

CONTINUITY BASED UPON THE DIAMOND APPROACH CONSTRUCT BY JAMES TISSHAW, ASSISTANT RUGBY DEVELOPMENT OFFICER – DORSET.

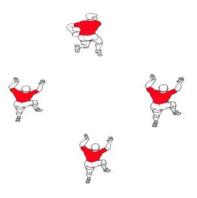
Introduction:

All athletes, regardless of their age or ability, will be able to identify skills that they feel they are particularly stronger at than others. Although all coaches involved in the game should continually endeavour to improve weak areas, for teams to achieve success in terms of performance it is the utilisation of players' individual strengths that allows a 'game plan' to be implemented successfully.

The Concept:

As suggested in the title, in offensive general play, the team with possession should always endeavour to work on a diamond style attacking formation.

Diagram 1: The diamond attacking formation.



I have grouped these players into two categories with the second being further subdivided into two:

1- <u>Decision Maker(s):</u>

a. This player(s) is the figure-head of the diamond. Such players are able to understand the basic principles of the game and are able to influence those around them in order to implement these principles.

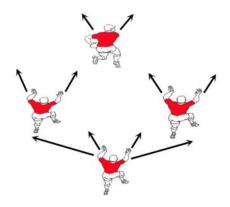
2- Support Runners:

a. Those support runners who are within the decision maker's direct proximity (left and right hand side) should be comfortable with taking ball in contact and playing close to the opposition defence line.



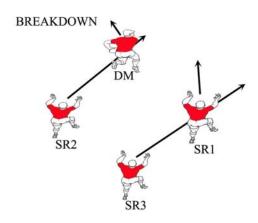
b. The diamond is completed by a fourth, deep support runner who is able to identify space and capitalise on the running lines of the preceding support runners to exploit any weaknesses in the defensive line.

Diagram.2: Running Lines.



This principle can be applied to both a narrow channel (slow ball to recycle) and wide channel (quick ball) of attack with the support runners utilising the space to create attacking running lines to stretch and compress the defence as the situation dictates.

Diagram.3a: Example for wide play option.

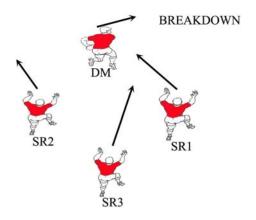


SEQUENCE:

- DM pops to SR2 and he then has two options:
 - (i) Pop to SR1
 - (ii) Miss pass to SR3



Diagram 3b: Example of narrow channel attack.

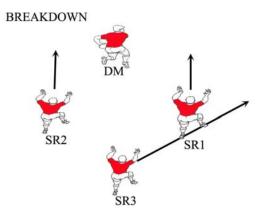


SEQUENCE

- DM switches with SR1 and he has three options:
 - (i) Take ball into contact
 - (ii) Pop ball to SR2
 - (iii) Switch with SR3

As the principle suggests, it is primarily an attacking formation. However, it can be quickly applied to a turnover situation both from attack to defence and defence to attack.

Diagram.4: Realignment (Attack to defence).





Developmental Stages:

In order for players to be able to identify the skills and techniques that they learn within a drill environment, there must be a direct correlation to 'Game Play'.

The Developmental Stages that I use are:

- 1- Decision making (no contact).
- 2- Pass out of the tackle.
- 3- Rucking.
- 4- Mauling.
- 5- Turnover defensive alignment.
- 6- Game play.

Conclusion:

For this concept to be effective, the control and growth of play has to be player based. It is up to individuals within the diamond dynamic to evaluate quickly what position they should best take up to be most effective. For all attacking principles within the game of rugby, speed of delivery, speed of thought and speed of execution, underpinned by clear and precise communication, are all important.