



ALL BLACKS®

All Blacks Touch – 2 Touch

When an attacker is touched once he can offload, if he is touched twice/double touch it's a turnover.

Attack -Support, off load, Footwork before contact,

Defence – connection, 2 man tackle, and identification of opportunity's to get ball back as Inside Man.

In all Defence Practices Focus on- Call- Set, Check, Chop - Gold Medal= Turnover, Silver=Penalty – Chop Tackle, Inside Man and The Ball

Constraints	Low	Medium	High
Pitch Size	Wide	Narrow	Tight
Defence position	Spread	Compressed	Normal
Speed of offload	5secs	3 secs	1 secs
Type offload	Deck/Pop	Normal	1 hand
Support – number of passes after offload	1 pass	2 pass	3 pass
Type of touch	Touch	Hold	Wrap

SPORTSMANSHIP - PRIDE - INNOVATIVE - RESPECT - INTEGRITY - TEAM WORK



Springbok Touch – Kick Out

Defending team to kick the ball out and start off with 2 defenders with a limited amount of phases, every time the attack score an extra defender is added and an extra phase for the attack.

Attack – ball movement, running lines, Cut, staying square, work off the ball

Defence- Kick Chase, Types of defence, Spacing, connection

Constraints	Low	Medium	High
Pitch Size	Full width	Half	Narrow
Kicking	Length of kick	Wide kicks	Kick to compete
Defence	Start in middle (between posts)	Stretched /staggered	Random
Speed of ball from tackle	1 sec	3 sec	4 sec
Numbers at break down	non	1	2+
Scoring Location	Wide 5pts	Between 15m 10pts	Middle between posts 15pts



Fiji Touch – Constant Attack

One team to constantly attack for 1-2 minute - they play one phase to try and score and if they aren't successful, they reload and attack again.

Attack -communication, running straight, engagement of defense, catch pass
 Defence – Connection,

Constraints	Low	Medium	High
Pitch Size	Wide	Narrow	Tight
Number of Attackers	3 More than defence	2 More than defence	Same numbers
Defence Starting positions	Spread	Staggered	Random
Scoring zones	Wide	Middle	Coach lead
Starting position of ball	Touch line	Middle	Behind
Number of passes before attack can start	0	2	4

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England Touch – 3 & 6

3 touch in your own half. Resets to 6 touches once you pass half way.

Attack – scanning, kicking, tactical, counter attack

Defense – back 3 position, transition,

Constraints	Low	Medium	High
Pitch size	Wide	Narrow	Tight
Offload	1 hand tackle	2 hand instant	Go to ground
Numbers over the ball	0	1	2
Numbers down after tackle	3	2	0
Defence Pressure	5m back	1m back	Offside line
Starting position	10m	22 m	Random

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Irish Touch – Attack v Defence

Attack has the ball for a number of phases, if the ball is turned over the opposite team have 1 phase to try and score – if no score occurs in that counter attack, you reset for the original attacking team.

Attack – Transition, work off the ball, quick hands

Defense – turn over Opportunities

Constraints	Low	Medium	High
Number of players	More attackers	Same	More in defence
Offside line	5m back	1m back	Offside line
Numbers in breakdown	1	2	3
Speed off ball	Instant	2sec	4sec
Number of passes before touch	0	1	2
Number of phases	Players are told at the start	Players are told after first the number they have	Players told when last phase