

FEDERACIÓN ESPAÑOLA DE RUGBY



DEFENCE

New tendencies in the professional game





The Modern Game

Session Overview

The Modern Game

AVIVA Premiership Quiz

Defence Systems Case Study

Set Piece Defence Problems

Weekly Preview and Review

Question and Answer

Round 1 - Answers

How many of these does a team have in a match?

13 Lineouts and 6 Scrums

89 Rucks

147 Passes

25 Kicks

123 Tackles and 18 Missed Tackles

11 Penalties

2.7 Tries

AVIVA PREM : 2016/17 PENALTY ANALYSIS

	TOTAL	IN ATTACK	IN DEFENCE	IN ATTACK %	IN DEFENCE %	SCRUM	LINEOUT	SET PIECE %	MAUL	TACKLER NOT ROLLING	D HANDS IN RUCK	IN FROM THE SIDE (A + D)	OFF FEET AT RUCK (A + D)	HOLDING @ TACKLE	DEFENCE OFFSIDE	OFFSIDE @ KICK	FOUL PLAY	DELIBERATE KNOCK ON	OBSTRUCTION	OTHER	YELLOW CARDS	PENALTIES PER / YC	RED CARDS
NEWCASTLE	199	50	149	25%	75%	39	5	34%	23	21	7	7	20	26	15	0	25	2	8	0	9	22.1	0
BATH	192	57	135	30%	70%	47	12	38%	14	25	3	3	16	30	17	0	18	1	5	0	3	64.0	0
BRISTOL	217	63	154	29%	71%	53	6	44%	36	27	6	6	7	31	18	1	17	0	4	4	10	21.7	1
EXETER	181	60	121	33%	67%	41	7	30%	6	23	2	9	7	36	22	1	12	4	2	1	5	36.2	2
GLOUCESTER	200	69	131	35%	66%	48	5	36%	19	18	2	8	7	40	24	2	18	4	3	2	8	25.0	0
HARLEQUINS	208	61	147	29%	71%	40	8	35%	25	28	6	7	7	29	21	2	19	4	9	3	9	23.1	1
LEICESTER	216	55	161	25%	75%	38	10	36%	30	29	9	8	13	31	15	2	17	5	7	1	12	18.0	0
NORTHAMPTON	192	56	136	29%	71%	45	8	35%	15	26	12	6	12	24	16	2	19	0	6	1	6	32.0	1
SALE	201	61	140	30%	70%	40	5	37%	29	25	6	6	8	29	16	0	25	3	5	1	12	16.8	0
SARACENS	208	59	149	28%	72%	45	11	36%	19	28	3	7	15	25	13	1	26	1	10	2	6	34.7	1
WASPS	191	55	136	29%	71%	42	9	37%	19	25	8	11	8	25	13	2	18	5	3	3	7	27.3	0
WORCESTER	207	50	157	24%	76%	52	5	39%	24	30	10	5	15	19	12	2	25	1	2	2	8	25.9	2
LEAGUE AVG.	201	58	143	29%	71%	44	8	36%	22	25.4	6.2	6.9	11.3	28.8	16.8	1.3	19.9	2.5	5.3	1.7	7.9	28.9	

Round 2 - Answers

The average Ball in Play time is 36 mins 29 secs

What % of a teams possessions start from each source?

- 11% Restarts
- 32% Counter Attack
- 14% Turnover
- 13% Scrum
- 28% Lineout
- 2% Quick Tap Penalty

Round 3 - Answers

What % of tries come from these sources of possession?

2% Restart

17% Counter Attack

21% Turnover

11% Scrum

44% Lineout

5% Quick Tap Penalty

Round 4 - Answers

What % of tries are scored from each phase of possession?

36% in 1 Phase

21% in 2-3 Phases

20% in 4-6 Phases

23% in 7+ Phases

Round 5 - Answers

How many tackles does each player make on average in a game?

Prop = 12

Hooker = 9

Second Row = 16

Back Row = 25

Half Back = 9

Centre = 12

Back 3 = 7

Questions and Answers?



Defence Systems

Across the entire League
different systems are used

Some are easy to define

Some are hard to define

All have +ve and -ves





Blitz Defence



High Risk = High Reward

Watch the ball, mark the space not the man
Get off the line and force the attack back inside



Aggressive line speed pressure
Poor tacklers have momentum
Tackles made beyond gain line
Front 5 safe in middle of pitch
Slow ruck speed or get ball back



Difficult to help each other out
Tiring due to reset distance
Vulnerable to hard lines
Widest attackers left unmarked
Chip zone is always open



Hybrid Defence



Moderate Risk = Moderate Reward

Fill the field, stay square and connected

Generally let play unfold before committing (RL style)



Equal spacings so hard to breach
2 man tackles slow ball down
Get good line speed at times
Numbers on feet, 9 in front line
Conserve energy in channels



Vulnerable around ruck reset
Forwards exposed out wide
Leave widest attacker unmarked
Front line focus so space to kick
Defend for long periods

Up and Out Defence

Low Risk = Low Reward

Defend from the ruck out, mark men not spaces

Use touchline to assist and force attack around outside



Safe tackles on outside shoulder
Easier to help poor defenders
Front 5 safe in middle of pitch
Kicks and ruck area well covered
Suited to teams with pace



Less opportunity to get ball back
Difficult to stop offloads
Vulnerable in wide channels
Passive tackles so quick ruck ball
Covers lots of space but loosely



Questions and Answers?

Preparation and Reflection



What We Preview...

10+ page trend report with footage

Coaches preview the last 5 games played

Team selection trends and key individual players in attack

Strike plays used (including LO and break out)

Phase play trends (pods/same way/go to calls)

Tries scored, line breaks made, kicking options, referee

What We Review...

20+ page report covering all areas of the game

Coaches review the game (focus points and KPIs)

Key moments in the game (good and bad)

Learning moments for everyone in the squad

Individual reflections and feedback

Some feed forward to next weeks game



Questions and Answers?