



POSITIONING

NZ Rugby 2016





What are our aims with positioning?





What are our aims with positioning?

1. See the ball/contest (entry)
2. Not be in the way of play
3. Be able to transition easily to our next position (exit)

TIME AND SPACE!





BREAKDOWN

What are our positioning options?





Breakdown - What are our options?

- **FLAT ATTACK**
 - In line with hindmost foot of attackers
 - Facing the defenders offside line
- **JOCKEY**
 - 1-2m behind the breakdown
- **DEFENSIVE LINE**
 - Between defenders on the offside line
 - Facing attackers coming towards you



FLAT ATTACK

- Up to 8-10m away from breakdown but can be closer on contestable ball
- In line with hindmost foot of attackers





FLAT ATTACK

ADVANTAGES

- Easy to see/manage the **contest** for the ball
- Can scan and **manage the offside line** in front of you
- Flat and wide means **not in the way** of ball clearance
- If wide ball it is **easy to turn on the spot and follow** ball in-line





FLAT ATTACK

DISADVANTAGES

- Difficult to exit if you end up too close or deep
- Can get in the way of runners off 9 or 10
- Have to decide whether to run under or over the tackle when play goes the opposite way
- Hard to see what is going on at far side of the tackle





FLAT ATTACK

[Video examples: Flat Attack](#)





JOCKEY

- 1-2m behind the breakdown





JOCKEY

ADVANTAGES

- Easy to see/manage the **contest** for the ball
- **Not in the way** = go-to position if feeling uncomfortable
- Can **manage offsides close to breakdown** on both sides
- Easy to get **ball in-line** when the ball is released
- Good for **transitioning** on same way attack





JOCKEY

DISADVANTAGES

- Can be left behind on a pick 'n' go or a line break
- Can become too ball focussed and miss infringements
- Can be caught out by inside ball when following play
- Lose perspective of offside lines if too deep in jockey





JOCKEY

Video examples: Jockey



DEFENSIVE LINE

- Up to 8-10m away from breakdown or in line with the flat attack position you have transitioned from
- Between defenders on the offside line





DEFENSIVE LINE

ADVANTAGES

- **Not in the way** of ball clearance
- Can **see players running towards you** off 9 and 10 and stay out of their way
- Good position when there is **no contest and quick ball**
- Ideal position **close to goal line** to see try scored





DEFENSIVE LINE

DISADVANTAGES

- Difficult to see the ball and manage a contest
- Can end up well ahead of the ball and front running
- Need to work hard to get ball in-line after it is released
- Have to decide whether to run under or over the tackle when play goes the opposite way





DEFENSIVE LINE

[Video examples: Defensive Line](#)





Breakdown – Which position to choose?

FLAT ATTACK

Often used as an initial entry position for viewing the breakdown, especially when there is a contest over the ball. You can then manage the offside lines and turn on the spot, transition to d-line or to jockey depending on where play is going.

JOCKEY

Most commonly used within the 15m lines and as a transition position when play is moving away from you on a same way attack or on a switch play. Great as a position to reassess when you may be feeling uncomfortable or if there is a lot of traffic around the flat attack position.

DEFENSIVE LINE

Best used to ensure you are out of the way when there is quick ball or no contest. Often used as a transition from flat attack if there are runners off 9 or 10 and it is an excellent position to use near the goal line.





Breakdown – Which position to choose?

The art to effective positioning is being able to read play to determine:

- Where are we on the field?
- Is there going to be a contest over the ball?
- Where is play likely to go next?

We need to be able to understand the **ADVANTAGES** and **DISADVANTAGES** of each of our 3 positioning options so that we can transition smoothly between all of these positions and achieve our aims of:

1. See the ball/contest (entry)
2. Not be in the way of play
3. Be able to transition easily to our next position (exit)





SET PIECE

What are our positioning options?





SCRUM

Initial position

- At tunnel of scrum - which side?
- Whose feed? Where on field? Trends so far?
- Move backwards 3-4m after managing the set up so that you are not on top of the scrum and you give yourself a wider view

Transition

- Ball moving away = transition through a jockey position and follow ball in-line or run over top of the scrum
- Ball coming towards you = turn on spot and follow ball in-line or transition into the defensive line to stay out of the way





SCRUM

[Video examples: Scrum Position](#)





LINEOUT

Initial position

- Front = good for managing set up, best view of lineout
- Back = easier to get to next position if off-the-top ball, good position when AR appointed who can watch front, good inside 22m

Transition

- Front = transition through a jockey position and follow ball in-line
- Back = turn on spot and follow ball in-line or transition into defensive line to stay out of the way





LINEOUT

[Video examples: Lineout Position](#)





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