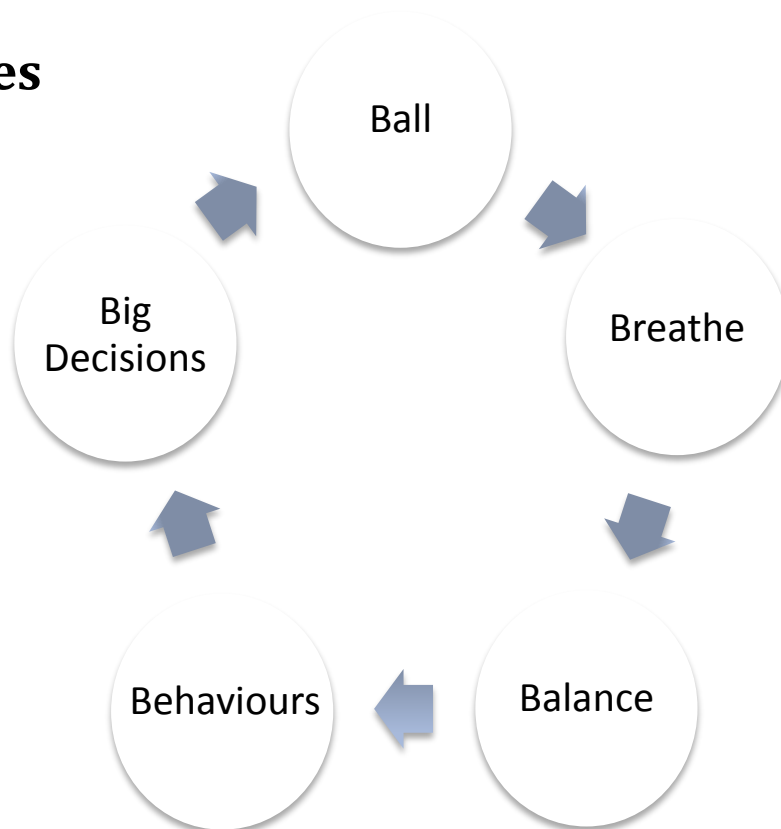


# Basic Principles



## Checklists

### Lineout / Maul

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<p><b>INVEST IN THE SET UP</b></p> <ul style="list-style-type: none"> <li>• Gap (use a line? Make a mark?)</li> <li>• 2&amp;2</li> <li>• H in middle</li> <li>• Numbers</li> <li>• Space -2m, 15m &amp; 10m</li> <li>• Fair Contest or Really not straight</li> </ul> <p><b>SAFETY in AIR</b></p> <ul style="list-style-type: none"> <li>• Contact</li> <li>• Disruption</li> <li>• Chaos</li> <li>• Thrown through</li> <li>• Pods</li> <li>• Quick or slow sack</li> </ul>	<p><b>MAUL SET UP</b></p> <ul style="list-style-type: none"> <li>• Attack &amp; Defence</li> <li>• Low threshold</li> <li>• Uncontested</li> <li>• Defence step off the line</li> <li>• Ball posted - LAT</li> <li>• Offside round / through early</li> <li>• Change lanes</li> <li>• Tackle ball carrier</li> </ul> <p>• LO over - over 15m – in 5m</p> <p>Backs up early!</p>
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## The Maul

<p>WHEN TO CALL MAUL or CAN I PLAY IT AS A TACKLE?</p> <ul style="list-style-type: none"> <li>• Breathe</li> <li>• To ground quickly</li> <li>• Static &amp; slow... held up</li> <li>• Recognise - Rugby knowledge</li> </ul> <p>ISSUES</p> <ul style="list-style-type: none"> <li>• Attack &amp; Defence</li> <li>• Side entry</li> <li>• Change Bind (Swim)</li> <li>• Bound in / through the middle</li> <li>• Pulled down by who</li> <li>• Pulled out</li> <li>• On necks</li> </ul> <p>Change position on ground</p>	<p>GOAL LINE</p> <ul style="list-style-type: none"> <li>• Heightened awareness</li> <li>• Locate the ball</li> <li>• Move</li> <li>• Follow in</li> <li>• Gone to ground?</li> <li>• Fast / slow</li> <li>• AR's</li> <li>• Why stopped - identify</li> <li>• Pen.Try / YC ?</li> </ul>
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## The Tackle

<p>ESSENTIAL</p> <ul style="list-style-type: none"> <li>• Locate the ball – be there</li> </ul> <p>RECOGNISE</p> <ul style="list-style-type: none"> <li>• Actions of the Tackler &amp; Assist</li> <li>• Shut up or to communicate <i>identify - deflect the pressure – help (level)</i></li> <li>• Rugby picture</li> <li>• Attack &amp; Defence</li> <li>• Do I need to? <i>Yes or No.... breathe</i></li> <li>• 1<sup>st</sup> Offence</li> <li>• Return to Tackler / Assist</li> </ul>	<p>Then</p> <ul style="list-style-type: none"> <li>• Side entry</li> </ul> <p><i>Rescue</i></p> <ul style="list-style-type: none"> <li>• Off feet <i>Sandwich Contest Launched</i></li> <li>• Hold on <i>Isolated Failed clear out Hands past the ball</i></li> <li>• <i>Beaten by the ruck</i></li> <li>• Unplayable <i>Why? Work harder</i></li> <li>• Protect the 9 <i>Taking the space - Pulled in - Roll out, not into</i></li> <li>• <i>Before the ball - Kicked from hands</i></li> </ul> <ul style="list-style-type: none"> <li>• Tackle to Ruck</li> <li>• Dead ruck</li> </ul> <p>FOUL PLAY – early, late, off the ball, high, no arms, swinging arm, no attempt to grasp, in the air, over the horizontal</p> <ul style="list-style-type: none"> <li>• Positioning &amp; Follow</li> </ul>
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