

THE FULL-BACK - PART 2

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D: FULL BACK: DEVELOPMENT DRILLS

- 1. JOINING THE ATTACK.
- 2. FIELDING KICKS.
- CATCHING THE HIGH BALL (feet on ground).
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- FIELDING BALL ON GROUND.
- 3. KICKING ACCURATELY OFF EITHER FOOT.
- 4. DIRECTING AND INITIATING COUNTER ATTACK.
- 5. ORGANISING THE DEFENCE AND TACKLING.

1. JOINING THE ATTACK.

Drill 1

- In pairs. Ball carrier in front and runner behind.
- Ball carrier jogs and is ready to give the appropriate pass at the correct time.
- Runner jogs five metres behind the ball carrier.
- He, the runner, takes the decision which side of the ball carrier to run and communicates this to the ball carrier.



- He also decides how wide he will be running and communicates how long the pass should be.
- After receiving pass, he now becomes the ball carrier and jogs five metres in front of the original ball carrier and the sequence starts again.

Drill 2

- In groups of six with a ball. Three players are in front and three behind covering the gaps between the three in front.
- Run down a channel ten metres wide and between forty and fifty metres long.
- The three in front pass along the line to the end player.
- At that moment, the other line surges through, receives the ball, passes along the line to the end and the first line comes through again.
- Accelerate on to the pass.
- Slow down before offering the ball to the line coming through. There is a cycle of acceleration and slowing down.

Drill 3

- In groups of six with a ball, running down a channel ten metres wide over a distance of a hundred metres.
- Four jog forward, continually passing the ball while two players jog behind. One of these is to work while the other rests.
- 1, the working player, decides where he is going to enter the line, enters at pace whilst calling for the ball. He slows, then passes the ball back to the line again.
- 2 now decides to come into the line while 1 gets back into position behind the line.
- The line jogs and passes.
- Communicate where and when to those in front.
- Do not run behind the gap you intend running into.
- Angle of run should be an arc and straighten up as soon as the runner hits the line.
- Offer a soft, hanging pass.



2. FIELDING KICKS.

CATCHING THE HIGH BALL (feet on ground).

Drill 1: catches with both feet on ground.

- In pairs with a ball.
- Face each other at roughly ten metres apart.
- 1 throws overarm to 2 and the ball should go end over end.

Development 1

• 1 now chip kicks instead of throwing the ball.

Development 2

- Between fifteen and twenty metres apart.
- High kick.

Drill 2: catching under pressure.

- In groups of three with shield and ball.
- 1 throws; 2 catches; 3 with shield gives small dig to receiver after he catches.



Development 1.

• Kick higher and increase pressure from shield holder.

Development 2.



- Kick higher and increase pressure from the shield holder.
- Hold run try to anticipate the flight and landing spot of the ball.
- Make sure that there is a strong grip otherwise any spillage could be a knock on.

Preparation

- Lead with one arm and one leg.
- Catcher is side-on to the attacker.
- Call "My ball" to communicate intentions.
- Move feet to get into position.
- Create wide base with legs (shoulder-width apart) to ensure balanced position.

Execution.

- Raise arms, spread fingers, relaxed palms facing up.
- Focus solely on the ball.
- Catch the ball with spread fingers.
- Pull the ball immediately into chest and arms.
- Both hands should be on the ball when it hits the chest.
- Hear thud of ball on chest.

Follow-through.

- Sink hips to stable crouch position.
- Adopt a sideways stance with shoulders braced.
- Maintain control of the ball throughout.

CATCHING THE HIGH BALL (feet off ground).

Drill 1: leaving ground.

- In pairs with ball.
- Ten metres apart



- High throw –from player 1 to land halfway between the pair.
- Player 2 runs to meet ball as it is in the air.

Development.

- Go to fifteen to twenty metres apart.
- Now kick instead of throwing the ball.

FIELDING BALL ON GROUND.

Drill: fielding ball on ground.

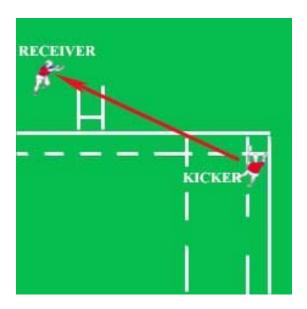
- In pairs with a ball.
- 1 faces 2 roughly ten metres apart.
- 1 grub kicks and 2 collects. At first he takes the ball in front of him, then behind, then moves him to left or right.
- If necessary, trap the ball with one foot to avoid knock on.
- Use one hand to calm the ball down and collect it.

3. KICKING ACCURATELY OFF EITHER FOOT.

Drill 1.

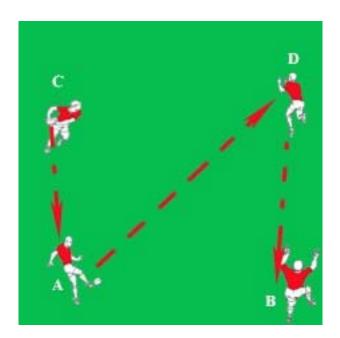
- A stands either on touchline, 5m line or 15m line. He is 5m from the goal line
- B is diagonally opposite.
- A gets one point for **punting** the ball across the goal line to the near side of the posts, two points for the far side of the posts and three for through the posts.





Drill 2.

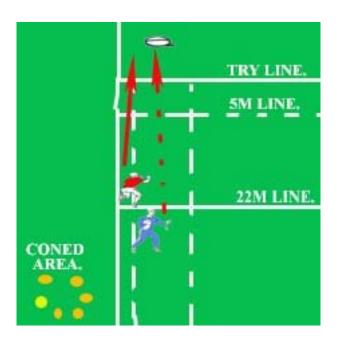
- Distances can be arranged to suit kicking skills.
- C passes to A who **punts** to D.
- D passes to B who punts to C etc.
- Keep changing the passers and kickers.



Drill 3.



Coach places or rolls a ball behind the full back into the 22m area. He has to turn,
 collect the ball and find touch whilst aiming at a target grid.



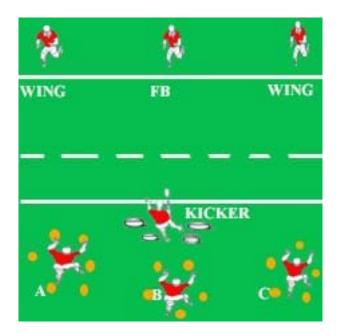
- Practise both sides of the field. He should be using his left foot to the left touchline and
 right foot to right touchline. Practise different ways of collecting the ball, eg. falling on
 it, fielding a rolling ball, or one in the air as he is running back collecting it over his
 shoulder.
- Add a chaser to apply some pressure.

Drill 4.

- The diagram is not to scale. The drill should be set up across the full width of the pitch.
- Three players A, B and C are in A coned grid. The kicker has a supply of balls on the halfway midfield spot.
- The kicker kicks to the opposition wings and full back, who are in their own 22m area.
- One of the players in the grids sits down and is out of the game when the coach signals.
- Receivers then communicate where the space is and get the ball kicked to that grid as soon as the player in it sits down.



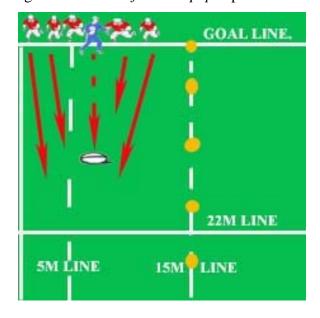
• Coach's signal can be made increasingly late as players improve.



4. DIRECTING AND INITIATING COUNTER ATTACK.

Drill 1.

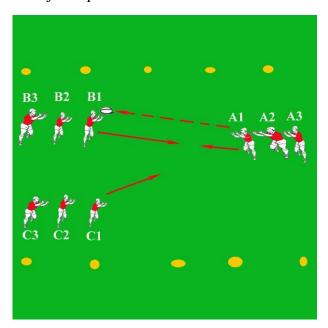
- In groups of five on the goal line all facing the main pitch.
- Coach stands in in-goal area as acting scrum-half.
- Coach rolls ball between eight and ten metres. One of the five defends the goal line as the other four drop back to field the ball and counter-attack. Condition the defence to suit the skill level of the players.
- Next. four attackers get back and one *falls and pops* up the ball to one of his group.





Drill 2.

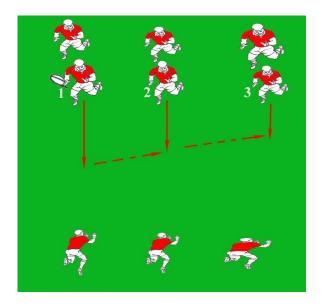
- A1 throws ball to B1 and chases to oppose him.
- B1 runs back at A1 and works with C1 to beat him with a switch or offload early if he is under pressure.
- Support player should be assisting the eyes of the ball retriever. He must be 'the eyes' of the retriever.
- Communicate when to pass.
- Bring the ball forward quickly (loop/switch).
- Fix the chaser.
- Rotate roles so that A joins queue B etc.



Drill 3.

- In groups of three with one ball. Run a passing relay over fifteen metres. Go through counter-attack patterns as below:
- 1 Pass and loop 2
- 3 dummy switch with 2 and switch with 1. 1 passes to 2.
- 2 switch with 1 and 1 passes to 3.
- 2 switch with 3; 3 switch with 1 and 1 passes to 2.





Drill 4.

- Work in threes in successive waves over a channel of twenty two metres in width.
- Coach kicks ball and they are to counter-attack in set patterns, e.g.
 - Blindside wing gives long pass to full back, who runs towards the coach but gives a switch to the blindside winger going towards the open. This leaves both wingers attacking the space.
 - o Full back receives kick and switches with blindside winger after running back towards the kicker. Blindside winger then links with the openside winger.
 - o The openside winger receives kick, runs towards the kicker, dummy switches with the full back and switches with the blindside winger.
- Coach or kicker with a supply of balls to kick to each wave in turn.





BRING THE BALL FORWARD QUICKLY.

SUPPORT PLAYER(S) COMMUNICATES WITH RETRIEVER.

DUMMY TO STRENGTH.

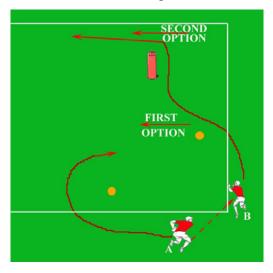
PLAY TO SPACE.

5. ORGANISING THE DEFENCE AND TACKLING.

Tacklers calculate where the tackle will occur judging by the speed and direction of the ball carrier. They will set off to intercept his running line to make the tackle. If there is little space on the outside and the inside is covered, the ball carrier's movement options are limited.

Drill 1.

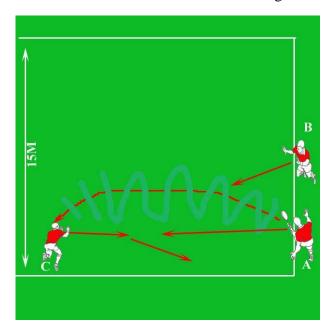
- Player A (full back) passes the ball to B.
- A runs around the cone then B runs around his cone and tries to beat A (first option).
- If B runs wide then he should run outside the tackle bag (second option).
- A should shadow B, marshalling him. The defender must protect the inside shoulder and check that he will not be taken on the outside.
- As soon as B runs behind the bag, A tackles it.
- Tackler stays low inside the ball carrier at all times.
- Look to develop a low approach, head behind the backside, contact with the shoulder, grab with the arms and drive with the legs.





Drill 2.

- The defending wings and full backs work in pairs.
- The defending wing A kicks the ball to the attacking wing C.
- Defending wing chases to tackle the receiver.
- Receiver tries to evade him. If he does, the full back B tries to tackle the attacking wing.
- Wing can only score in the 15m-wide line that he is facing.



Drill 3.

- Each team has five attempts at attacking and five at defensive plays.
- There is a **four-up defence** and the acting full back (FB) slides across and blindside winger pushes across and behind.
- A score from tactical kick = 4 points; from a pass = 1 point.
- Sweeper talks to front defenders throughout. Communication is vital.



