

PRO'S PLAYBOOK

A FREE DROP AT GOAL

Nigel Horton shows how to give your No 10 a free shot at landing a match-winning drop-goal

WHAT'S THE OBJECT?

To give your fly-half a free drop at goal from an attacking scrum by committing all the opposition chasers

HOW IT WORKS

Packing down in channel one, your No 8 picks up and backs into their 9. No 6 secures the ball and sets up

the drive, supported by 7 and 4. As their 9, 7, 8 and 6 defend the drive, your 9 feeds 10, who now has an unopposed drop at goal

KEY POINTS

The front five must provide a stable attacking platform, and ensure that the ball is channelled straight to the No 8

A PRO MOVE THAT YOU CAN TRY OUT



THE PRO

Nigel Horton is a rugby consultant who played at lock for England and toured with the 1977 Lions

A



STEP A

1. This is how 7, 8 and 6 pack down at the attacking scrum

B



STEP B

1. 8 picks up and backs into the opposition

2. 6, 7, and 4 drive him on before feeding 9

C

STEP C

1. With the opposition tied in, 9 fires the ball back for 10 to take his shot at glory



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