

DUMMY SWITCH WINGER

A PRO MOVE THAT YOU CAN TRY OUT

Bath playmaker Sam Vesty shows how your blindside wing can create a try-scoring overlap

WHAT'S THE OBJECT?

To get 11 outside the opposite centres and create an overlap with 15 and 14

HOW IT WORKS

10 dummy switches with 12, then the 13 runs a 'hard' line trying to commit their 13. 11 runs behind the 13 on an 'out-line' and receives the pass from

10 tight behind 13's back. This creates an overlap with the 11, 15 and 14 against their recovering 13 and 14.

KEY POINTS

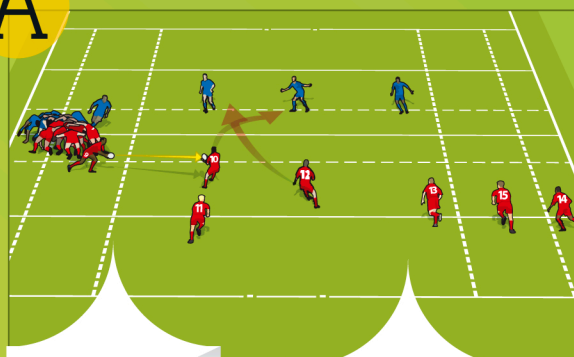
The key to this move is to use your blindside wing, not your full-back, to create that all-important overlap. All the players should expect the ball.



THE PRO

Bath's Sam Vesty is an RFU Level Three coach who blogs for livingrugby.co.uk

A

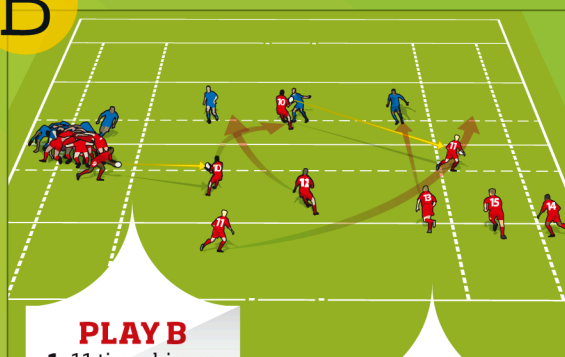


PLAY A

1. 9 hits 10 from the scrum

2. 10 and 12 run a dummy switch

B

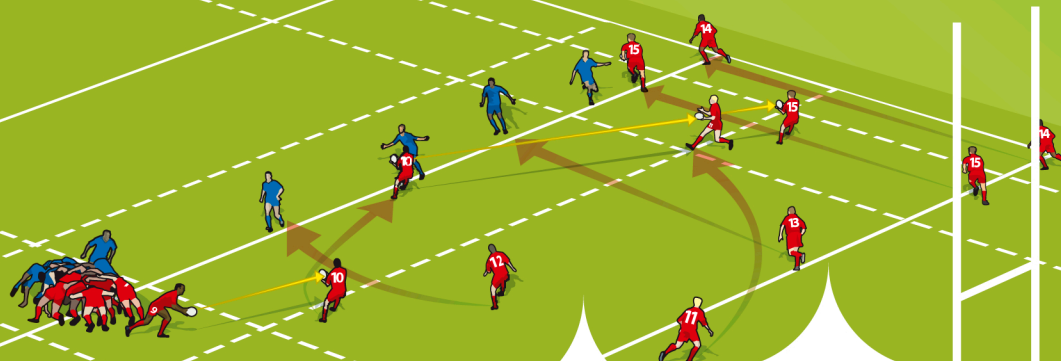


PLAY B

1. 11 times his run to take 10's pass behind 13's back

2. 13 must expect the ball – when running a dummy line, don't be a dummy!

C



PLAY C

1. 11 hits 15 on his outside shoulder

2. 15 draws the last man and gives a scoring pass to 14



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