

Attack v Defense – Gain Line drill (fringe of the Ruck)

Compiled by Kent Currie

Equipment – 3 ball, cones, 3 tackle bags, tackle suits (optional)

Description:

- 6 defenders (blue circle) play against 9 attackers (red circle)
- 3 breakdown areas are marked and numbered 1, 2, and 3 – 1 ball at every breakdown
- If possible use the entire width of a field
- The coach calls the number of the breakdown and the players must run to that area – attackers are always attacking the same way.
- Once all the players are in position the halfback passes the ball out to the attackers
- The defenders must defend the fringes of the ruck and stop the attackers from getting over the gain line.
- The attackers must use all their attacking options to try and penetrate over the gain line
- Once the attack is finished the coach calls out a different numbered breakdown

Progressions:

- Vary the number of breakdowns called by the coach
- Position the breakdown so there is a short side
- Add in phases
- Bring in attacking option to exploit the defense

Coaching Points:

- There must be 2 defenders on either side of the ruck
- Rock and guard dog must advance forward
- The third player on defense must mark up against the first receiver
- Loud communication is important when defending – point at the attackers
- Attackers must align quickly and with good depth – explore the options
- Defenders must not leave their channel until the ball has gone two passes wide
- Defenders should not get beaten on the inside



