

PRO'S PLAYBOOK

ATTACK FROM THE BOX

Giselle Mather shows how to create limitless attacking options with an innovative box formation

WHAT'S THE OBJECT?

To break the defensive line off first phase by putting a support runner through a gap – or in space out wide

HOW IT WORKS

10, 12 and 13 all engage defenders to create space for the back three to exploit. The ball-carrier can offload

pre- or post-contact, but all six players must run aggressive lines

KEY POINTS

The ball-carrier has to win the duel – ie, the one-on-one situation with his opposite number. Even if the offload isn't on, you will get over the gain-line, with support to clear out

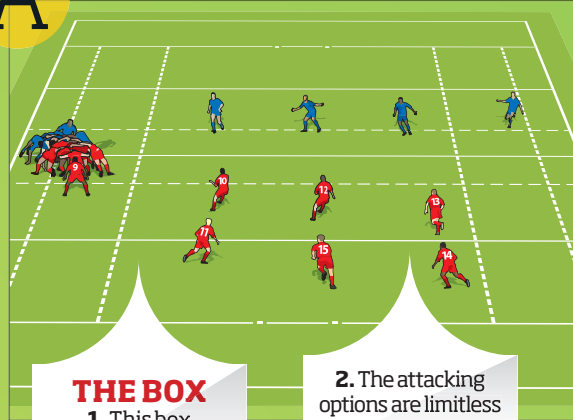
A PRO MOVE THAT YOU CAN TRY OUT



THE PRO

Ex-England fly-half Giselle Mather, of the London Irish Academy, is the only female RFU Level Four coach

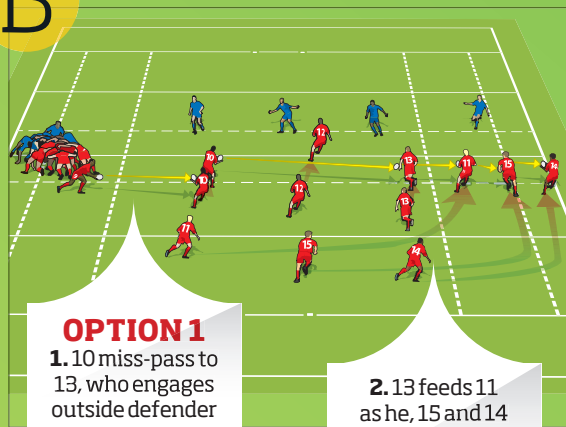
A



THE BOX
1. This box formation works best off a scrum

2. The attacking options are limitless so have fun with it

B



OPTION 1
1. 10 miss-pass to 13, who engages outside defender

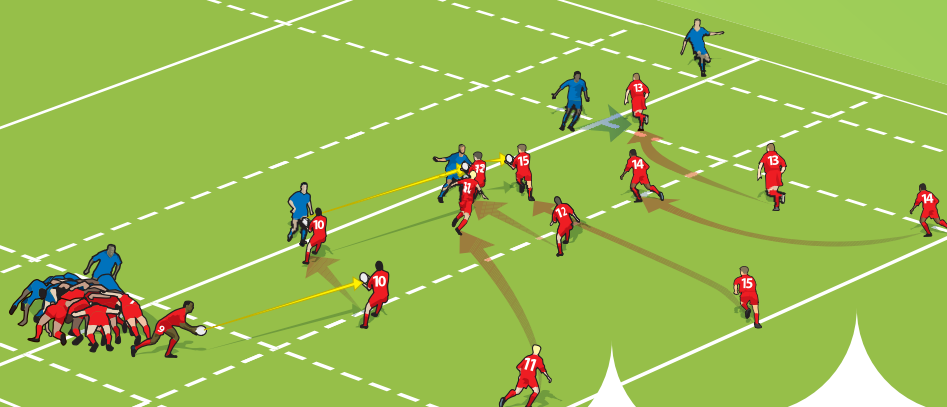
2. 13 feeds 11 as he, 15 and 14 sweep round into space on outside



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C



OPTION 2
1. 10 hits 12 as 11 and 14 run lateral lines. 13 moves other defender out

2. 15 runs straight to take 12's offload and go through gap