

PRO'S PLAYBOOK

FRONT LINEOUT PEEL

Don Barrell shows your team how to score a try from a front lineout peel

↓ WHAT'S THE OBJECT?

To create a two-on-one situation in the five-metre channel and therefore a try-scoring opportunity

↓ HOW IT WORKS

Throw to your front jumper and commit the opposing forwards to defending what they think is a driving

maul. Then slip the ball to 7, who attacks the five-metre channel and gives a scoring pass to his hooker

↓ KEY POINTS

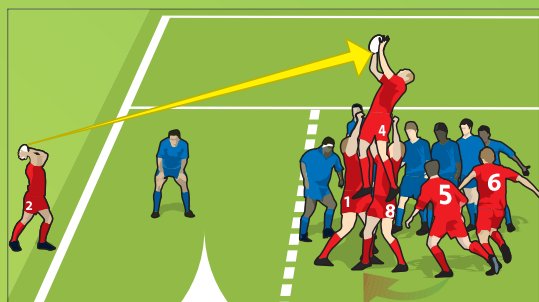
Your hooker stays out wide and 7 times his run so that they can isolate the opponent defending the five-metre channel

A PRO MOVE THAT YOU CAN TRY OUT



THE PRO

Former Saracens No 8 Don Barrell now manages the club's academy and plays for Bedford



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STEP 1

4 catches the throw, 5 comes to secure the ball and 6 rounds 5 to set up the front drive



2

STEP 2

Rear pod of 7 and 3 peel, as if to join the rolling maul, then 5 pops pass to 7



SEE IT ONLINE

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

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STEP 3

With 3 behind and 2 to his left, 7 draws opponent and puts 2 in for try – or dummies and goes himself