

LAUNCHING STRIKE RUNNERS

A PRO MOVE THAT YOU CAN TRY OUT

Gary Street shows how to launch strike runners where the opposition least expect them

WHAT'S THE OBJECT?

To move the ball wide off a lineout and put one of three different strike runners through a gap

defence to choose the best attacking option, hitting the opposition where they spot a weakness

HOW IT WORKS

The 9, 10 and 12 provide quick ball, while the outside backs scan the

KEY POINTS

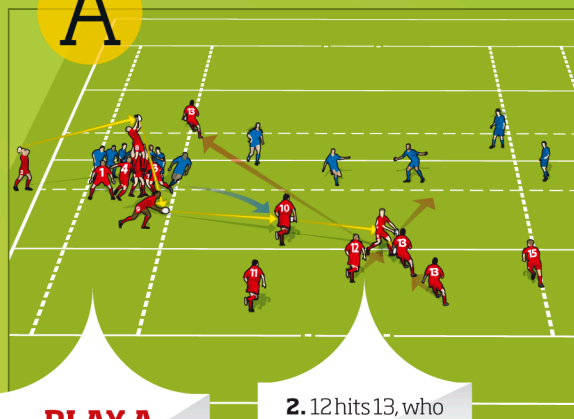
The key decision-makers are 15, 13 and 11, who decide at the last moment which of them takes the pass from 12



THE PRO

Gary Street is head coach of England Women, reigning Six Nations champions

A



PLAY A

1. This is a low-risk option if the defence comes up early

2. 12 hits 13, who attacks the seam between lineout and back-line

B

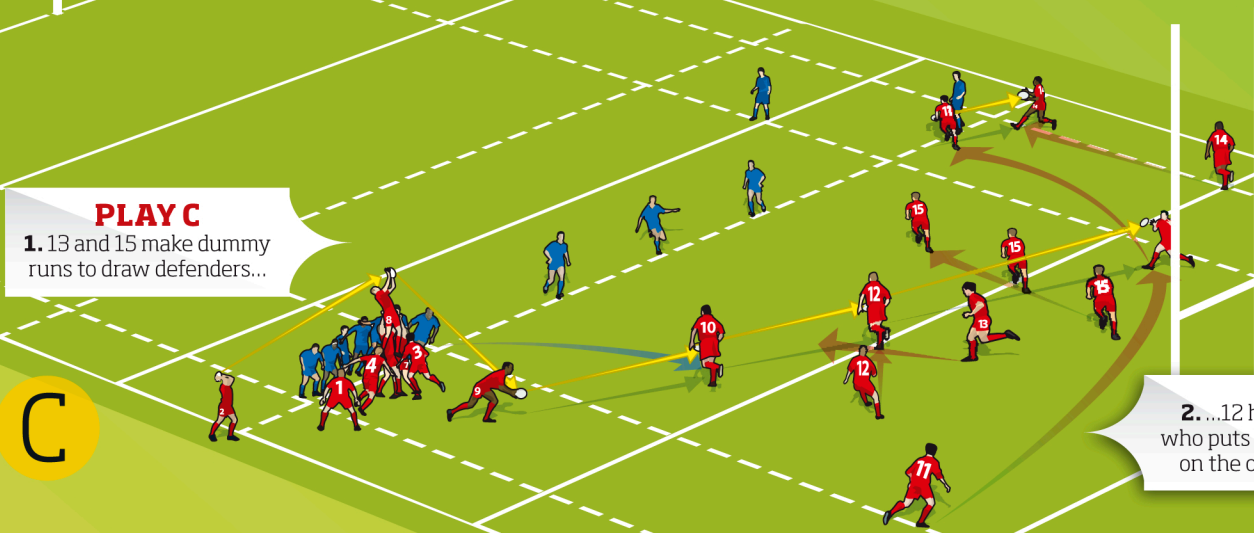


PLAY B

1. 13's dummy run holds the defence...

2. ...and 12 puts 15 through the gap

C



PLAY C

1. 13 and 15 make dummy runs to draw defenders...

2. ...12 hits 11, who puts 14 away on the outside



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