

PLAYING FROM AN EDGE

Ben Harvey shows how to beat a flat, open-side defence that is strung out across the pitch

↓ WHAT'S THE OBJECT?

To run at the weaker shoulder of defenders guarding a ruck and then identify – and exploit – the right attacking option to break the line.

↓ HOW IT WORKS

It's all about isolating the defender, running two men at him from different directions, and then taking

the right options. Either man can beat him, or you can change the point of attack to target the next defender.

↓ KEY POINTS

The attacking nine and ten must recognise the shoulder alignment of the defenders in order to make the right decision, as must their two runners.

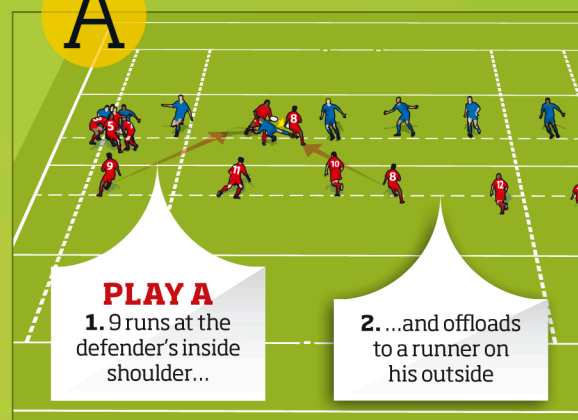
A PRO MOVE THAT YOU CAN TRY OUT



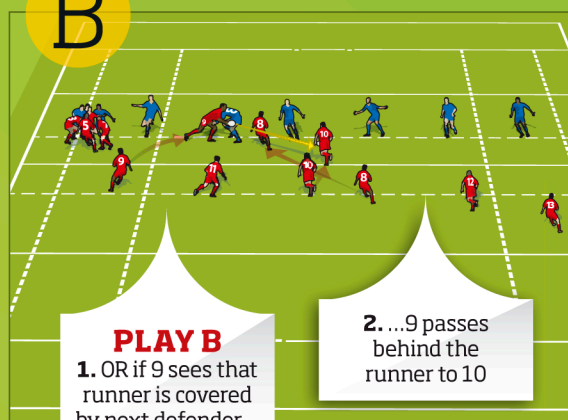
THE PRO

Ben Harvey is head coach of Championship side Jersey

A



B



C

PLAY C
1. Then 10 runs at the next defender's inside shoulder...

2. ...and puts second runner through the gap



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