

# THE OVERLAP HAS BEEN ACHIEVED-DEALING WITH THE COVER.

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In his previous article, the author dealt with how to achieve the overlap and the type of practice that will prepare players to see the opportunities. Now he deals with what to work on once the overlap is a reality.

# THE SITUATION.

An overlap has been created. Defenders have been fixed and the overlap player gets away. He is some way from the try line and has to deal with the sweeper – be it full back, blind-side wing, scrum-half or back-row player.

It is a 1 v 1 situation.

# THE PROBLEMS.

- How does he beat the defender? With footwork? Or does he use a tactical kick (chip/grubber)?
- How does the angle of approach of the defender affect his decision?

# **FINDING THE ANSWERS.**

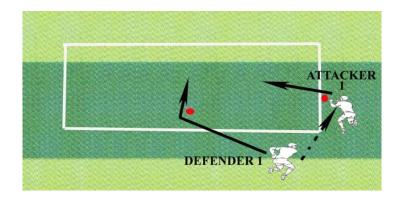
# DRILL: Wing versus full back.

#### **OBJECTIVES OF ACTIVITY:**

- To decide on key principles for an attacking player operating in a narrow channel and confronted by a single defender.
- To decide on key principles of defence in this situation.

# **ORGANISATION:**

1 v 1 with a ball.





#### **EXPLANATION:**

- D1 passes to A1.
- A1 runs around a cone into the channel and has to score at the far line.
- D1 runs around a cone and has to defend the channel.

# **COACHING POINTS:**

#### In attack.

The ball carrier's response depends on the defender's angle of approach and the space available for evasion.

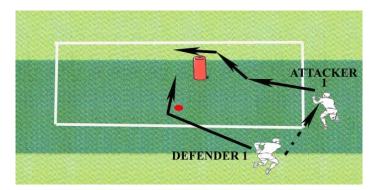
- If defender's shoulders get parallel to touch **side-step inside.**
- A1 attacks defender and slows down slightly, thus upsetting the defender's initial estimate of where the tackle was to be made (a judgement based on the speed and direction of the ball carrier); the defender has to change direction slightly and choose a new line for the tackle; Once the defender commits to his new angle of approach and the ball carrier sees a momentary hesitation, he accelerates again (swerve) to score in corner.
- If the defender is approaching quickly and likely to make the tackle or he is approaching almost at right angles, a chip or grub kick ahead will mean that the attacker *should* win the race and cannot be tackled.

#### In defence

- Defender should shadow the ball carrier marshalling him, protecting the inside shoulder *and* checking that he will not be taken on the outside.
- Keep shoulders square to defender once the inside shoulder goes too far so that the ball carrier can see part of the defender's back, it then becomes a weakness and the ball carrier will be able to step inside him.

# **EXTENSION:**

- Add tackle bag.
- If A1 runs wide then he should run *outside* the tackle bag.
- As soon as A1 runs behind the bag, D1 tackles.



• Tackler stays low **inside** the ball carrier at all times.



Low approach is vital with the head behind the backside of the tackle target. Make contact with
the shoulder, grab with the arms and drive with the legs.

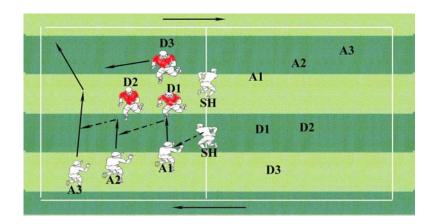
# DRILL: 3 v 2+1.

# **OBJECTIVES OF ACTIVITY.**

• To explore the options open to the overlap player who has been put in the clear but now has to deal with the defending sweeper.

# ORGANISATION.

- Two channels, each measuring twenty by twenty metres.
- In each channel, three attackers plus a scrum-half are opposed by two defenders and a deep sweeper.



# EXPLANATION.

- Scrum-half passes and the first two attacking players fix their respective defenders (offering passive opposition) and release the overlap.
- The ball carrier is confronted by the defender but can rely on his team mates as support.
- The two up-front defenders are now out of the exercise and cannot cover back
- When the attackers have beaten the defence in front of them, they move into the next channel.
- Change positions with the defenders at regular intervals and reverse the direction

# **COACHING POINTS.**

Options open to the ball carrier are:

- Beat the sweeper, using footwork or a tactical kick.
- Take the defender wide and play back inside to the support player(s).
- Come back inside to hold the defender infield and pass to a support runner outside.

# EXTENSIONS.

• The first attacker fixes the first defender and gives a long pass to the third attacker. How do they score now?



- The first two attackers dummy switch and give a pass to the third attacker. Play to score.
- The second defender is allowed to vary his running lines in his defence. Decisions have to be made by the second attacker.
- Both defenders vary the running lines of their defence. The third defender takes the fly-half if he breaks. Play to score.