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| Glasgow Lions |
| Mixed A Team  |
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Game Plan – 2012 Season

This aim of this document is to provide coaches and players with a description of strategies and policies for the coming season 2012. The attacking game plan and moves are to be used as ‘principles’ or guidelines. The defensive game plan will be based on ‘policies’ meaning these should be implemented whenever the team is on defence. The pitch has been split into target zones in which different strategies for both attack and defence will be adopted.

**Diagram 1.1 – Pitch Zones**

Attack try line

Attack 5m line

**GREEN ZONE**

**Direction of Attack**

Sub Box Zone

Attack 10m line

**AMBER ZONE**

Halfway

**AMBER ZONE**

Defence 10m line

**RED ZONE**

Defence 5m line

Defence Try line

Phased play will be introduced to our game this year. This will mean that we will have back-up strategies should something breakdown in our main attacking or defensive strategies.

**Attacking Principals :**

* **Green Zone**

***Primary phase play:***

If a hand-over is received in the green zone, line attack principals will be applied. ‘Sliders’ has already been introduced in previous seasons and will continue to be our main strategy for line attack. This will be developed further as the season progresses with the main objective to be more on the running of angles as opposed to a ‘dedicated slider’ move and focus more on reacting to defensive actions and the development of individual player ‘flair’.

Line Attack moves: ice, 7(backdoor/lazy), 57, dummy 6, 60, 5’s (quickie, wide, bounce), 576 (dump split decoy with backdoor performing a switch), 37 (3’s with a decoy runner and backdoor performing wrap)

***Secondary phase play:***

Our ‘safety’ move should anything breakdown in our green zone will be a 5 (quickie). This will either get us a score, or at least allow the rest of the team to re-group and get into position to attempt another ‘primary phase’.

* **Red/Amber Zone**

***Primary phase play:***

There will be two/three game plan ‘principles’ for these zones which is dependent on the opposition’s defensive strategy.

1. Opposition Shooting defence: 323 ( 3’s normal ruck, 1 x 2 pass rucking, then switch to normal 3’s or 4’s )

Main aim of 2-pass is for the 2nd runner to find the gap behind the shooting defence.

The first runner will draw the shooting defence before giving an early pass to a 2nd runner preferably outside in the attack line or back inside. Forward movement is essential. After the 2-pass manoeuvre, we should have the defence on the back foot enough to apply more pressure by changing to normal 3’s rucking. **No sliders off 323** as this will slow momentum. Continue forward to finish with either, a scoop, 5 wide/quickie or step.

1. Opposition ‘Squeeze’ defence without shooters:
2. Usual 3’s and 4’s rucking
3. Settling: same idea as 3’s rucking however instead of using the same 3 players in a loop, the next runner will always be the next player in the attacking line. This creates not only forward movement, but can also move the defence subtly across the field in one direction, and creates an overlap when we move the ball quickly back in the other direction.

***Secondary phase play***

Our ‘safety’ moves should anything breakdown in our amber/red zones will be with 2’s (buddies). The rest of the team should re-group.

**Defence Policy:**

* **Green/Amber Zone**

***Primary Phase***

There will be two defence policies for this zone dependant on the oppositions attacking strategies. However, we may adopt the secondary phase of defence for some teams who have a more open style of attack.

1. Normal 3’s and 4’s rucking

1. 1 peel - Shooter: 1 up 1 back peel alternating sides – Left mid/left link will act as one team i.e. left mid will shoot up on the attacking opposition player with the ball while the left link will slide across to the mid position to cover the gap. Once the touch is made, the left mid will then peel off to the short side and take up the position as left link. The right mid and right link will act as one team. The right mid will shoot up on the attacking opposition player with the ball to make the next touch. The right link will slide across to the mid position to cover. Once the touch is initiated, the right mid will the peel off to their short side and take up the link position.
2. 1 - Shooter: Normal 1 up, 1 back. Only the mids/links directly in front of the play of ball will be shooting. Never the wing. While communicating with each other, 1 mid/link will shoot up, initiate the touch and will retreat 5m to their original position. The mid/link next to them, will stay back in readiness to shoot up and make the next touch. Once that touch is initiated, they will retreat 5m to their original position.
3. 2 pass rucking or subbing
4. 221 defence pattern – 2 x 2 shooters up, then revert to normal 1’s

The mid or link closest to the ball will call ‘mine’ and shoot up on the attacking opposition player with the ball. The player 2 off will also shoot up and they will form a 2 x player shooting team. For example, if left link shouted ‘mine’, the right mid will be the shooting partner and they will both shoot out. The left link will take the player with the ball, the right mid will concentrate on the attacking player that the ball may be off-loaded to. Once the touch in initiated the shooting players will pack-pedal to their original positions. The next shooting team will then be the left mid and the right link. The closest to the ball will shout ‘mine’ and take that player, while the shooting partner will concentrate on the attacking player to whom the ball may be off-loaded to. Both shooters will then back-pedal to their original positions. After the 2nd touch, we will then revert to normal 1 shooter.

***Secondary Phase***

The ‘safety’ move will be ‘man-on-man’ defence where everyone will defend the opposing player directly opposite their own number position. To count up for man-on-man defence you work in 3’s (i.e. 3 left players, 3 right players). Left wing(1), left link(2), left mid(3). Left wing will count 1 opposition player in from the wing, left link will count 2 oppositions players in from the wing, left mid will count 3 players in from the wing. Same for the right players. Right wing (1), right link(2), right mid(3).

* **Red Zone**

***Primary Phase***

Shutdown defence (‘corners’) with ‘kill’.

***Secondary Phase***

The ‘safety’ move in the event of a breakdown will be ‘Squeeze’ defence where all players will squeeze together around the danger area where the opposition attack is taking place, and will then slide together as a team.

* **All Zones**

5th and final touch – ‘Closedown’. Everyone must move up in a line, man-on-man defence and closedown the play.

**Winger Policy:**

**Attack:**

* **All Zones**

As a guideline the winger should always stay wide (hug the line) to give as much space for the team to work with, however, if the winger wants to execute a line attack move 5, then for this purpose they must come in off the line and move in field attracting the opposition winger to do the same, in order to create space on the outside for the manoeuvre. (NB: this must be communicated between the link and wing if this move is to be executed. All other attacking players must be told to ‘stay away’)

**Defence:**

* **Green/Amber Zone**

If the ball in on the right side of the field, the left winger will drop back from the defensive line 5m and 5-10m in from the sideline. The objective is to watch play and provide cover should any attacking opposition player attempt a scoop or a runaway.

The right wing will stay in the defensive line as normal. If the ball then moves to the left side on the field, the left wing will return to the defensive line as normal. The right wing will then drop back 5m from the defensive line and 5-10m in from the side line to provide cover.

* Red Zone

Shutdown defence (‘corners’) with ‘kill’. ‘‘kill’ manoeuvre the winger must come off their opposing player and shoot up on the next inside player (link).

**Subbing Policy:**

Yet to be decided.

**Training:**

Communication must be established between players and be persistent in all areas of training. Communication is key to a winning formula.

High intensity levels be instructed for all sub-unit skills and team skills and especially game sense drills.

During training, there is one coach and questions are welcomed and encouraged. However, any issues, suggestions or ideas relating to the development of the team should be discussed after a training session etc, so as not to disrupt the session itself.

**Other:**

Strict warm-up and warm-down practices will be adopted. This will include all training sessions, league games and tournaments. At tournaments especially, players will be required to warm-up before a game and static stretches after a game and as a team/club.