

# MIDFIELD ATTACKING OPTIONS

John Fletcher shows how to stretch a defence so they don't know which way you're going to hit them next

## WHAT'S THE OBJECT?

To hit the opposition with two quick rucks – then attack whichever side they are most vulnerable.

## HOW IT WORKS

From a set scrum, send a runner up the middle, then play the same way with only four men in the ruck, including the ball-carrier. From the

second ruck, attack the short side if they don't fold, or exploit the mismatches if they do.

## KEY POINTS

Full-back is the key decision-maker. He must decide whether to link with his front-row players on the short side or rewind open, where the back-line should be able to run at tight forwards.

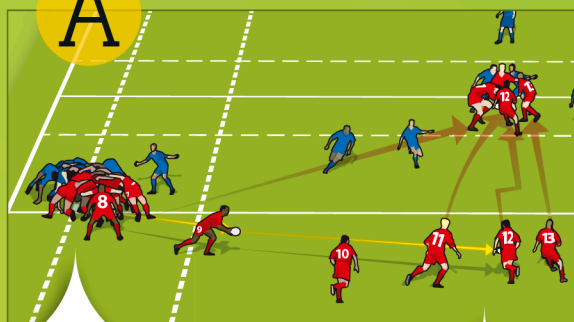
A PRO MOVE THAT YOU CAN TRY OUT



## THE PRO

John Fletcher is the RFU's Professional Development Manager and head coach of England U17 and U18

A

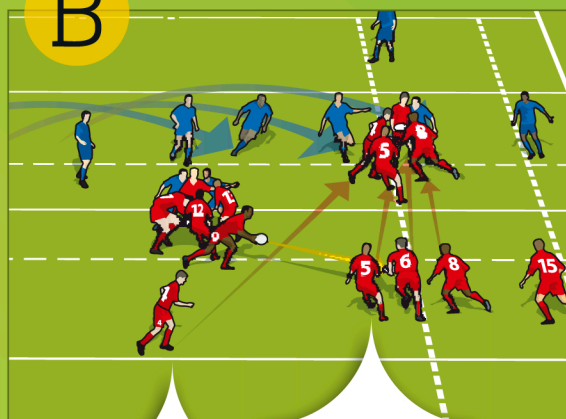


### STEP A

1. 8 feeds 9 from a scrum on the left-hand side

2. 9 hits 11, 12 or 13, who try to play through

B



### STEP B

1. 4 acts as an inside option (use him if it's on!)

2. 9 hits 5, 6 or 8 on the outside

C

### STEP C

1. 9 launches 15 and front row if they don't fold...

2. ...or 7 runs at their ball defender as 15 reverses the attack and plays to a full-back line against their front row



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