

DEFENCE IN PHASE PLAY

By the end of this module the coach should be able to coach defensive policies & structures in a simplified system achievable for both participation and performance players. The course is offered to two different coaching populations with the content and approaches appropriate to the level of players being coached.

Coaches of Children (7-12)

There is no Defence course for coaches of mini players. The focus for these age groups should be on enjoying the game and developing an understanding of attacking and support play. However it is most important to work continually upon good tackle technique.

Coaches of Youth Players (13-18)

This course will develop the coach's understanding of defensive structures from phase play, and help to devise practices to assist in the implementation of these with players. The course will also:

- enable coaches to be in a position to emphasise to their players the importance of communication and the principle leaders of the defence.
- enable coaches to focus their players not only to a system but also the responsibility to identify and adjust to the primary attacking threat.
- enable coaches to work with players to align the defence with appropriate lateral spacing at the breakdown.
- enable coaches to highlight to players the importance of recognising the team members either side to space out accordingly to prevent mismatches in speed or tackle ability.
- enable coaches to work players in mini units in order to keep tight control and identify a system of folding in defence.

Coaches of Adult Players

This course will refine a coach's understanding of defensive structures in open play and assist in developing and implementing a defensive strategy for their players.

The course will also:

- help coaches to establish a defence philosophy.
- enable coaches to emphasise to their players the importance of communication and the principal leaders of the defence.
- enable coaches to focus their players not only on a system but also the responsibility to identify and adjust to the primary attacking threat.
- enable coaches to work with players to align the defence with appropriate lateral spacing at the breakdown.
- enable coaches to highlight the importance of players recognising the team members either side of them and space accordingly to prevent mismatches in speed or tackle ability.
- enable coaches to work players in mini units in order to keep tight control and identify a system of folding in defence.
- the coach should be able to build tackle techniques that enhance possible turn-over opportunities.

