

Principles of Play

In Attack

The aim of the game is to score more touchdowns than the opposition; this is achieved by advancing towards the try line. At times it can be tactically advantageous to move towards the sideline to enable more room for further attacking plays

In Defence

When defending try to deny your opponents time and space by moving forward and making the touch. The faster you move up on the attacking team the less advancement toward your try line they will make.

Support the Ball Carrier at all Times

Close support of the ball carrier allows more options in attack and means possession can be maintained. Close support also means no ground needs to be lost by having to pass the ball a long way backwards to a team-mate. Remember a pass directly sideways is allowed and can often be the most effective pass

Interchange players as much as possible

A fresh set of legs on the field can be the difference between winning and losing. Look to interchange your players while on attack and in the area of the interchange box. Once you have made a touchdown it is good to get a whole new set of players out there to keep up the intensity.