

PRO'S PLAYBOOK

ATTACK FROM A SCRUM

Barry Maddocks demonstrates how your backs can open up a defence from an attacking scrum

WHAT'S THE OBJECT?

10, 12 and 13 hold and confuse the defence to create try-scoring options for both wings

HOW IT WORKS

10 runs a cut line with 12, who takes the ball to the line, while 10 drops between both centres, followed by his blindside wing on the inside. If the

defence 13 drifts, 12 feeds 13; if they hold, 12 passes out the back to 10

KEY POINTS

12 and 13 must get right in the face of the defence. 12's decision-making is vital. If the opposition stay in their channels, you're away on the outside; if their 11 rushes up, 10 hits his 11 on the inside.

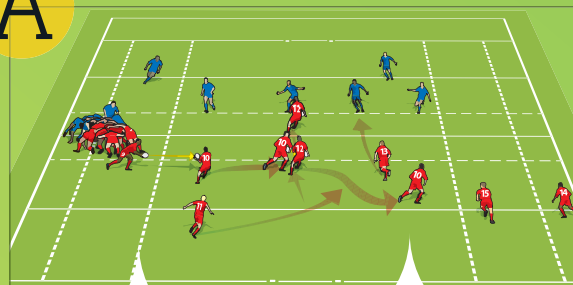
A PRO MOVE THAT YOU CAN TRY OUT



THE PRO

Barry Maddocks is full-time coach of the successful England Women's sevens team

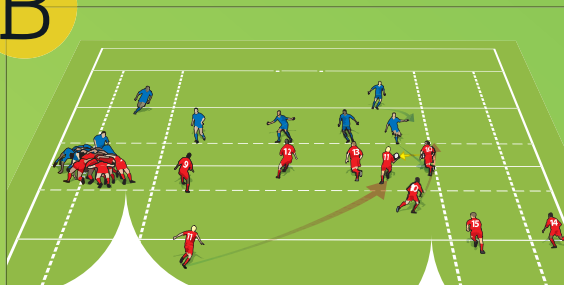
A



STEP 1
1. 10 runs a switch with 12, who takes the ball up

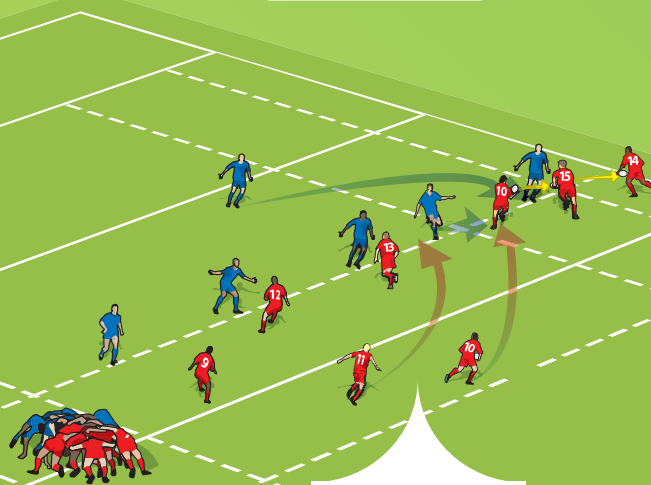
2. 12 can now hit 13, or pass behind to 10

B



OPTION 1
1. If the ball comes back to 10, he straightens the line...
2....and puts 11 away on his inside

C



OPTION 2
1. OR 11 makes the same inside run, but 10 puts 15 and 14 away wide on the outside



NOW ONLINE

For more advice on drills, fitness and coaching, including videos and diagrams, see the advice section on our website – rugbyworld.com/takingpart