



GREYSTONES





ATTACK

**Play to space through the zone structures.
Create options with structured attack, at the gain
line, to apply pressure and disrupt the defense's
line integrity.**

Play to space and attack with speed.



ATTACK

OBJECTIVES





ATTACK

LAUNCH PLAYS





REEFS

Pod plays

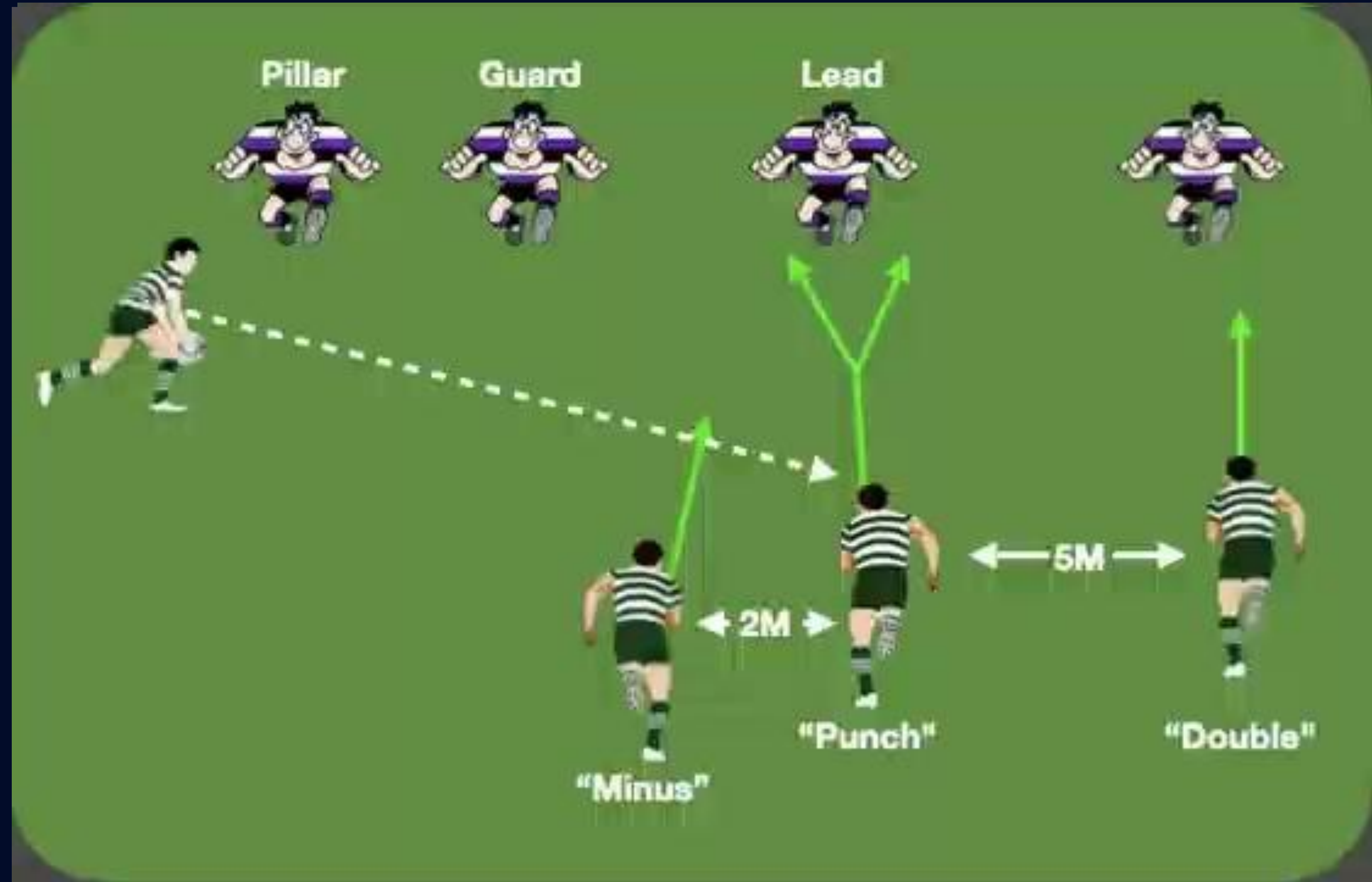
Played off 9 / ruck



Reef

RUN 
PASS 

- “Punch” set ups up first 10m+ off the ruck
- “Double” sets up outside and slightly in front “punch” runner, no less than 5m from the “punch”.
- “Minus” sets up last, 2m inside the “punch” and slightly behind.
- All players are options, but “punch” is our default option.





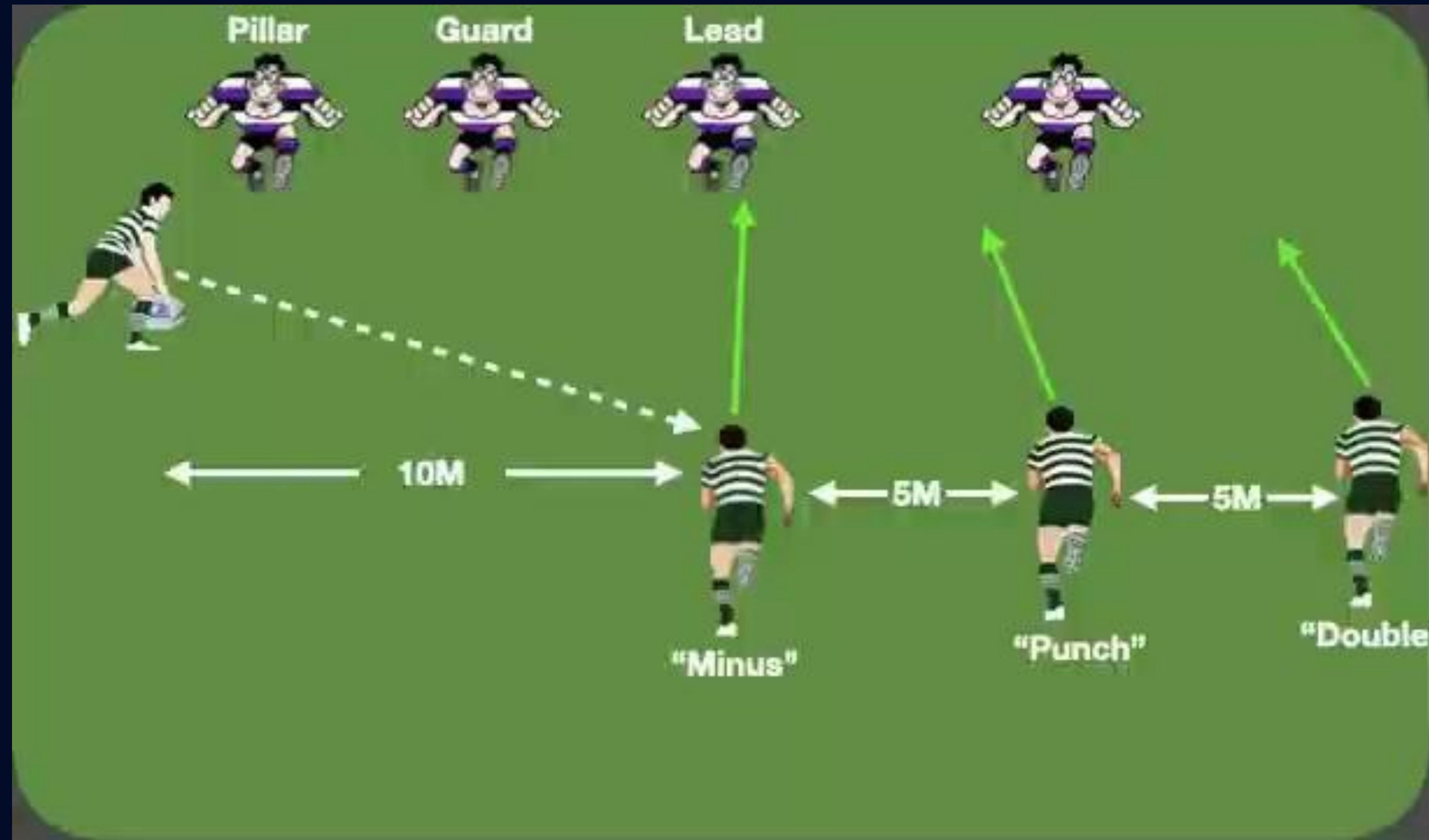
-
- The diagram illustrates two defensive strategies in rugby: "Punch" and "Double".
- Players and Positions:** Four players are shown in a line, labeled from left to right: Pillar, Guard, Lead, and an unnamed player. They are all wearing purple and white striped jerseys.
- Ball Path (Dashed Line):** A dashed line shows the ball being passed from the Pillar to the Guard, then to the Lead, and finally to the unnamed player. A second dashed line shows the ball being passed directly from the Pillar to the unnamed player.
- Distances:**
 - The distance between the Pillar and the Guard is 10M.
 - The distance between the Guard and the Lead is 2M.
 - The distance between the Lead and the unnamed player is 5M.
- Labels:**
 - "Punch" is labeled below the Guard and Lead.
 - "Double" is labeled below the unnamed player.
 - "Minus" is labeled below the Pillar and Guard.



Reef - off edge

RUN 
PASS 

- 9 passes from the ruck to closet attacking forward.
- The closest forward should be 10m from the ruck when receiving the ball.
- All players are options, but the “Minus” is our default option.

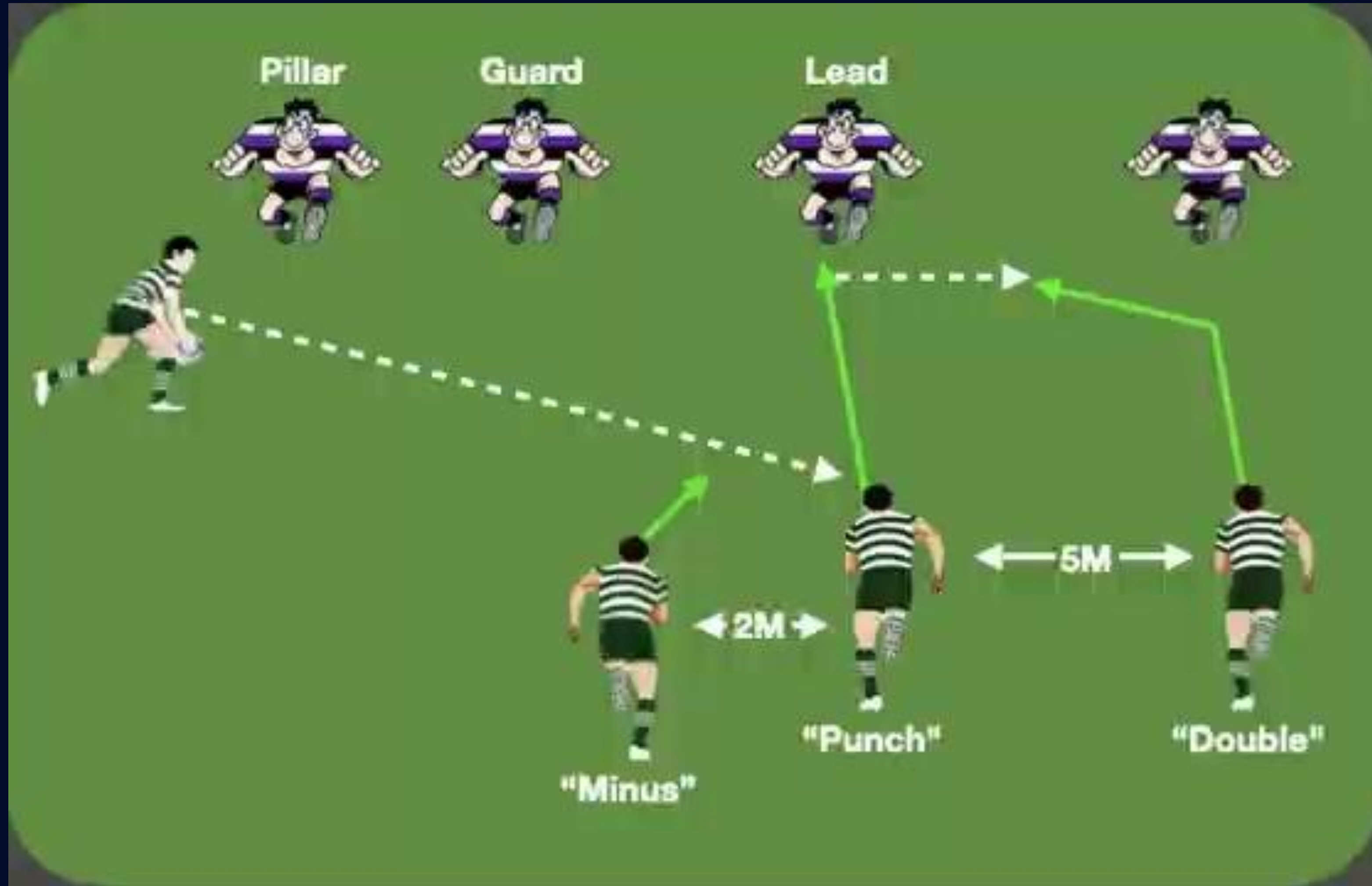




Tip on

RUN 
PASS 

- 9 passes from the ruck to the "punch"
- "Punch" runs towards the inside shoulder of his opposite.
- "Punch" gives a short pass for the "double"
- "Double" runs an "tight" line.

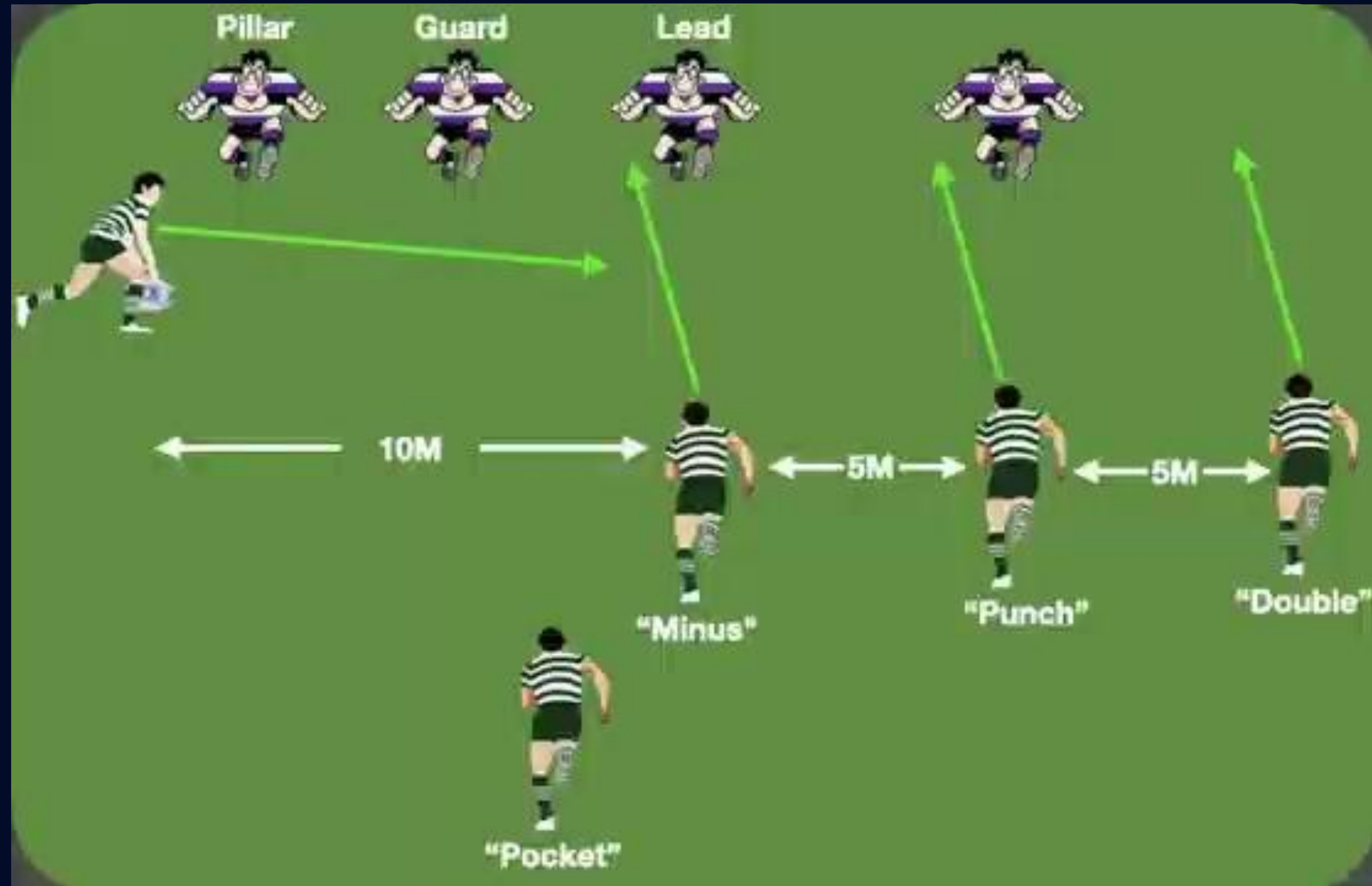




Fish

RUN 
PASS 

- 3 forwards form a reef pod
- 9 runs from the ruck towards the reef pod who are running onto the ball
- All players are options.

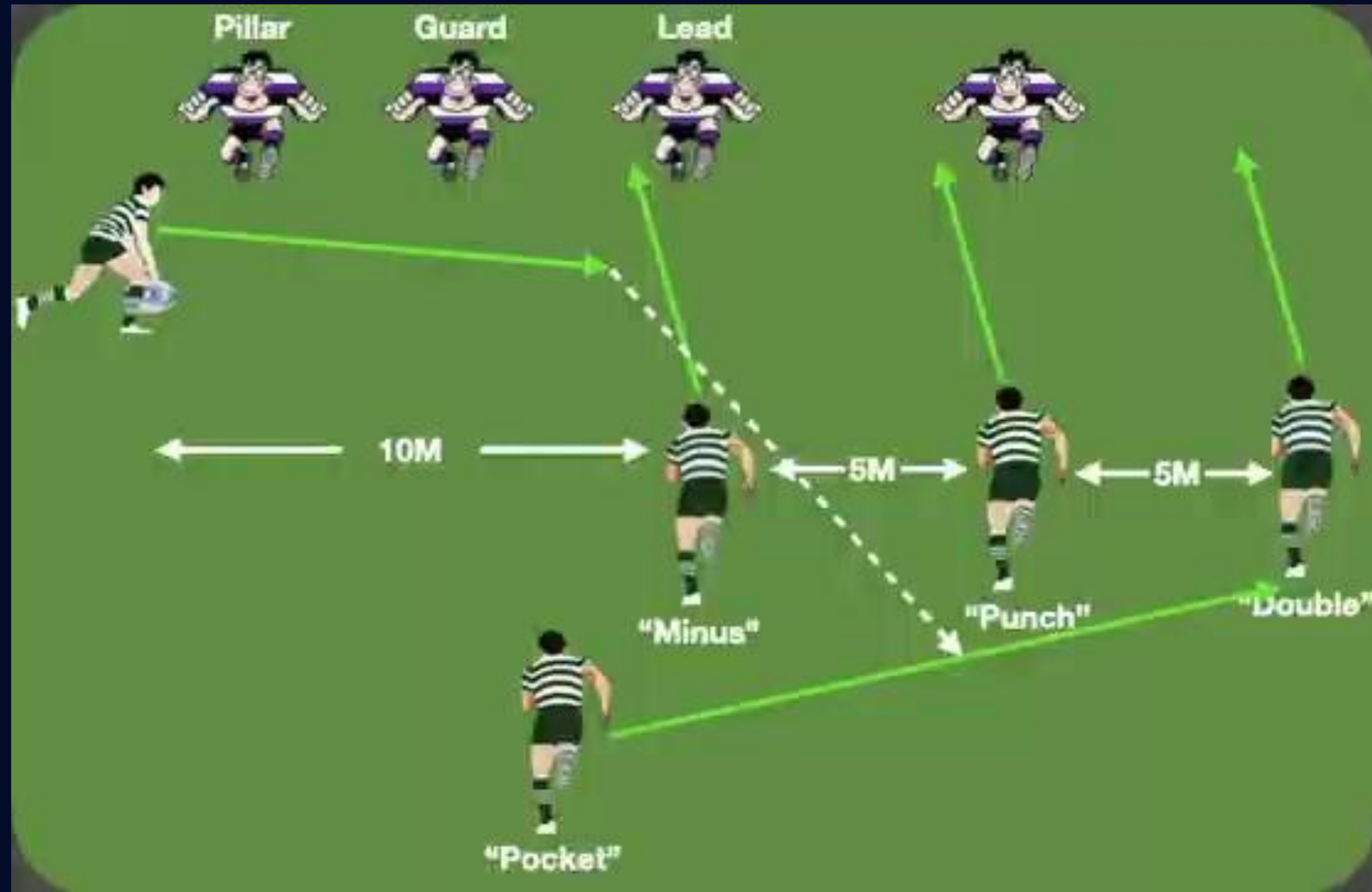




Fish/Flash

RUN 
PASS 

- Same setup as the “fish”
- Once “9” runs towards the “punch”
- “9” passes between the “minus” and “punch” to the “pocket” behind the pod

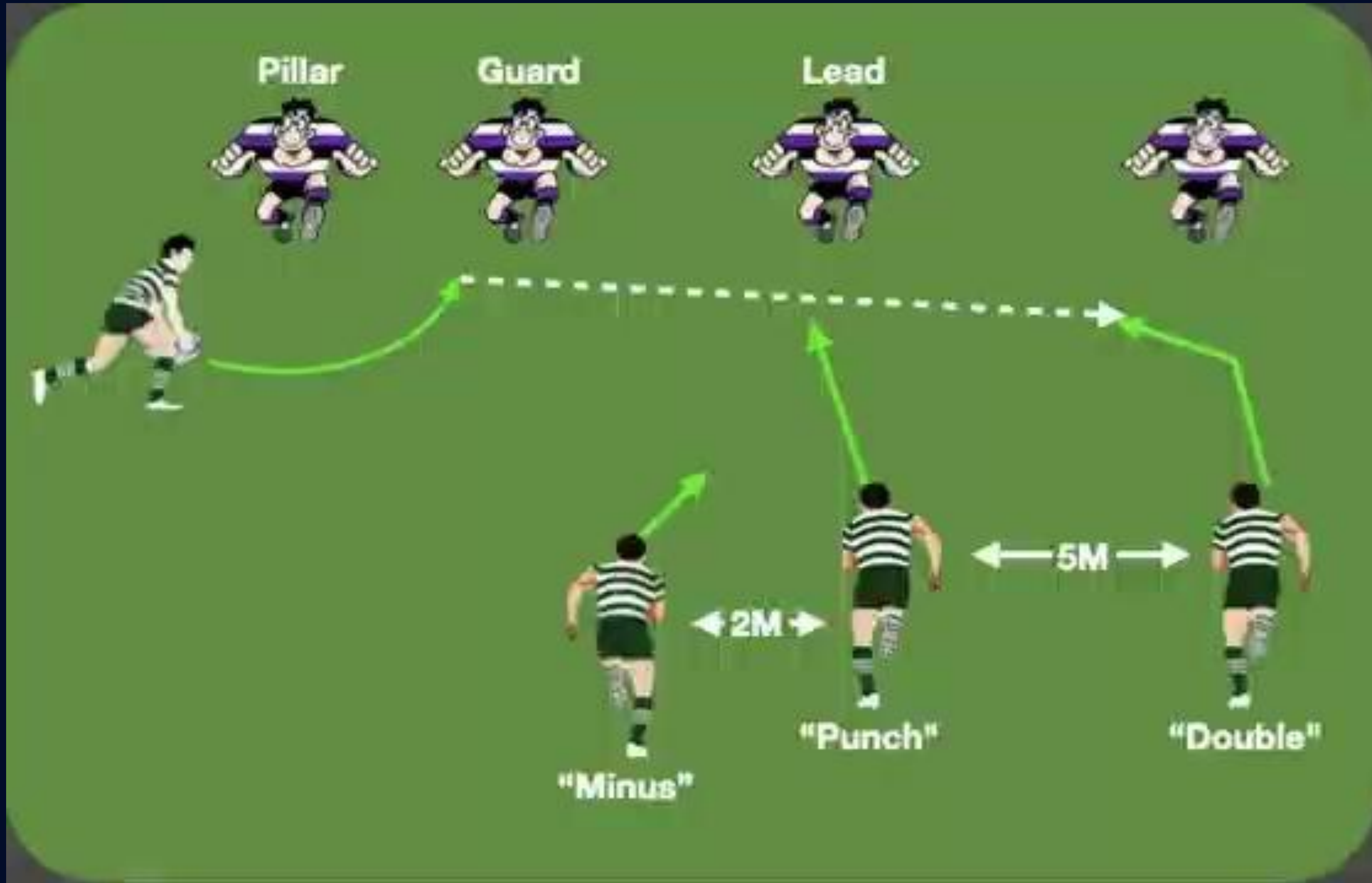




Double



- 9 runs from the ruck to engage D2
- 9 then passes a flat pass in front of "Minus" and "Punch" to the "Double".
- "A" runs towards the inside shoulder of his opposite.
- "Minus" runs just outside D2's shoulder.

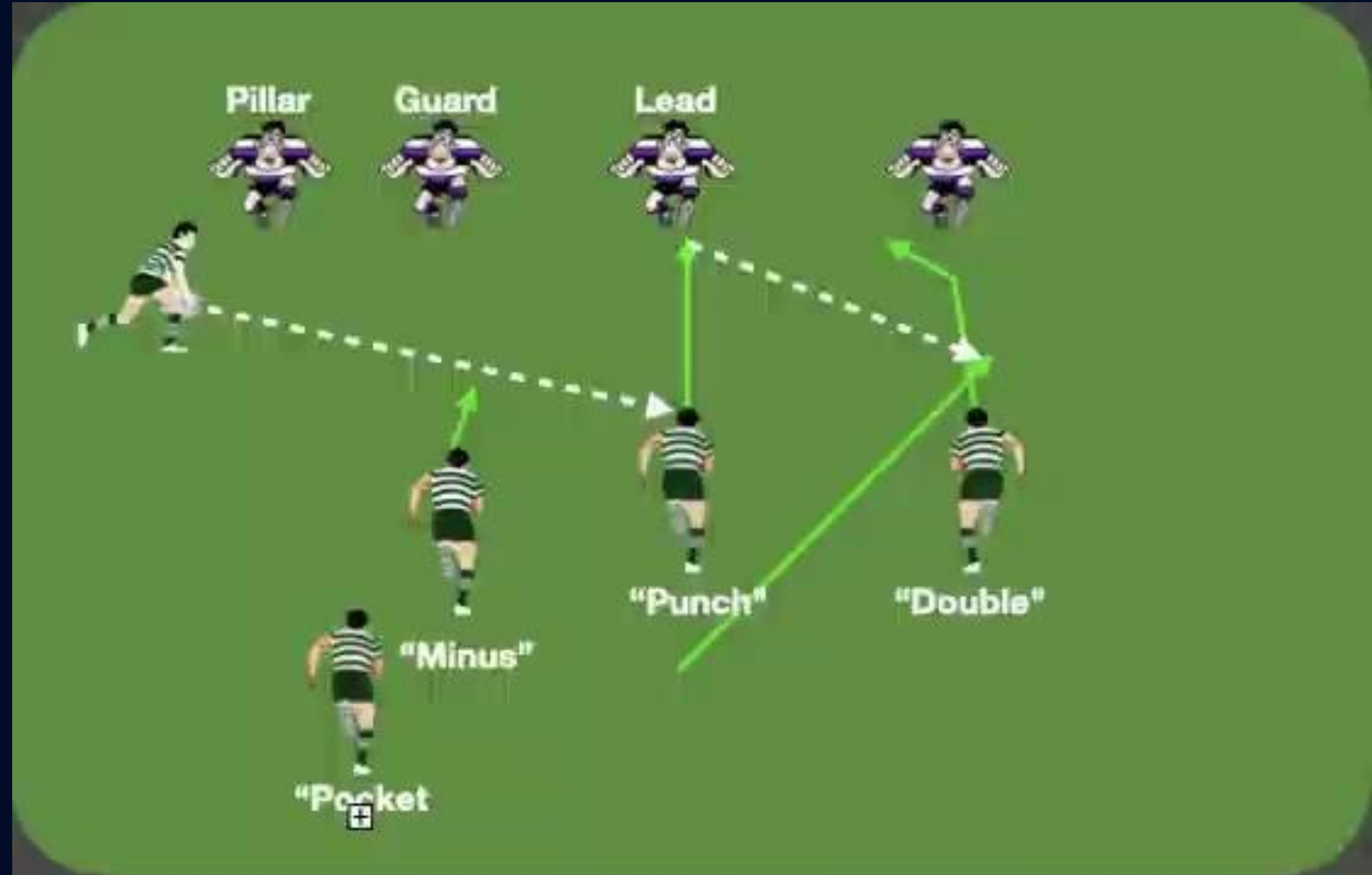




Link

RUN 
PASS 

- 9 Passes from the ruck to the "A".
- "A" runs towards the inside shoulder of his opposite.
- "B" runner runs an "up and in" line at his defender.
- "A" passes the ball behind the "B" to the "Link" in the "pocket".

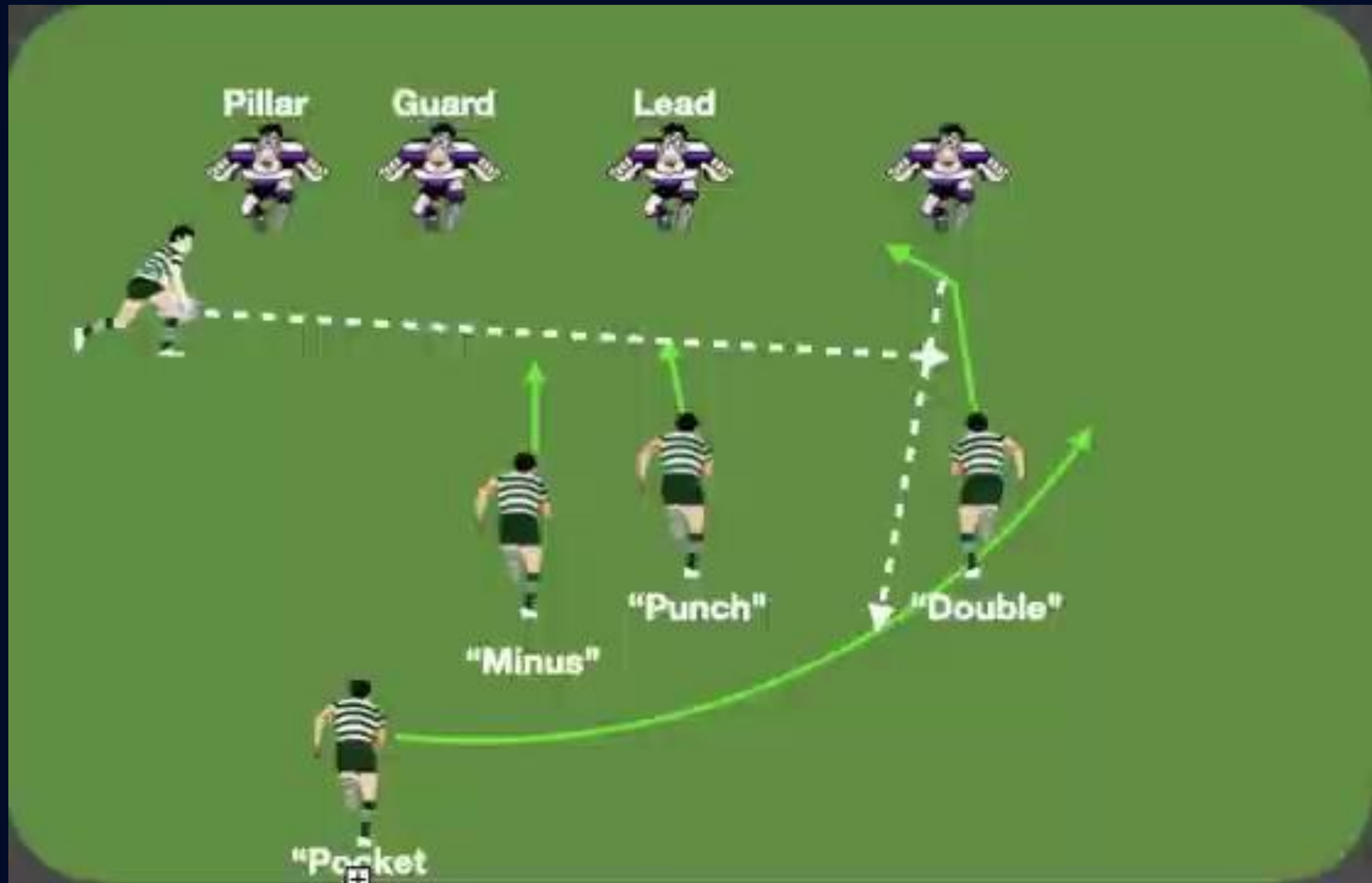




Twist

RUN 
PASS 

- 9 Passes from the ruck to the “B”.
- “B” runner runs towards the ruck and then passes to the back behind the pod.
- “B” makes an inside pass to the back in behind the pod.

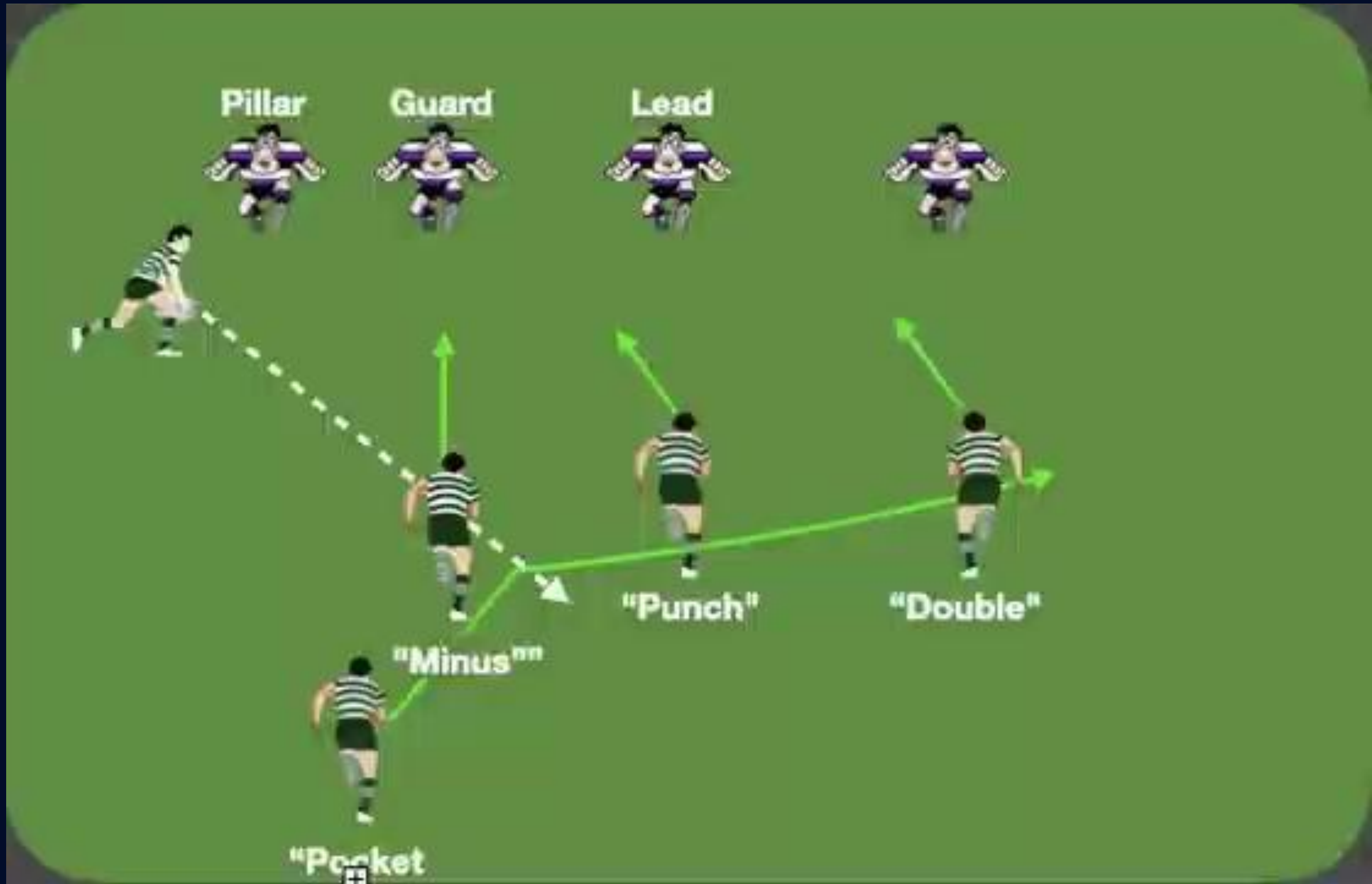




Flash

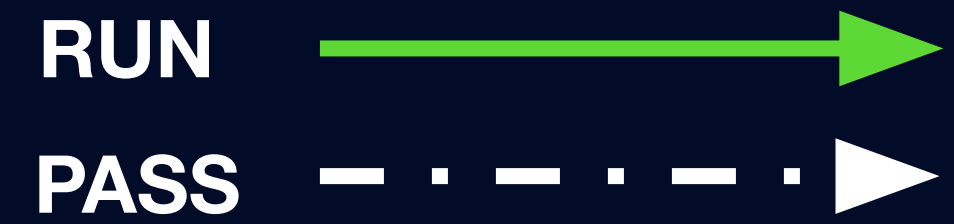
RUN 
PASS 

- 9 Passes from the ruck to the back who is sitting in the pocket.
- “Minus” runs a straight line towards the defensive line, “A” and “B” runners run a “T” line towards the 9.

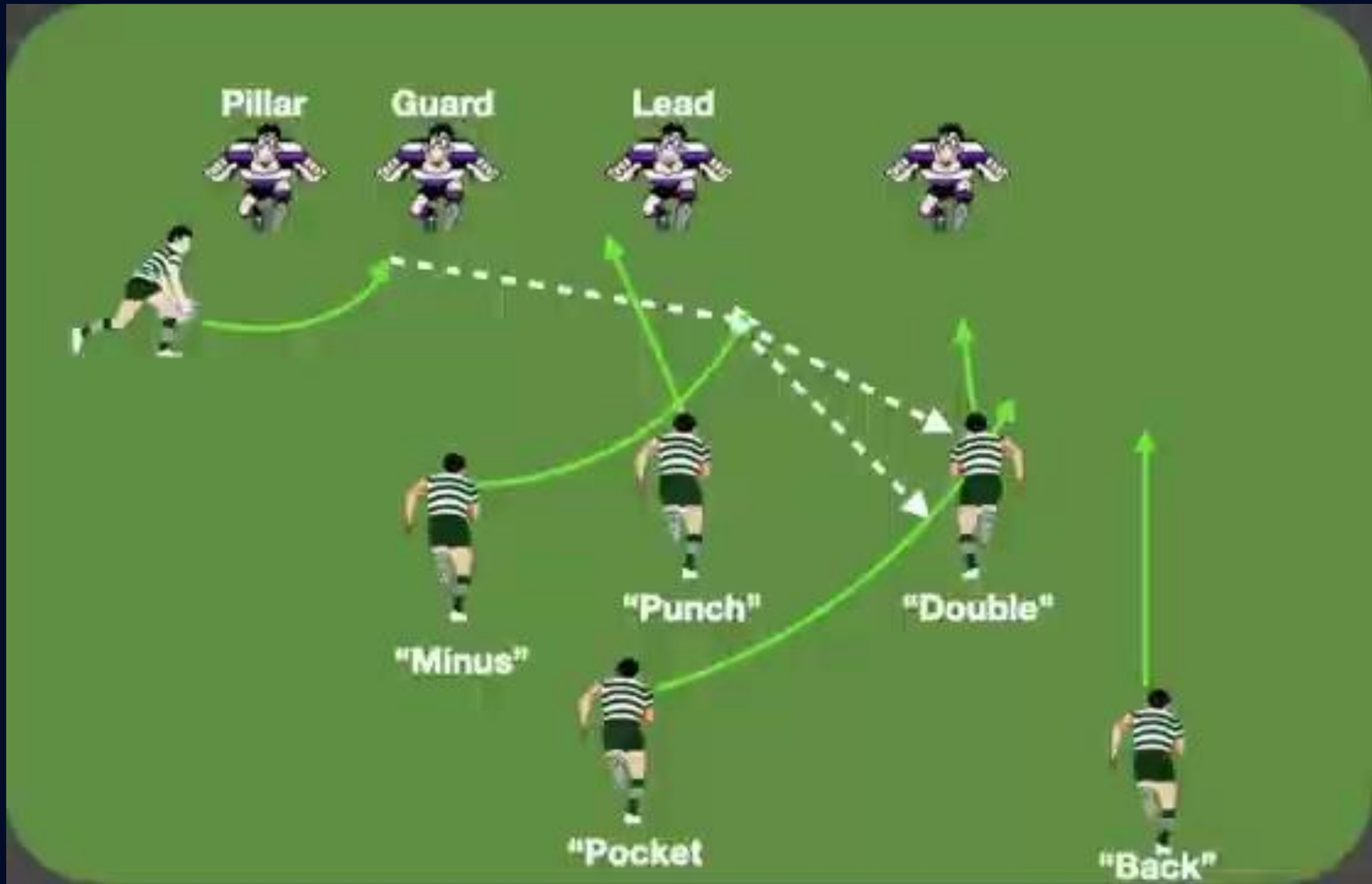




Punch



- 9 runs from the ruck to engage D2
- 9 then makes a dump pass behind “Punch” runs “tight” line towards the ruck.
- Minus runs a “wide” line away from the ruck, behind the “punch”. “Minus” will receive a pass from the 9.
- “Double” delays his run for a tip on pass from the “minus”.
- Minus can give the tip on pass on pass behind “double” to the “pocket” for another dump pass.





RUCK

Ball carrier: Carry forward into spaces and generate momentum, present away from tackler and long, to ensure fast ball

Support: Clear out opposition, protect ball.



SPLITTER

Pod plays

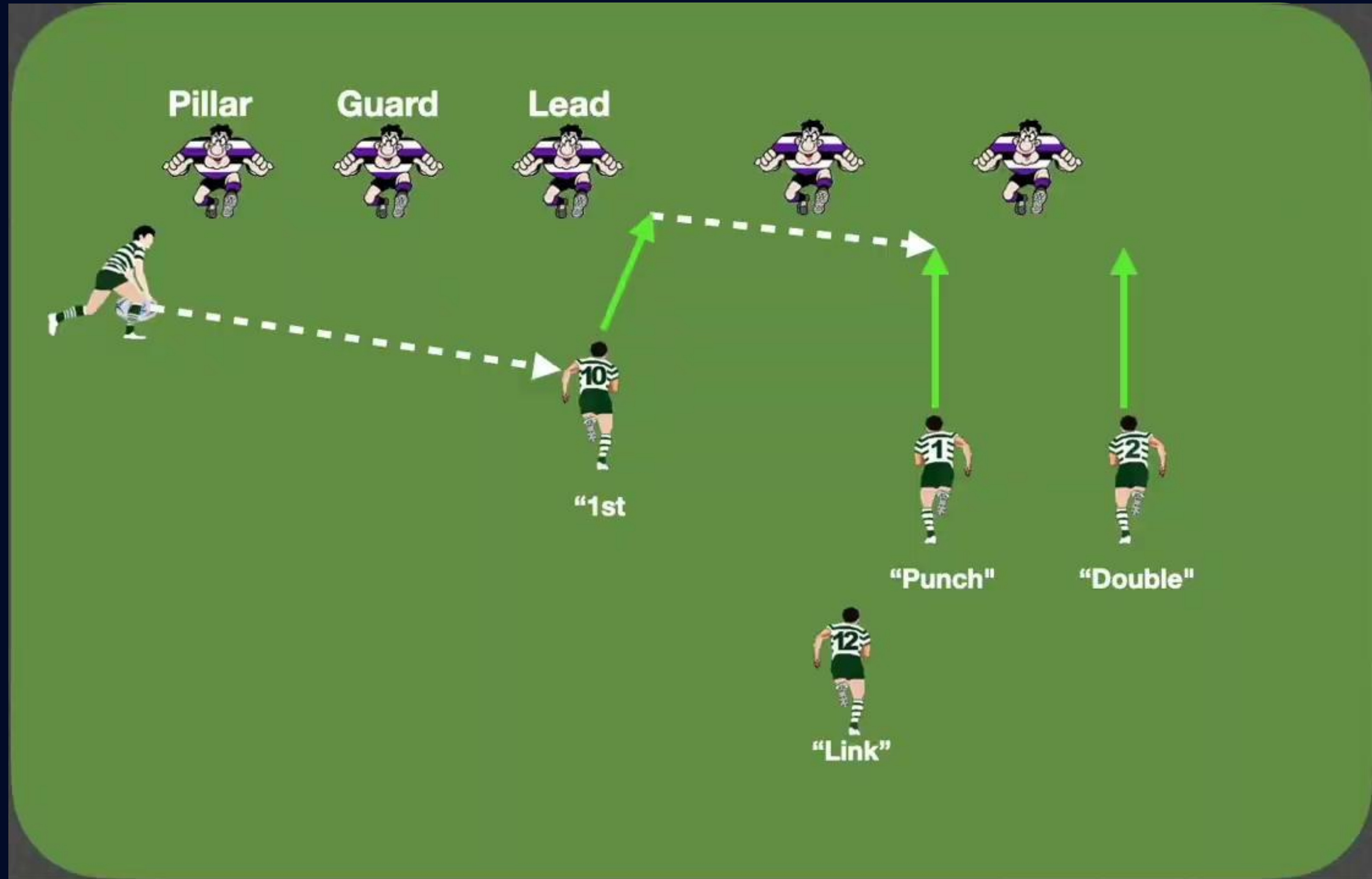
Played off 10 / 1st receiver



Splitter

RUN 
PASS 

- 9 passes from the ruck to the 1st receiver.
- 1st receiver passes to the “punch” runner.

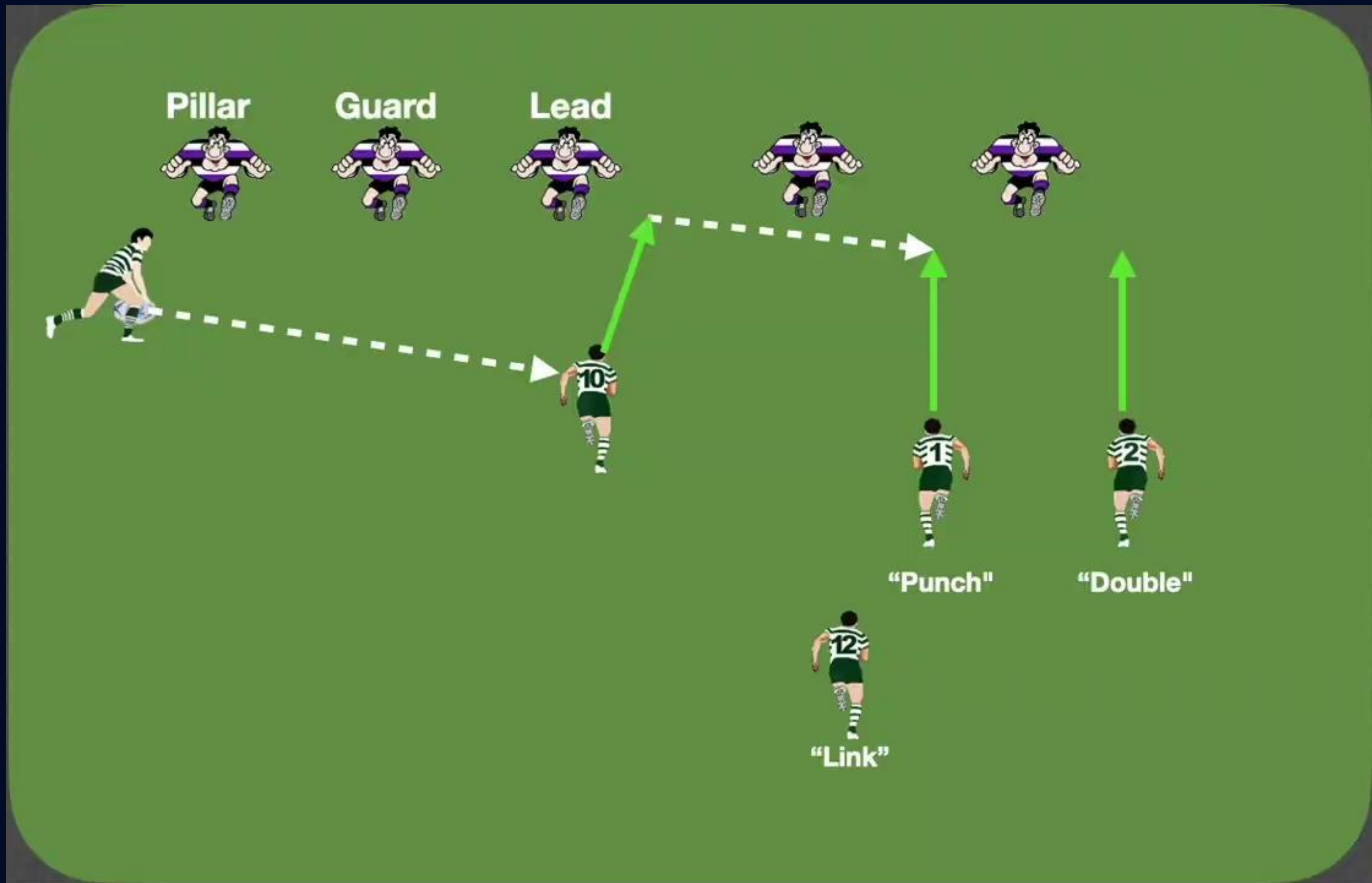




Tip On

RUN 
PASS 

- 9 passes from the ruck to the 1st receiver.
- 1st receiver passes to the "punch" runner.
- "Punch" passes a short pass to the "double".

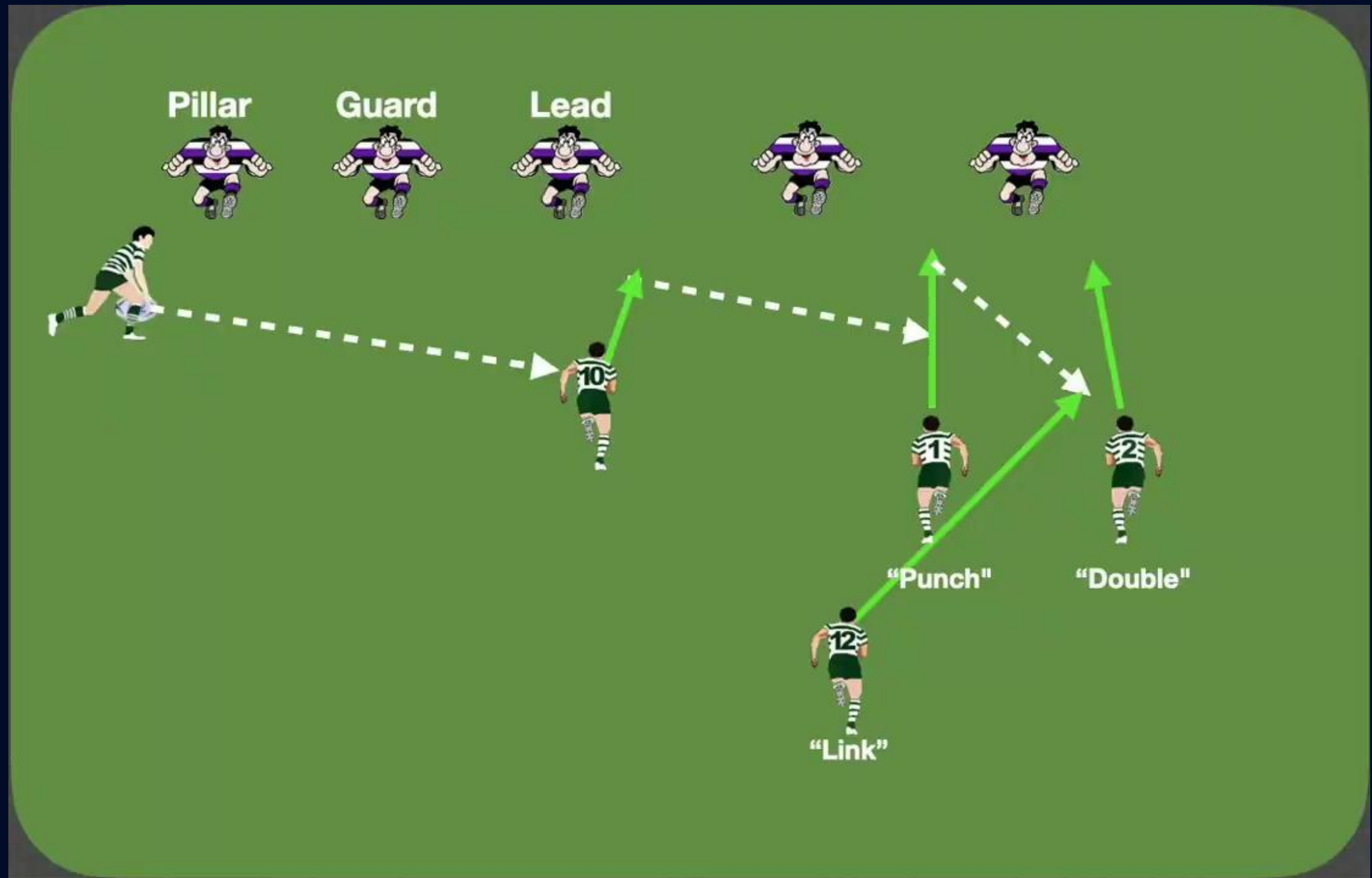


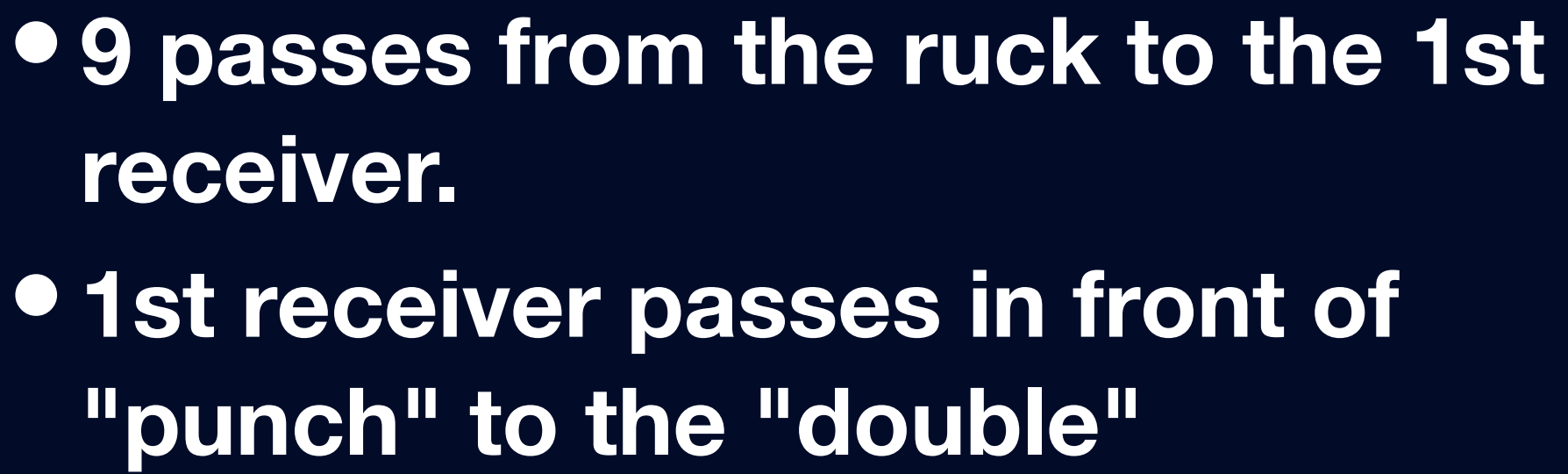


Link

RUN 
PASS 

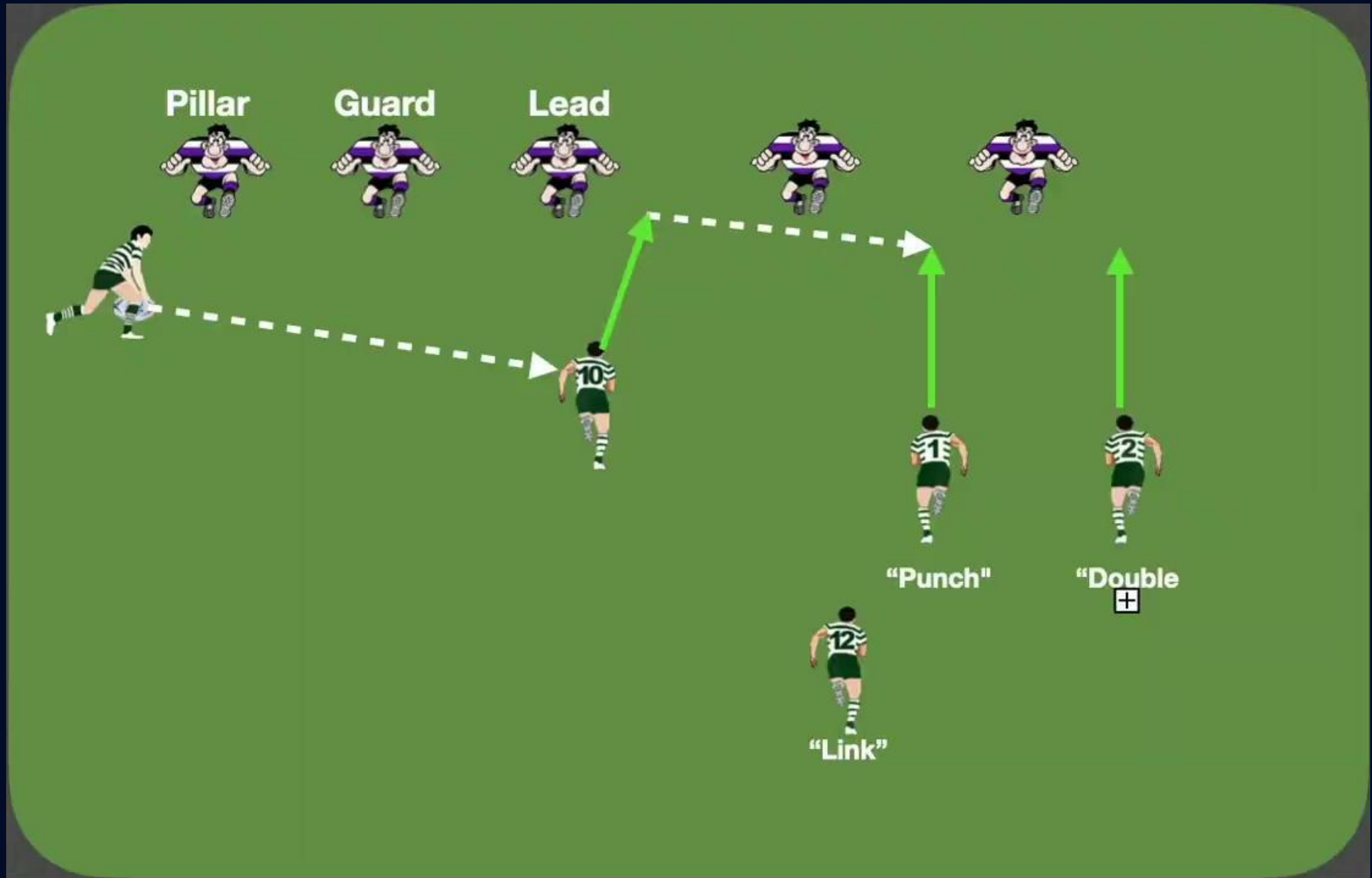
- 9 passes from the ruck to the 1st receiver.
- 1st receiver passes to the "punch" runner.
- "Punch" passes behind the "double" for the 2nd receiver.





RUN

PASS



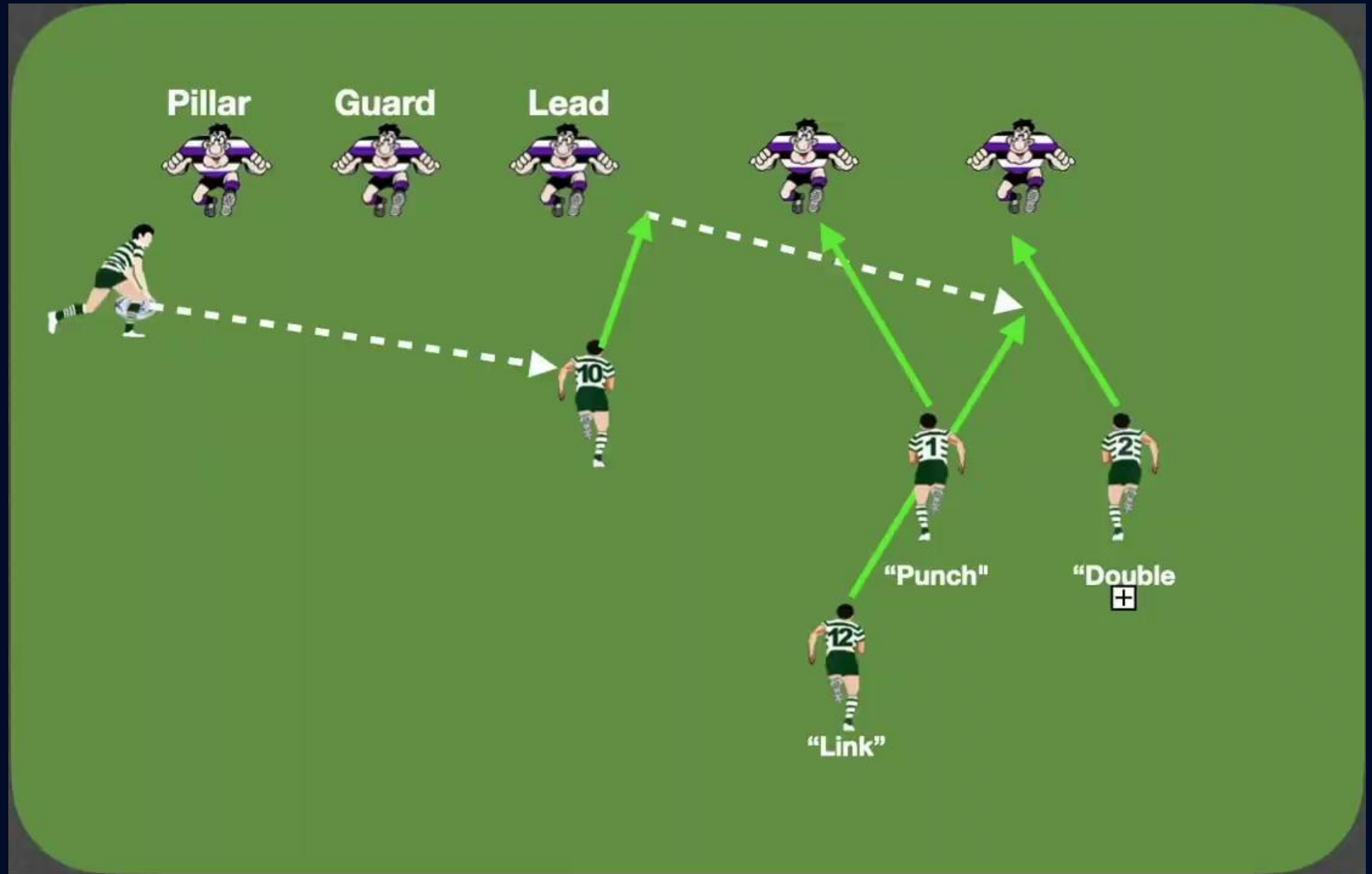


Flash

RUN 

PASS 

- 9 passes from the ruck to the 1st receiver.
- 1st receiver runs towards their opposite defender and passes behind the “punch” and “double”, who are running tight line, towards the 2nd receiver behind the turbo pod.

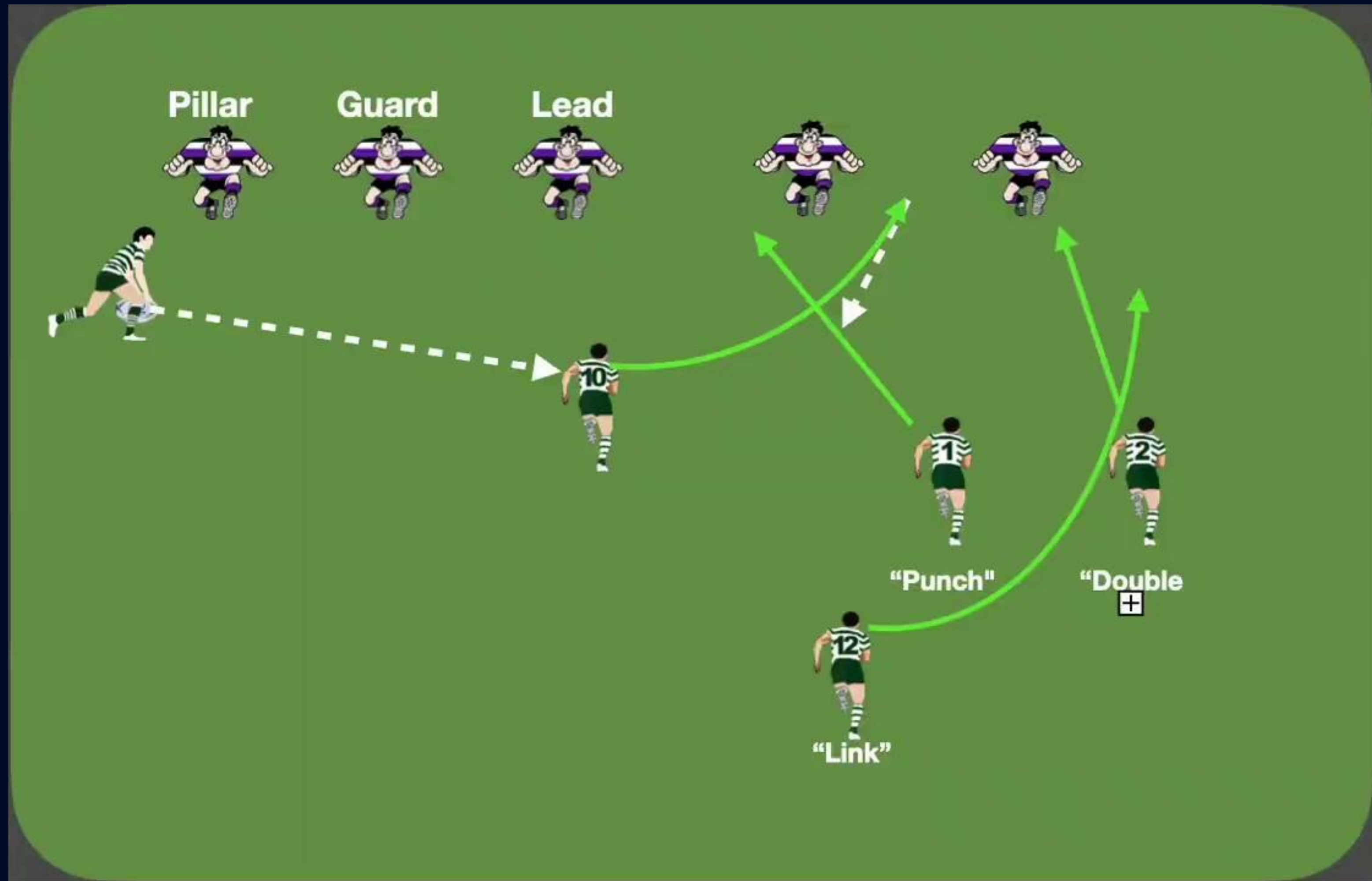




Circle

RUN 
PASS 

- 9 passes from the ruck to the 1st receiver
- 1st receiver runs a flat “wide” line towards the “punch” and then performs a switch pass with the “punch” runner.

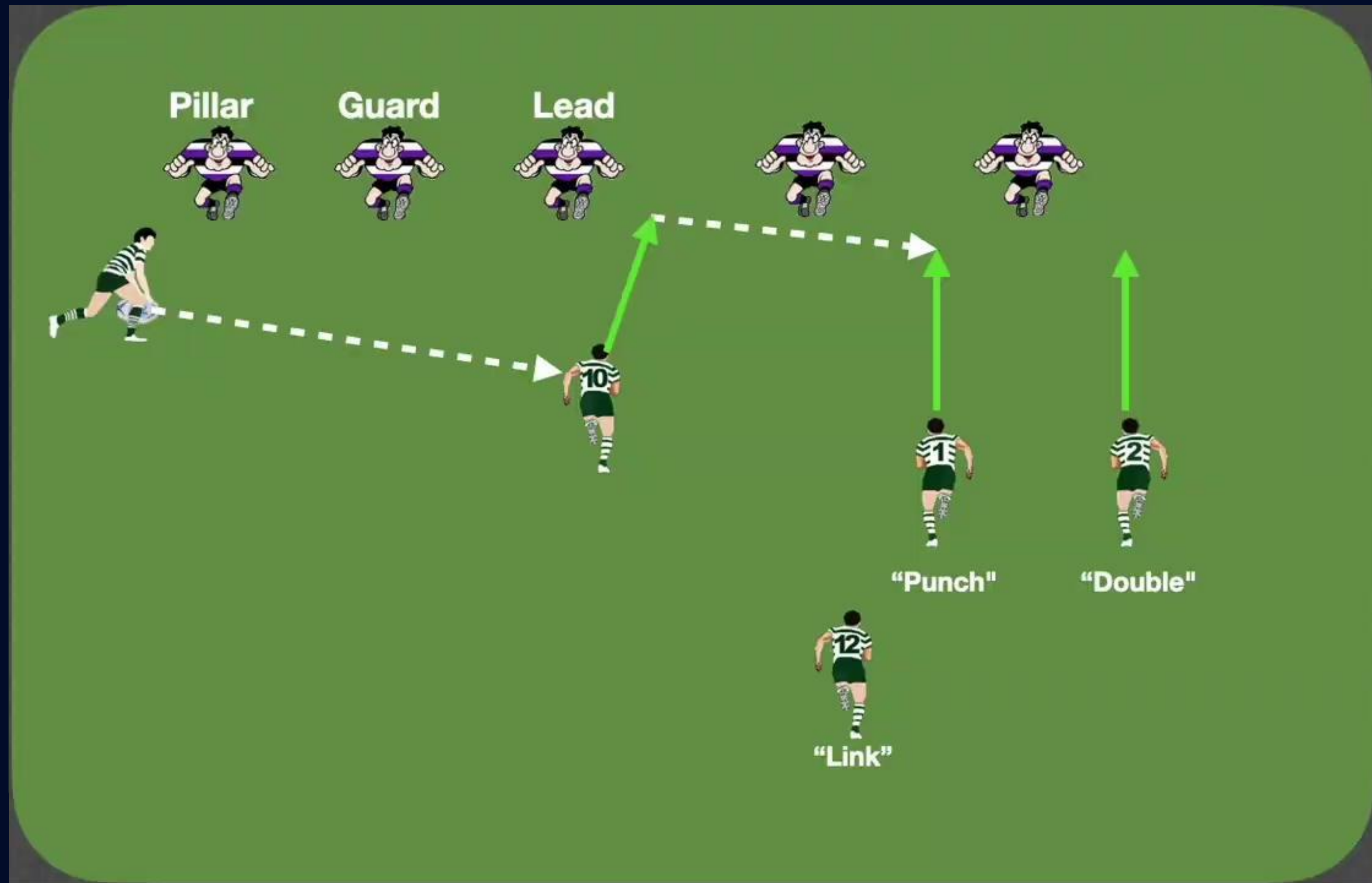


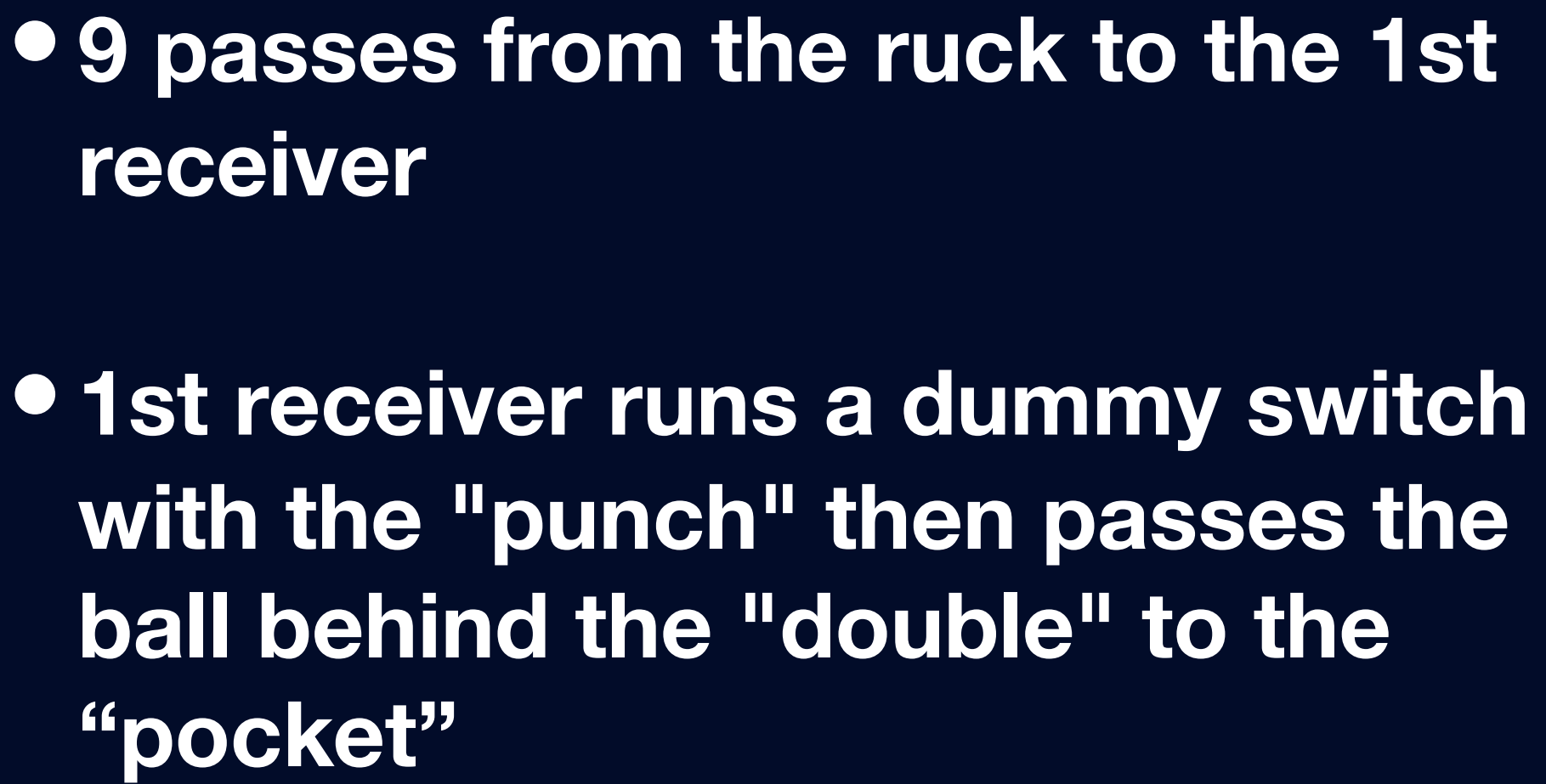


Circle with Tip on



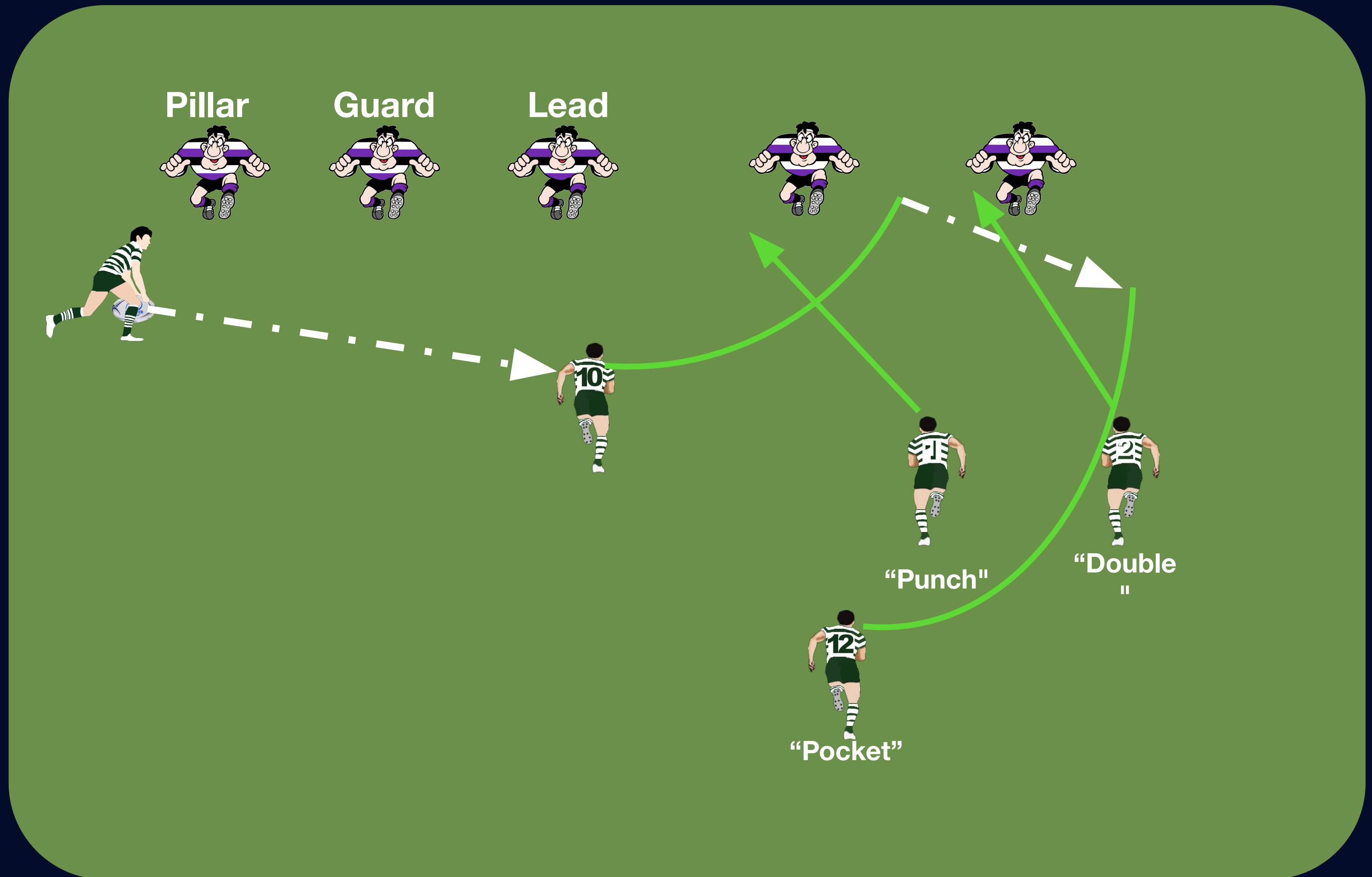
- 9 passes from the ruck to the 1st receiver
- 1st receiver runs a flat “wide” line towards the “punch” and then performs a switch pass with the “punch” runner.
- “Punch” runner performs a tip on to the “double” runner a “tight” line





RUN

PASS

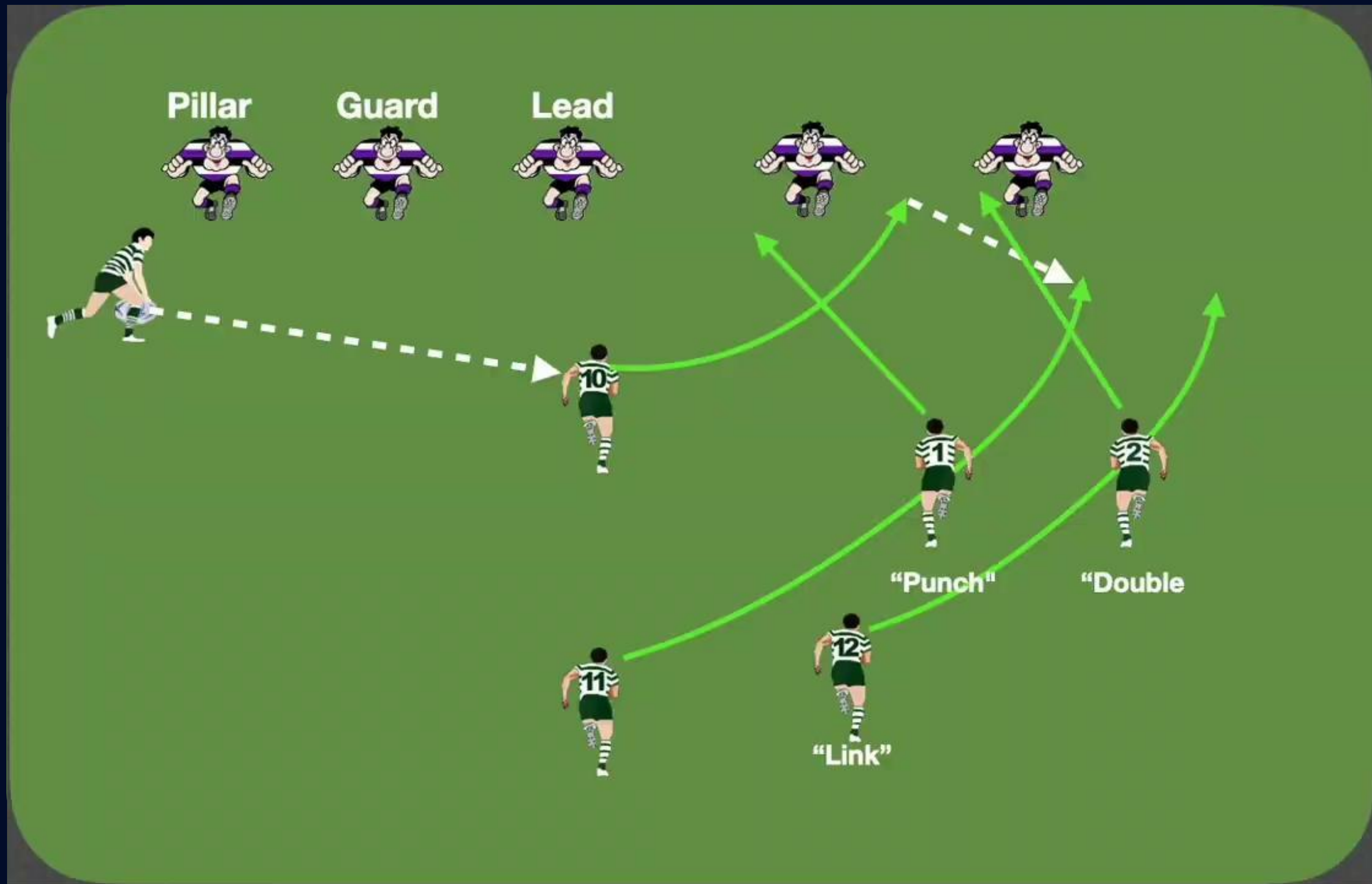




Japan 100

RUN 
PASS 

- 9 passes from the ruck to the 1st receiver
- 1st receiver runs a dummy switch with the "punch" then passes the ball behind the "double" for the blindside winger





Launch Plays Lineout



11

- 2 phase structured launch play
- 1 phase to the far side edge
- 1 phase off the edge

1st PHASE

- Backs play to the far edge

Players in the Ruck

- Closest forward, 2 far backs





21

- 3 phase structured launch play
- 1 phase to the middle of the pitch
- 1 phase to the edge
- 1 phase off the edge

1st phase

- Crash ball midfield

Players in the ruck

- Ball carrier plus one forward, 12, blindside winger





21 Mid

- 3 phase structured launch play
- 1 phase to the middle of the pitch
- 1 phase around the corner
- 1 phase tback down blind

1st PHASE

- Crash ball midfield

Players in the Ruck

- Two forwards, 12, blindside winger.





31

- 4 phase structured launch play
- 1 phase to the middle of the pitch
- 1 phase around the corner
- 1 phase to the edge
- 1 phase off the edge

1st PHASE

- Crash ball midfield

Players in the Ruck

- Ball carrier plus forward
- 12, blindside winger.





Launch Plays

Scrum



11

- 2 phase structured launch play
- 1 phase to the far side edge
- 1 phase off the edge

1st PHASE

- Backs play to the far side of the pitch

Players in the edge ruck

- Open side, wing, 15





21

- 3 phase structured launch play
- 1 phase to the middle of the pitch
- 1 phase to the edge
- 1 phase off the edge

1st PHASE

- Crash ball midfield

Players in the Ruck

- Ball carrier, Blindside Winger, 7, 8





31

- 4 phase structured launch play
- 1 phase to the middle of the pitch
- 1 phase around the corner
- 1 phase to the edge
- 1 phase off the edge

1st PHASE

- Crash ball midfield

Players in the Ruck

- Ball carrier
- Blindside winger, 7, 8





KICK OFF

Receive

**Understand your roles,
based on the kick
location.**



EXIT

- Structured kick return
- Creates layered options
- Play with a lot of width

- 1st ruck set close to 15m line
- Forwards only in the 1st ruck





Backs Attack

Play the zones

Where are the weak links

What are our strengths



Thunder

Box kick



Lightning

Kick off 10



Triangle

Chip kick



Fridge

Grubber



College

Kick pass



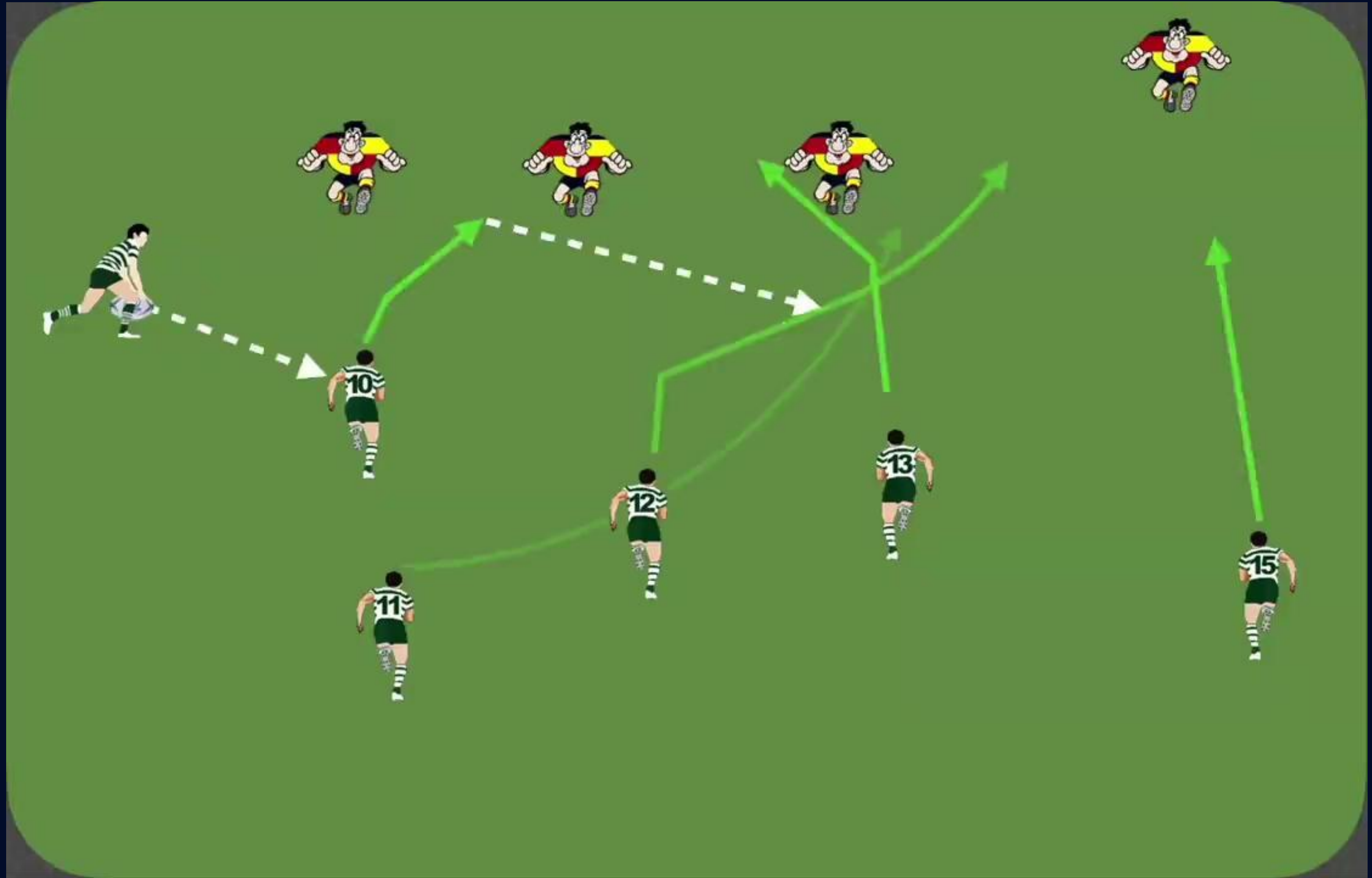
KICK CALLS



England

RUN 
PASS 

- 9 passes to 10
- 10 runs up and out towards the 12's defender
- 10 passes the ball behind the 13, who is running an up and in line towards direct opposite defender's inside shoulder, to the 12 who is running a wide line.
- The 12 has 3 options, run into the space, pass to the blindside winger who is on his inside shoulder, or pass to the fullback into space.

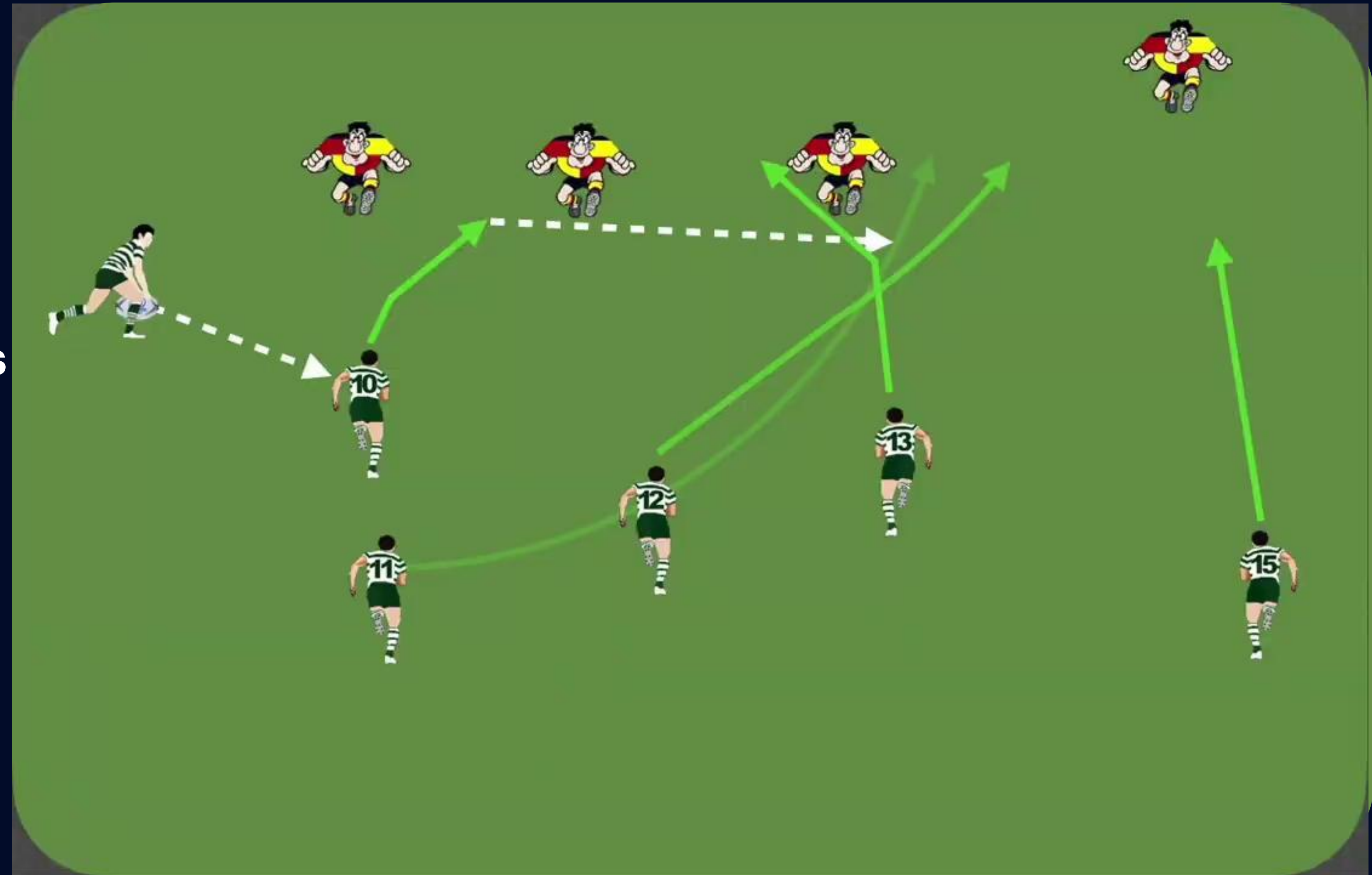




England 100

RUN 
PASS 

- 9 passes to 10
- 10 runs up and out towards the 12's defender
- 10 passes the ball behind the 13, who is running an up and in line towards direct opposite defender's inside shoulder, for the blindside winger
- 12 runs the same wide line for the "england" call

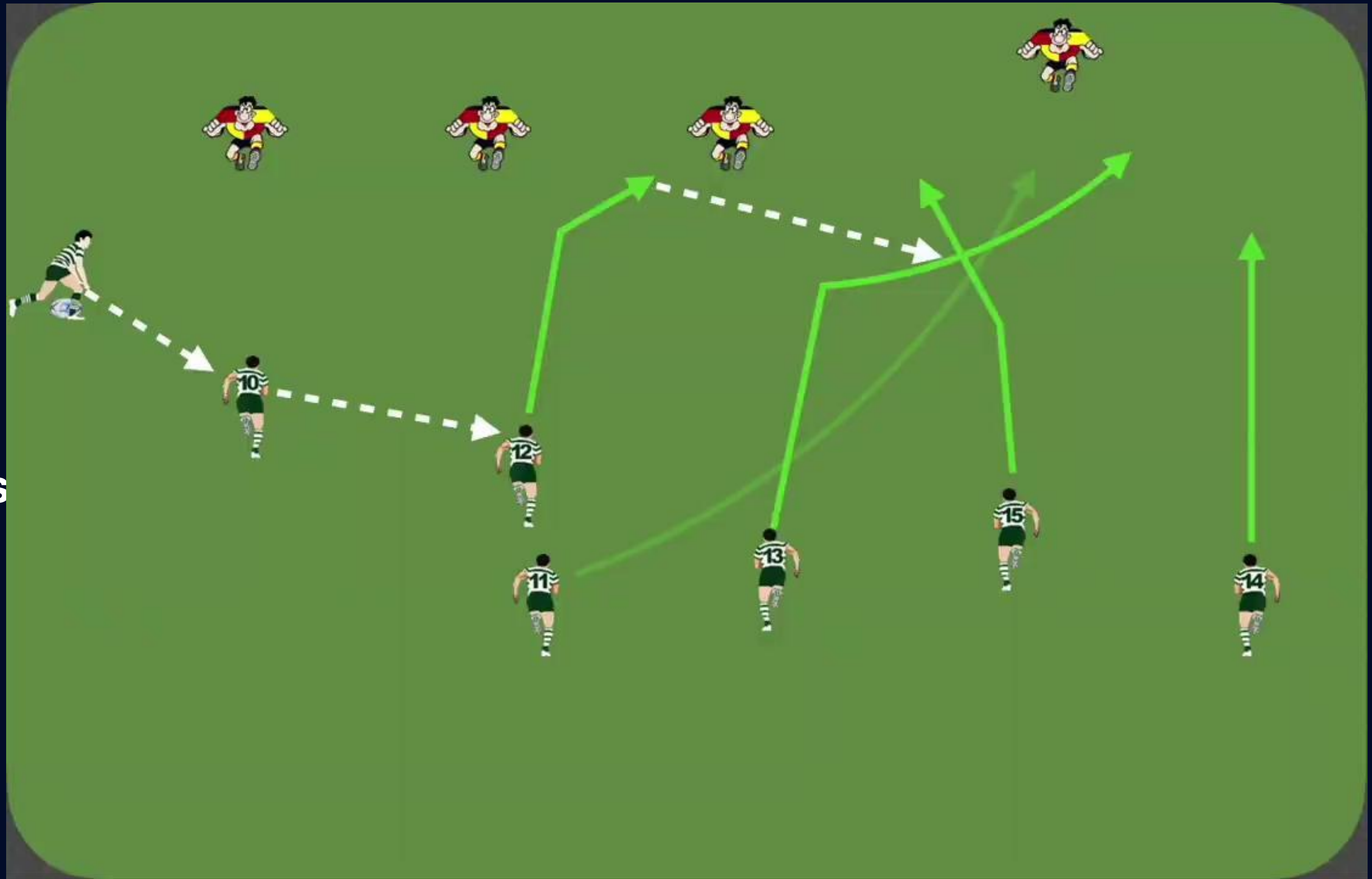




England 2



- 9 passes to 10
- 10 passes immediately to 12 without running forward
- 12 runs up and out towards the 13's defender
- 12 passes the ball behind the 15, who is running an up and in line towards direct opposite defender's inside shoulder, to the 13 who is running a wide line.
- The 13 has 3 options, run into the space, pass to the blindside winger who is on his inside shoulder, or pass to the winger on the outside.

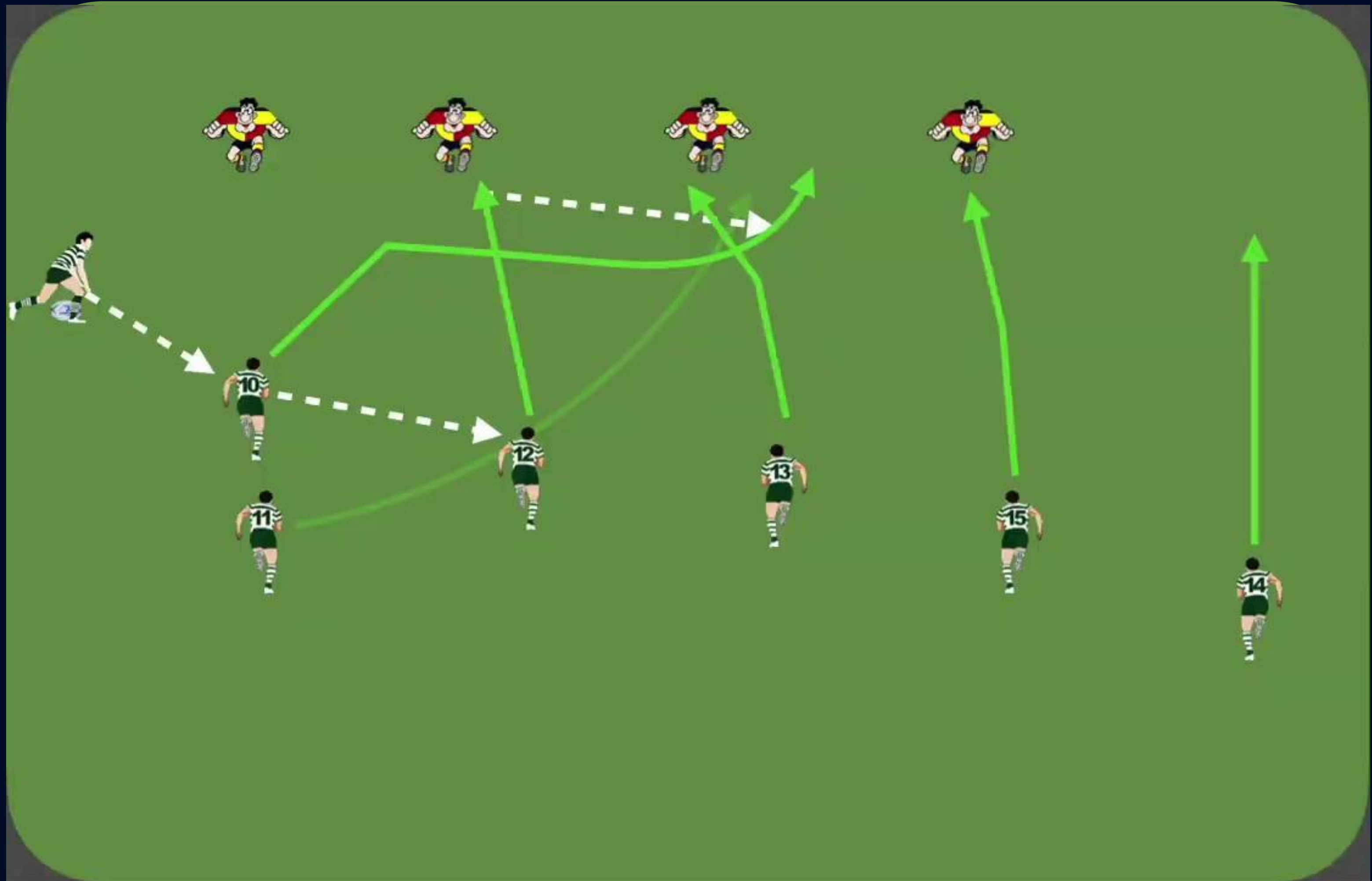




Kiwi

RUN 
PASS 

- 9 passes to 10
- 10 passes immediately to 12 without running forward and then runs behind the 12 and 13
- 12 receives pass then runs towards the inside shoulder of direct opposite while 13 runs up and in towards the inside shoulder of direct opposite number
- 12 then passes the ball behind the 13 for the 10
- 10 then has 3 options, run into space, pass inside to the blindside wing or pass to fullback

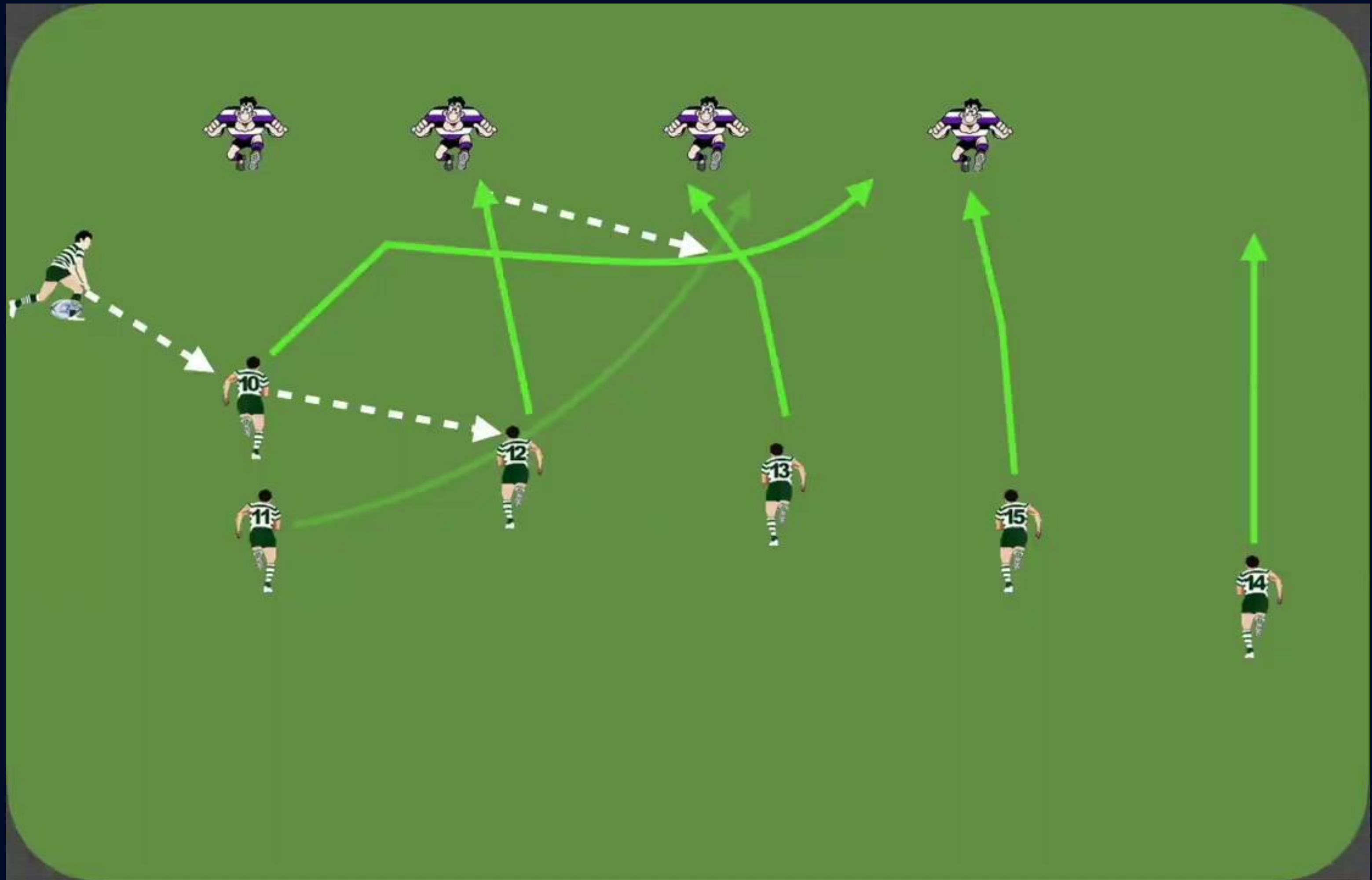




Kiwi 100

RUN 
PASS 

- 9 passes to 10
- 10 passes directly to 12 without running forward and then runs behind the 12 and 13
- 12 receives pass then runs towards the inside shoulder of direct opposite while 13 runs up and in towards the inside shoulder of direct opposite number
- 12 then passes the ball behind the 13 for the blindside winger who runs the space inside the 10

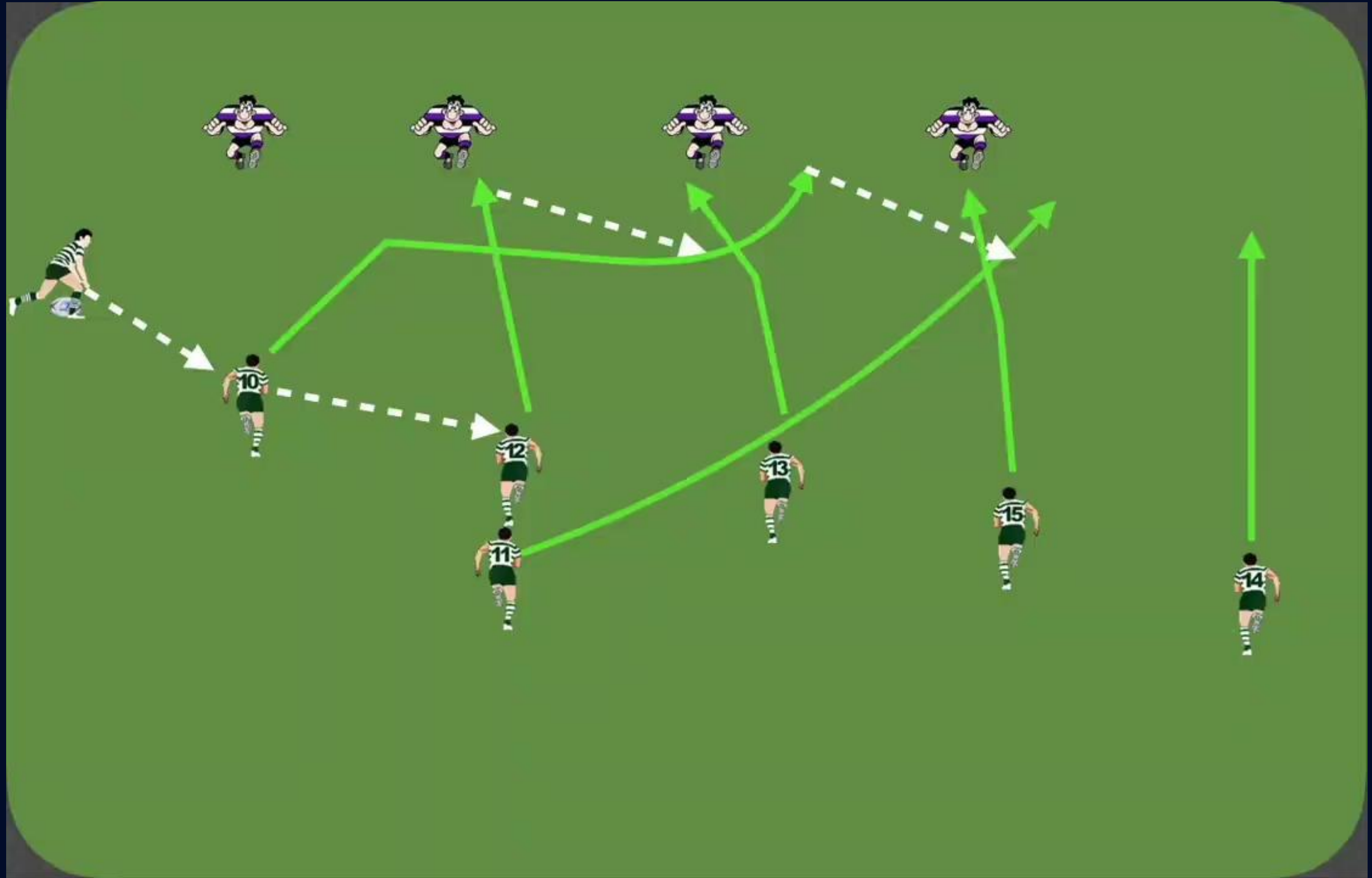




Kiwi Fizz

RUN 
PASS 

- 9 passes to 10
- 10 passes directly to 12 without running forward and then runs behind the 12 and 13
- 12 receives pass then runs towards the inside shoulder of direct opposite while 13 runs up and in towards the inside shoulder of direct opposite number
- 12 then passes the ball behind the 13 for the 10
- 10 then passes the ball behind the 15, who is running a line towards the inside shoulder of his direct opposite defender, for the blindside winger

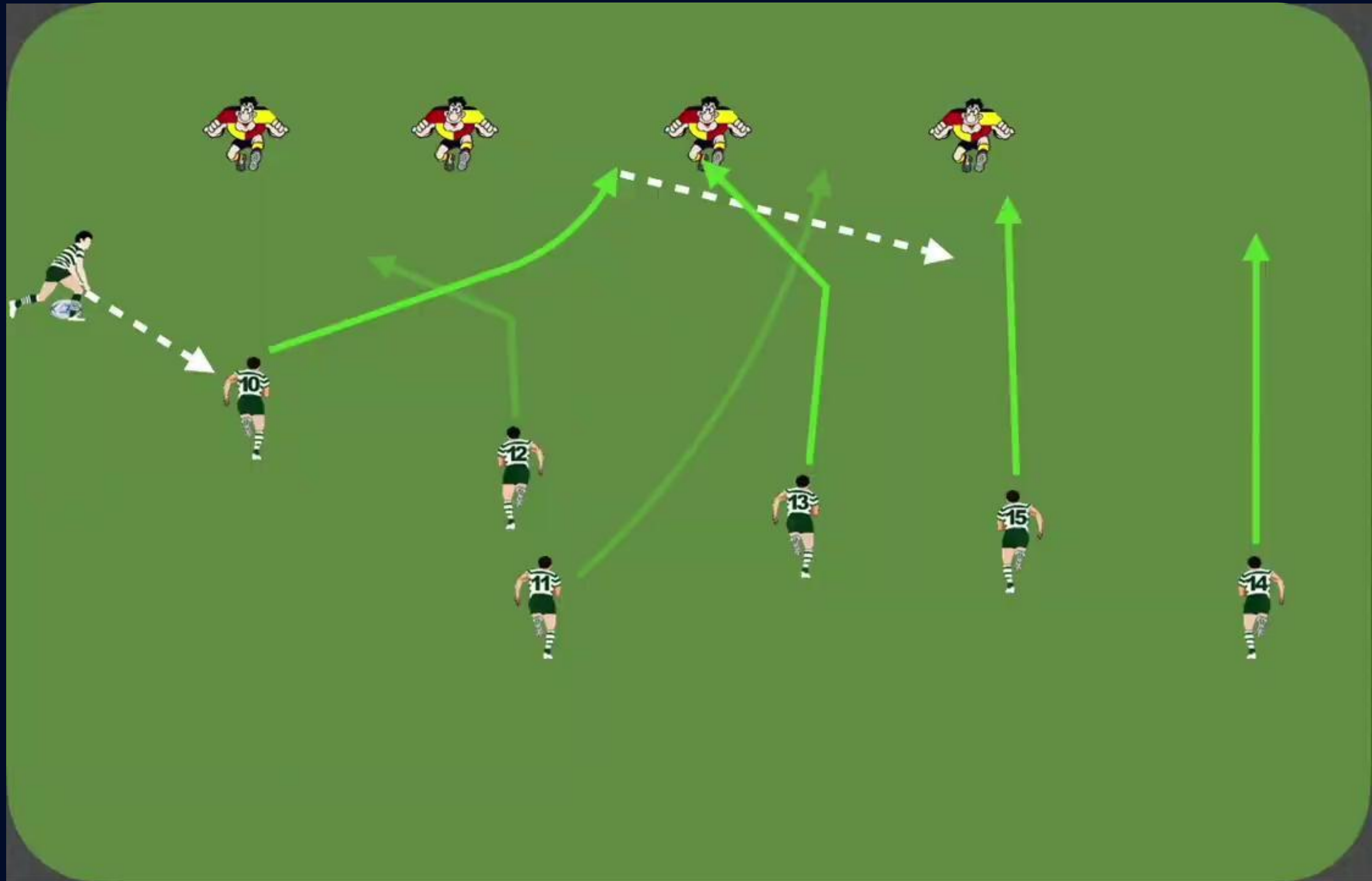




Magic

RUN 
PASS 

- 9 passes to 10
- 10 runs across the pitch and dummy switches with the 12
- 13 runs a up and in line towards the 10 after he dummy switches with the 12
- 10 then passes the ball behind the 13 for the blindside winger

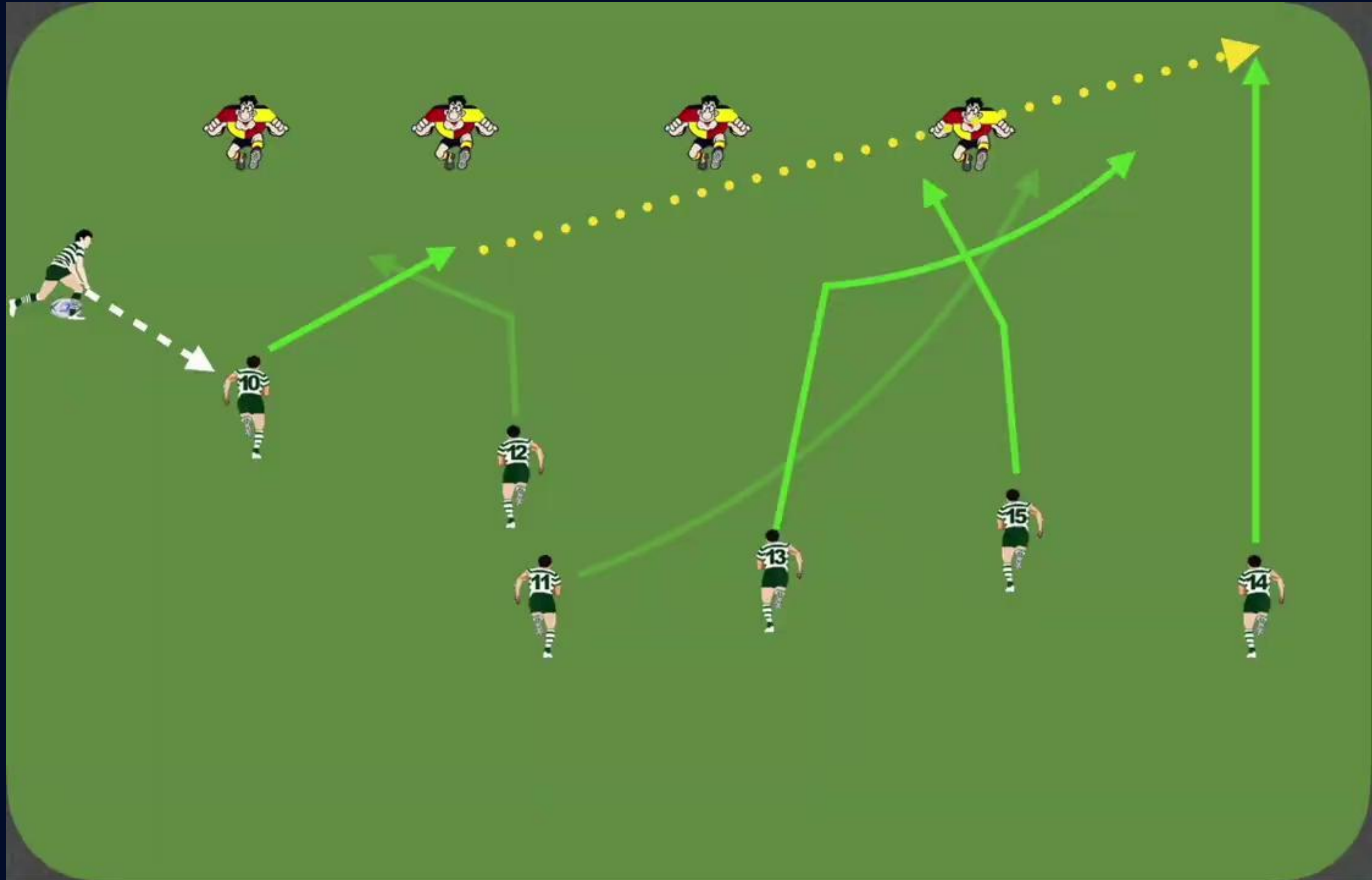




Magic for College



- 9 passes to 10
- 10 runs towards 12 and performs a dummy switch
- 12 then kicks for the winger standing on the edge.





Crispy

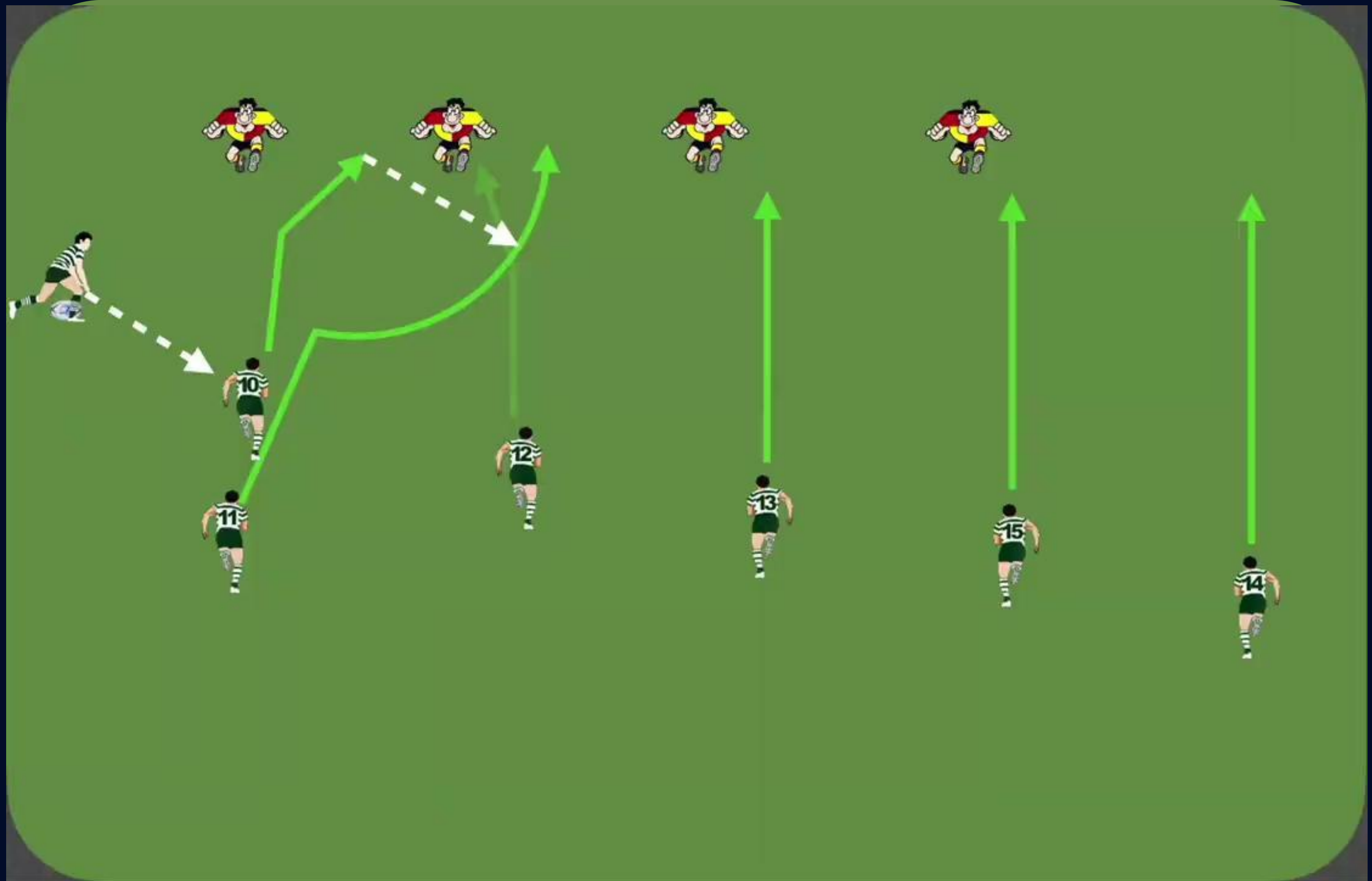
RUN



PASS



- **9 passes to 10**
- **10 performs a dummy switch with 12**
- **13 runs a tight line towards the 10**
- **10 passes the ball behind the 13 for the blindside winger.**

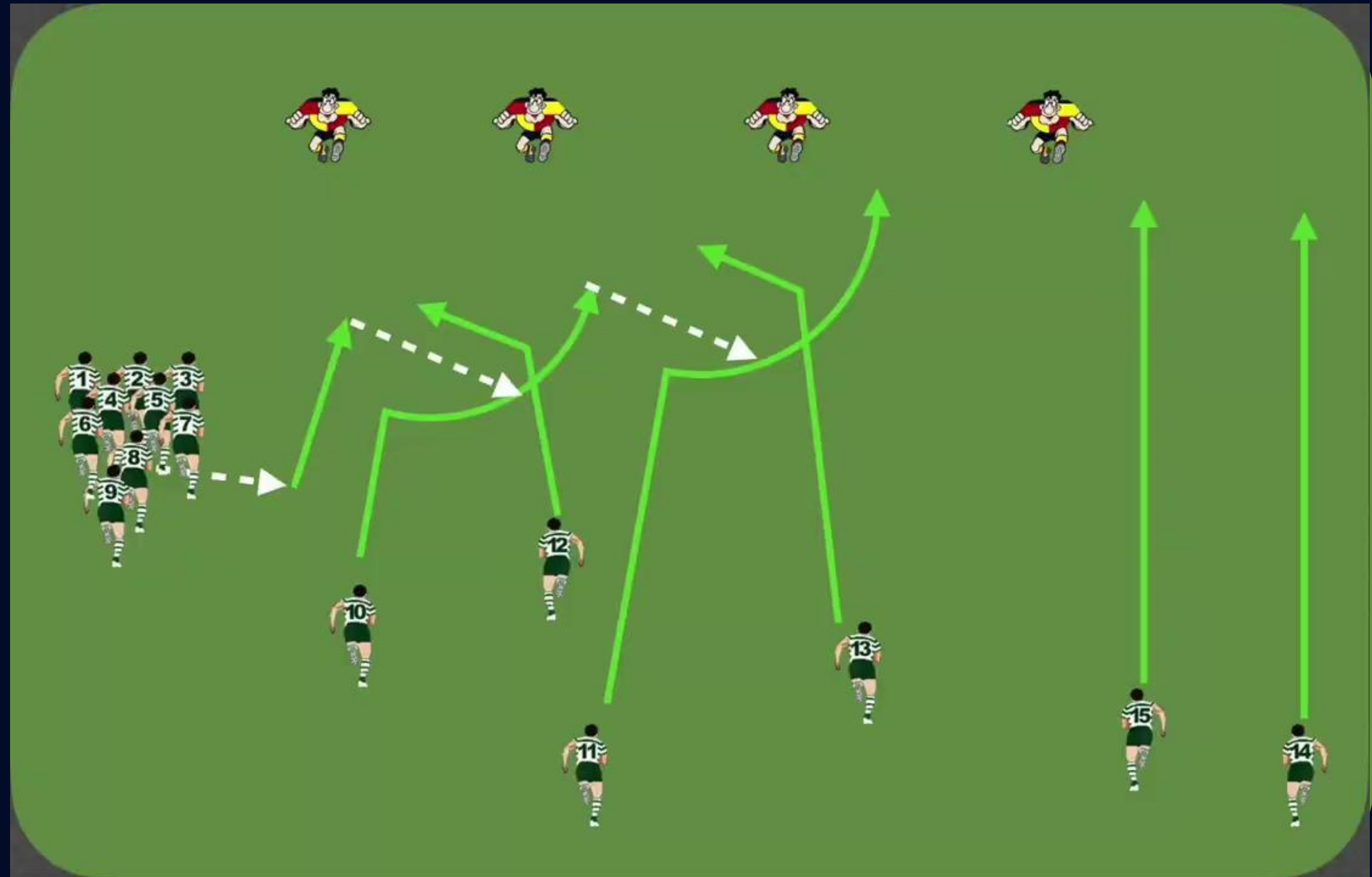




Colt fizz



- 9 passes to 10
- 10 runs towards 12 and performs a dummy switch
- 12 then kicks for the winger standing on the edge.





Attack Shape

- **Attack shapes organise the team, create options, and help apply pressure to the defence.**



ABS

1-3-2-2

- Creates maximum width, stretching defences horizontally.
- Strong against heavy or unfit teams who struggle to cover the full pitch.
- Effective versus teams that defend tight around the ruck.





BOKKIES

1-3-3-1

- Suits teams with a bigger forward pack and tighter playing conditions.
- Allows playmakers extra time and space as most play flows through the 3-3 pods.
- Focuses on direct, powerful carries with wide options on either edge.





FRANCE

3-3-3

- Provides maximum control and stability with evenly spaced pods.
- Ensures a consistent platform for recycling and retaining possession.
- Ideal for slowing the game down and managing pressure phases.





Defence

- **Use defense as an offense**
- **Aggressive line speed to put pressure on skill sets**
- **Stop them before they reach 4 passes**
- **No more than two passes from the ruck**

LOCATION-FORMATION-ACTIVATION

Location - What are they likely to play based on where they are

Formation - What does their setup tell us

Activation - As soon as the ball is in play start reading.



DEFENCE

OBJECTIVES

GREEN ZONE

GET SOLID

GET SOLID....Create a relentless wall

Force a pressure kick

No penalties

YELLOW ZONE

GET UP

GET UP....in to their face

A lot of line speed to force attack to kick

Pressure on skill sets to get to the edge

Make it hard for attack to get into our red zone

RED ZONE

GET OUT

GET OUT No one crosses your line without a fight

No one breaks through our line. They can only go around!!!



DEFENCE

SCRUM

- Even numbers on the short side
- Small short-side, less players needed

- One less player on both sides of the scrum. Two wingers half deep. Fullback deep on kickers side of the scrum

- Even numbers on the short side
- Small short-side, less players needed

GREEN ZONE

- Even numbers on the short side
- Small short-side, less players needed

- One less player on both sides of the scrum. Two wingers half deep. Fullback deep on kickers side of the scrum

- Even numbers on the short side
- Small short-side, less players needed

YELLOW ZONE

- 1 extra on the short side. 9 defends 1st receiver

- Even numbers on both sides
- 9 defends 1st receiver on the right side from the base of the scrum.
- If there is too much space between 9 and 1st receiver, 9 should retreat to defensive line.

- Even numbers on the short side. 9 joins the defensive line
- Winger defends at 1st receiver when no space on shortside

RED ZONE



Scrum ID

- **LOCATION-FORMATION-ACTIVATION**

Location: Based on where they are what are most likely to do?

Kick, or Play.

Formation: Based on their setup what are the likely to do?

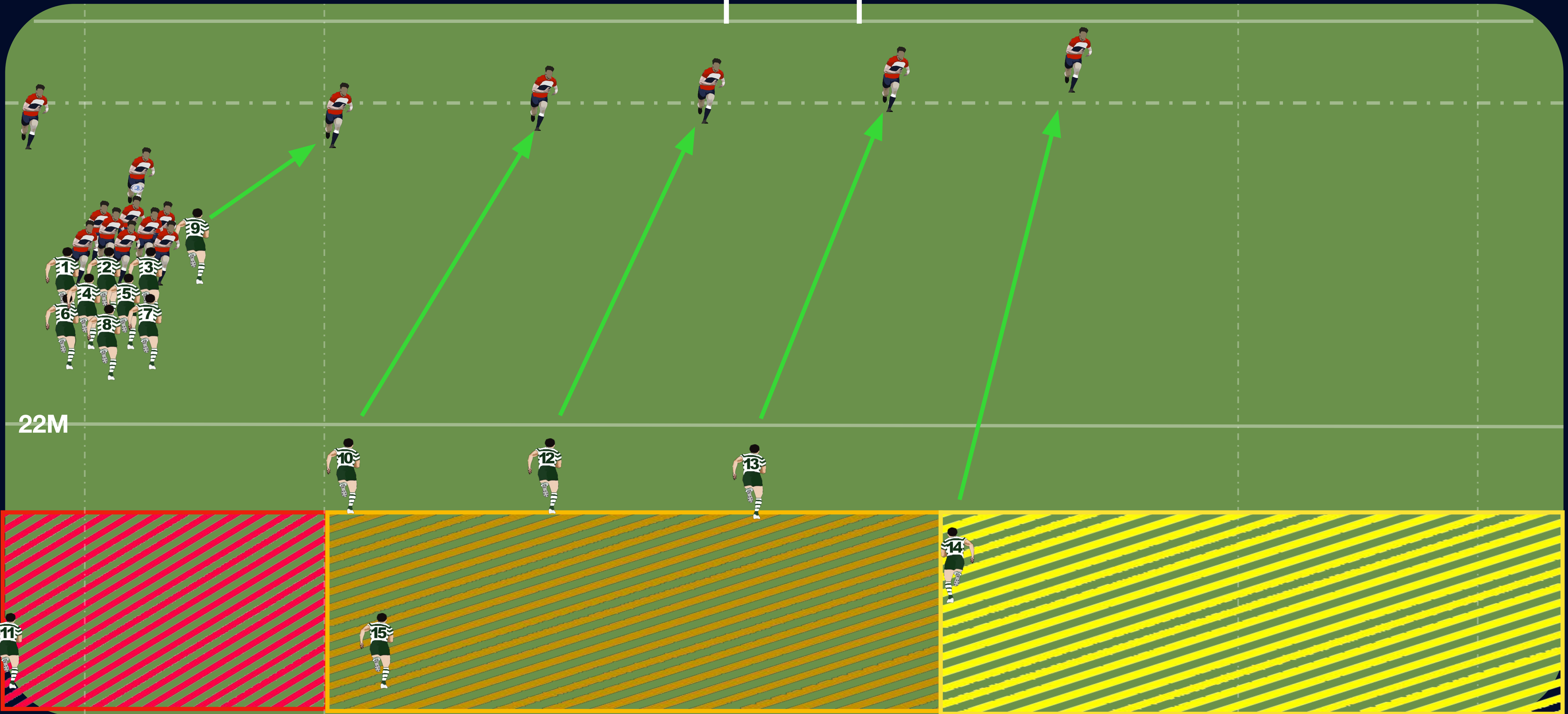
Maul, 12 crash.

Activation: What changes when ball is in play?



32 1/2

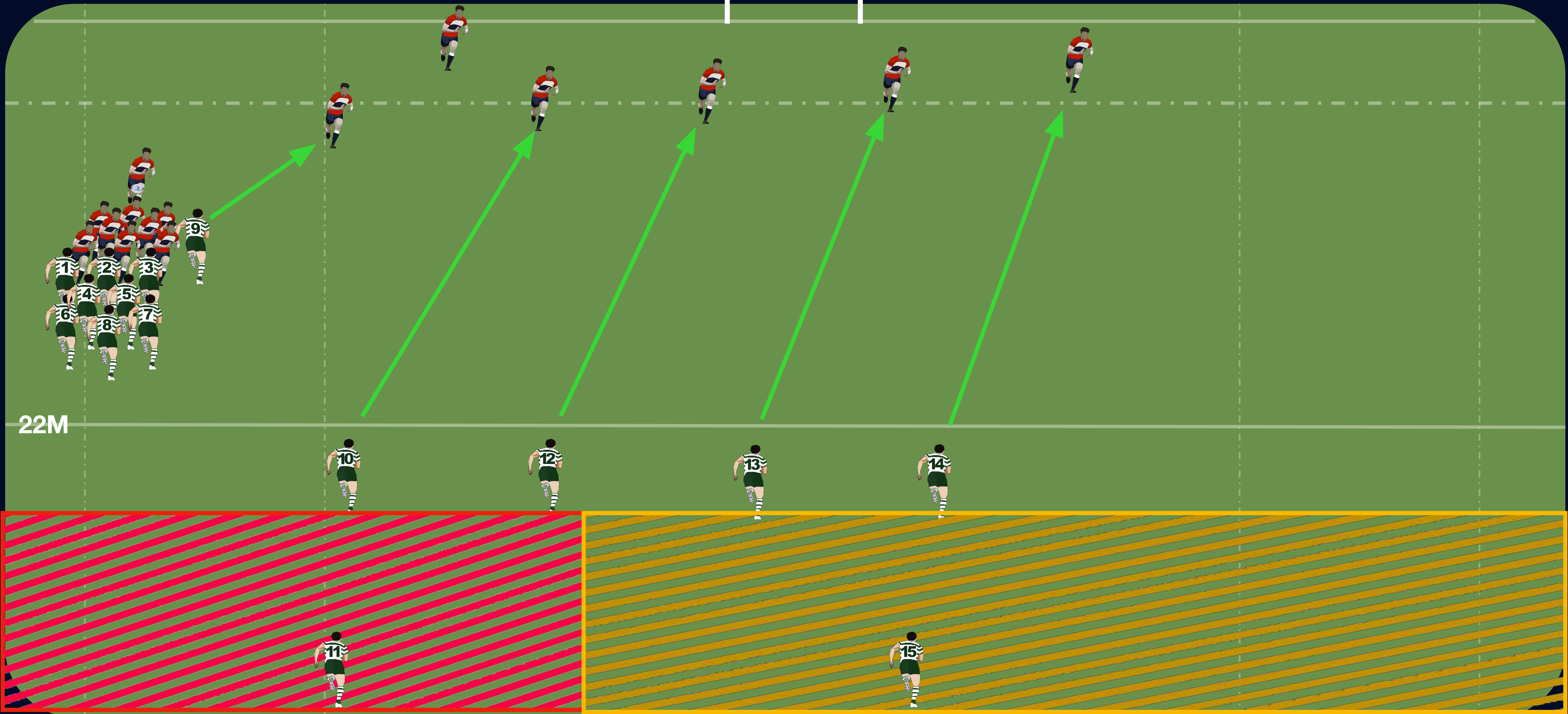
- Green zone
- Left side scrum
- 9 defends 1st
- Winger “not busy”
- 3 in the line
- 2 1/2 in the back





42

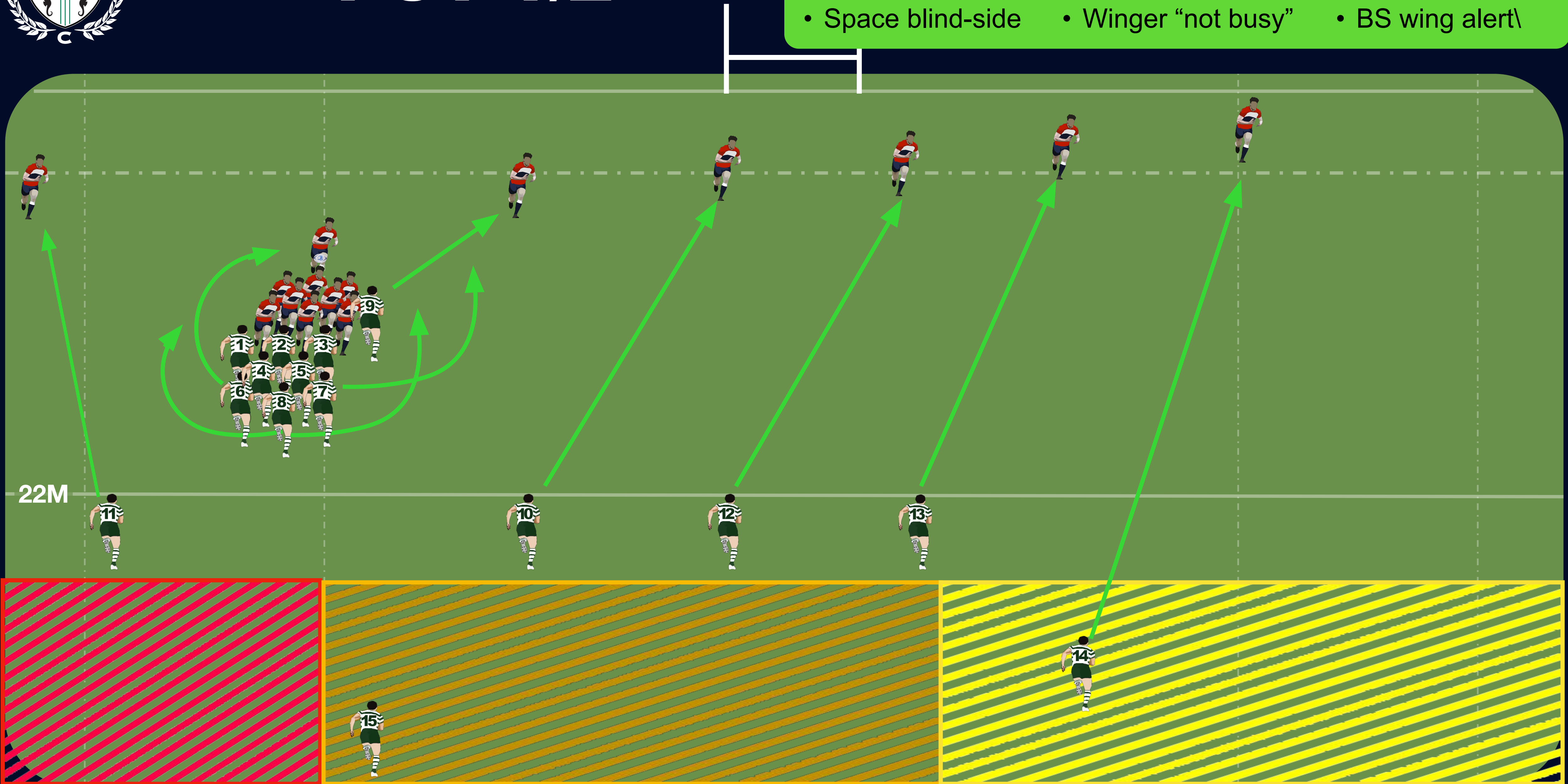
- Green zone
- Left side scrum
- 9 defends 1st
- Winger “busy”
- 4 in the line
- 2 in the back





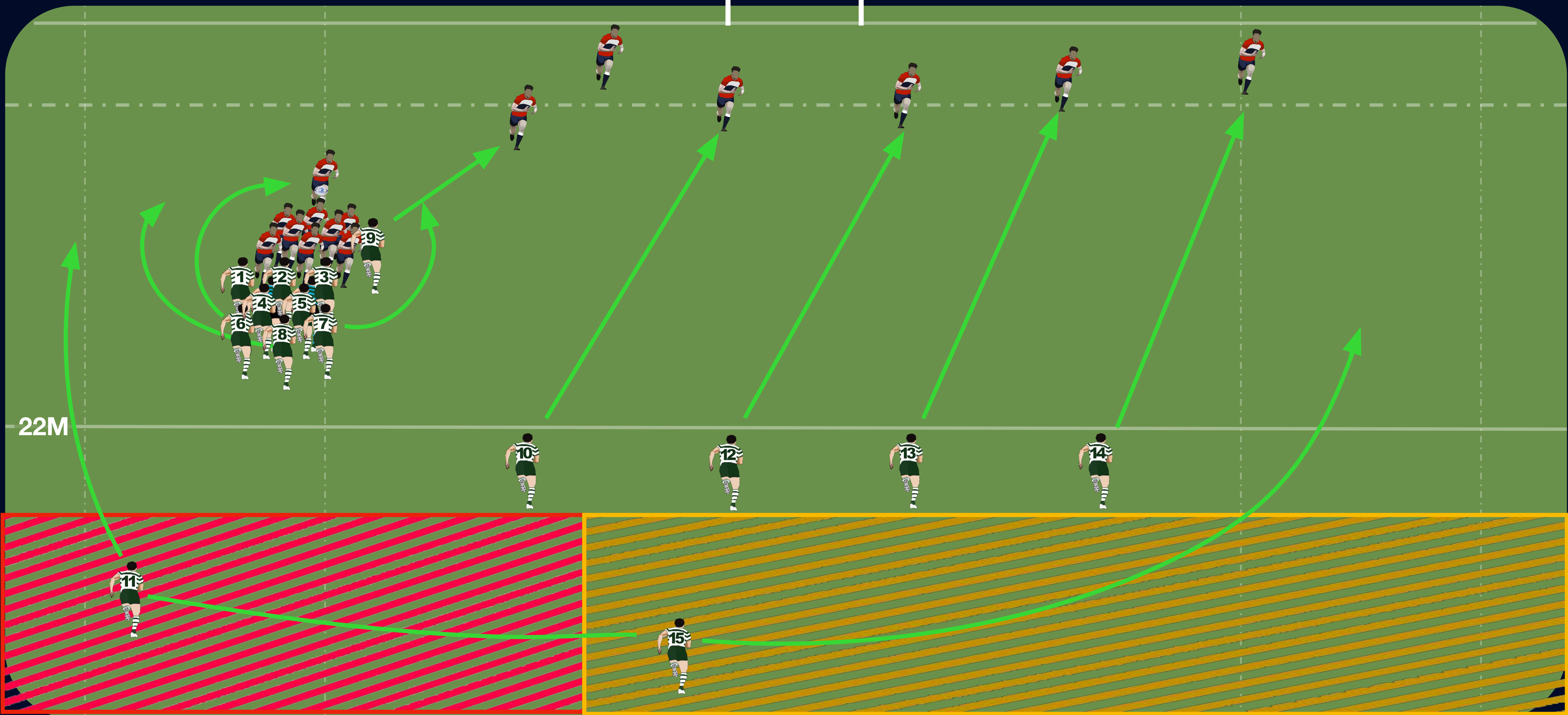
1-31 1/2

- Green zone
- Left side scrum
- Space blind-side
- 6 defends blind
- 9 defends 1st
- Winger “not busy”
- 3 in the line
- 1 1/2 in the back
- BS wing alert\





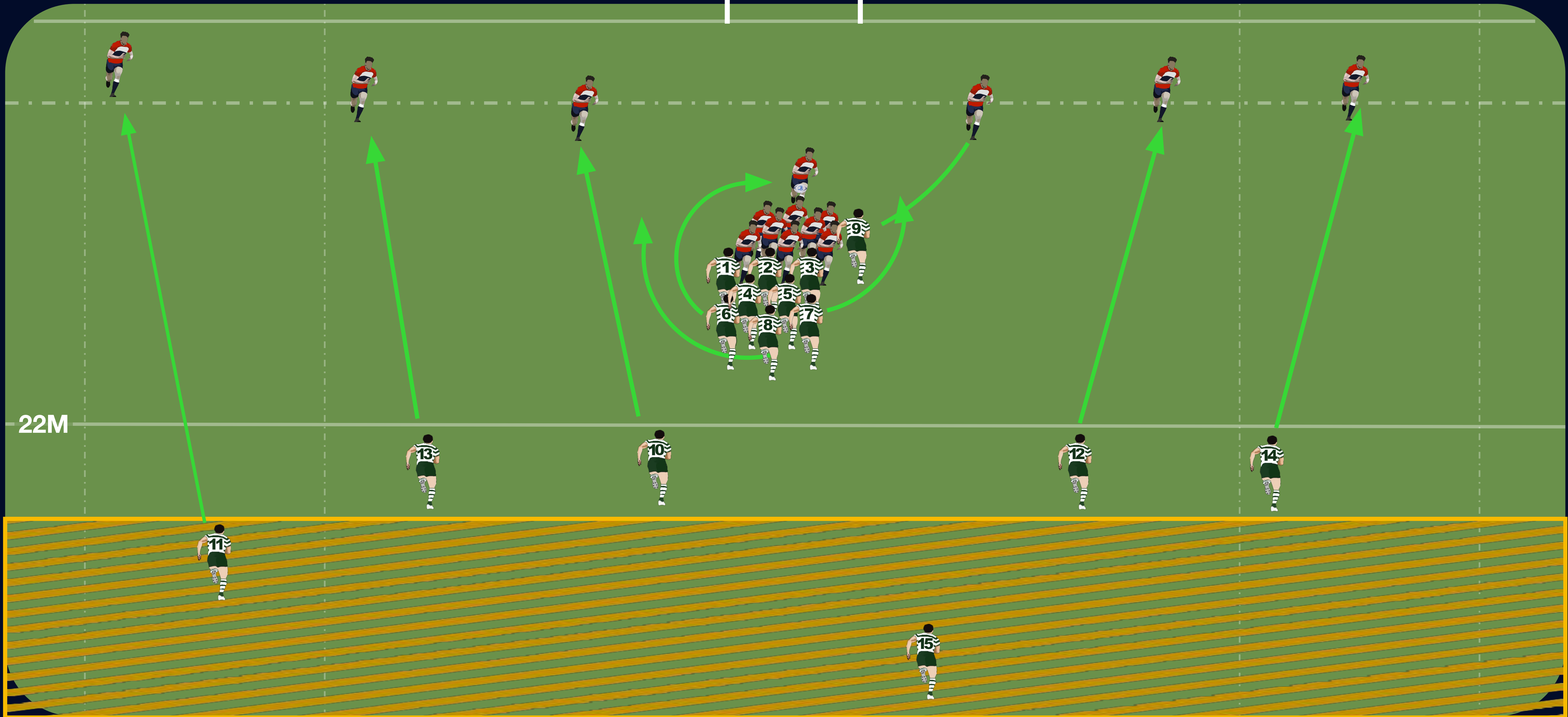
- 6 defend blind
- BS wing alert





2-21 1/2

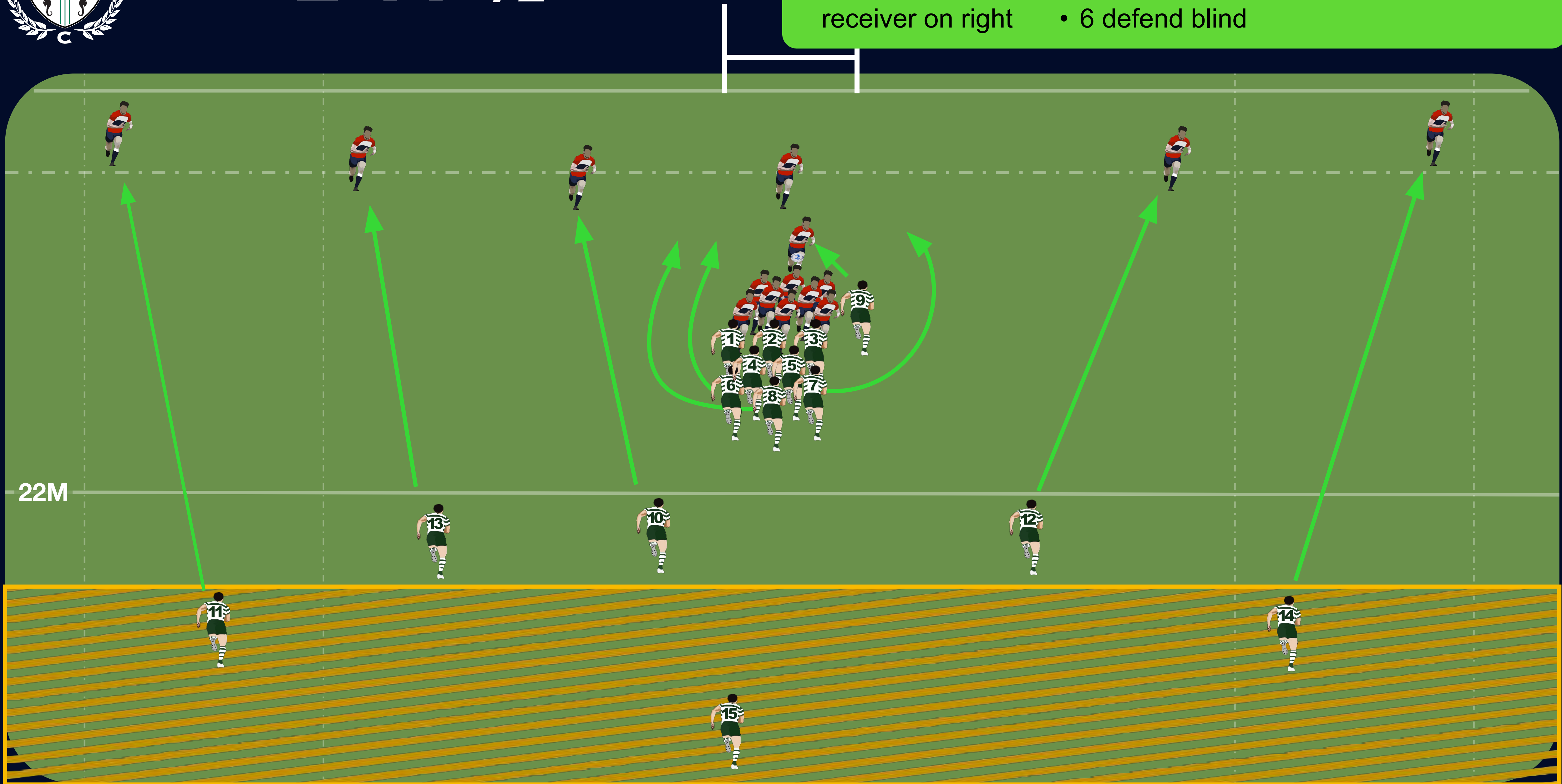
- Midfield scrum
- 9 defends 1st receiver on right
- Man on man left side
- 15 follows the ball
- 6 defend blind





2-11 1/2

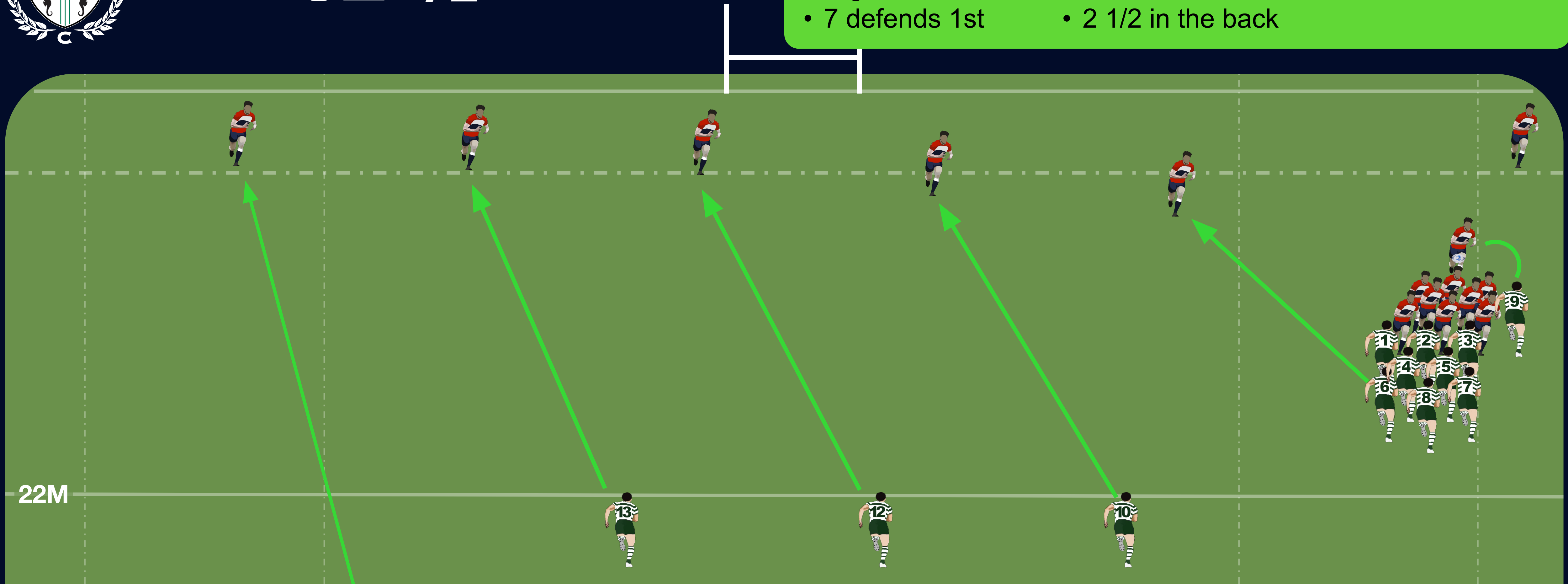
- Midfield scrum
- 9 defends 1st receiver on right
- Man on man left side
- 15 follows the ball
- 6 defend blind





32 1/2

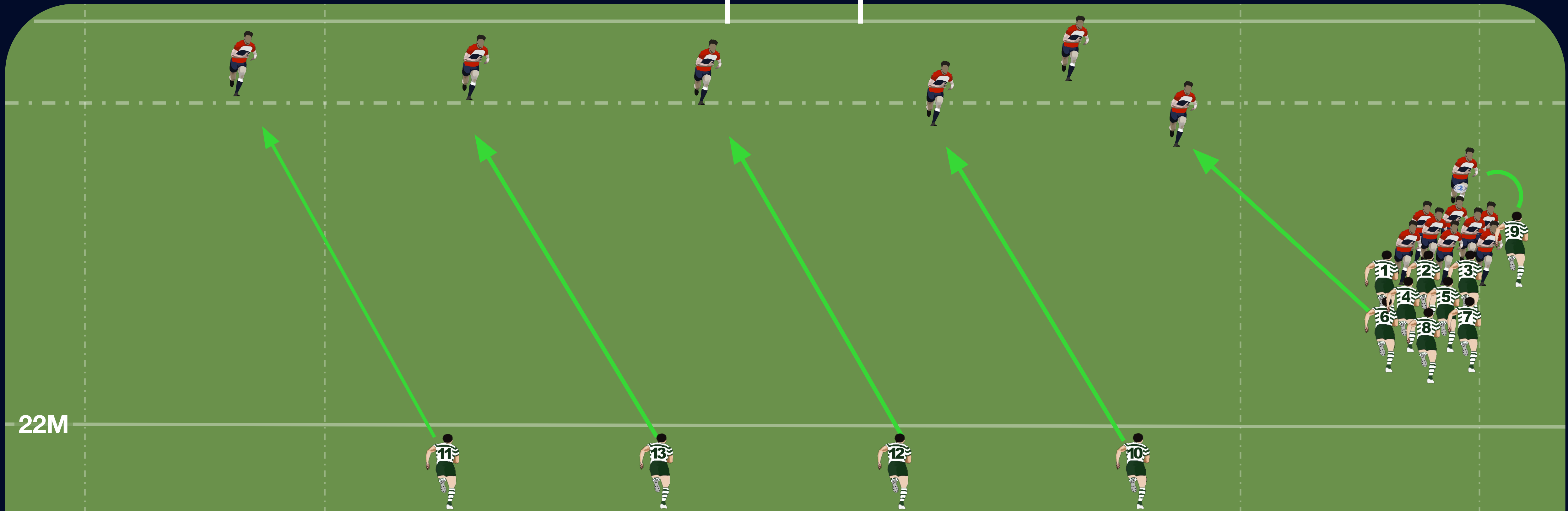
- Green zone
- Right side scrum
- 7 defends 1st
- Winger “not busy”
- 3 in the line
- 2 1/2 in the back





42

- Green zone
- Right side scrum
- 7 defends 1st
- Winger “busy”
- 4 in the line
- 2 in the back





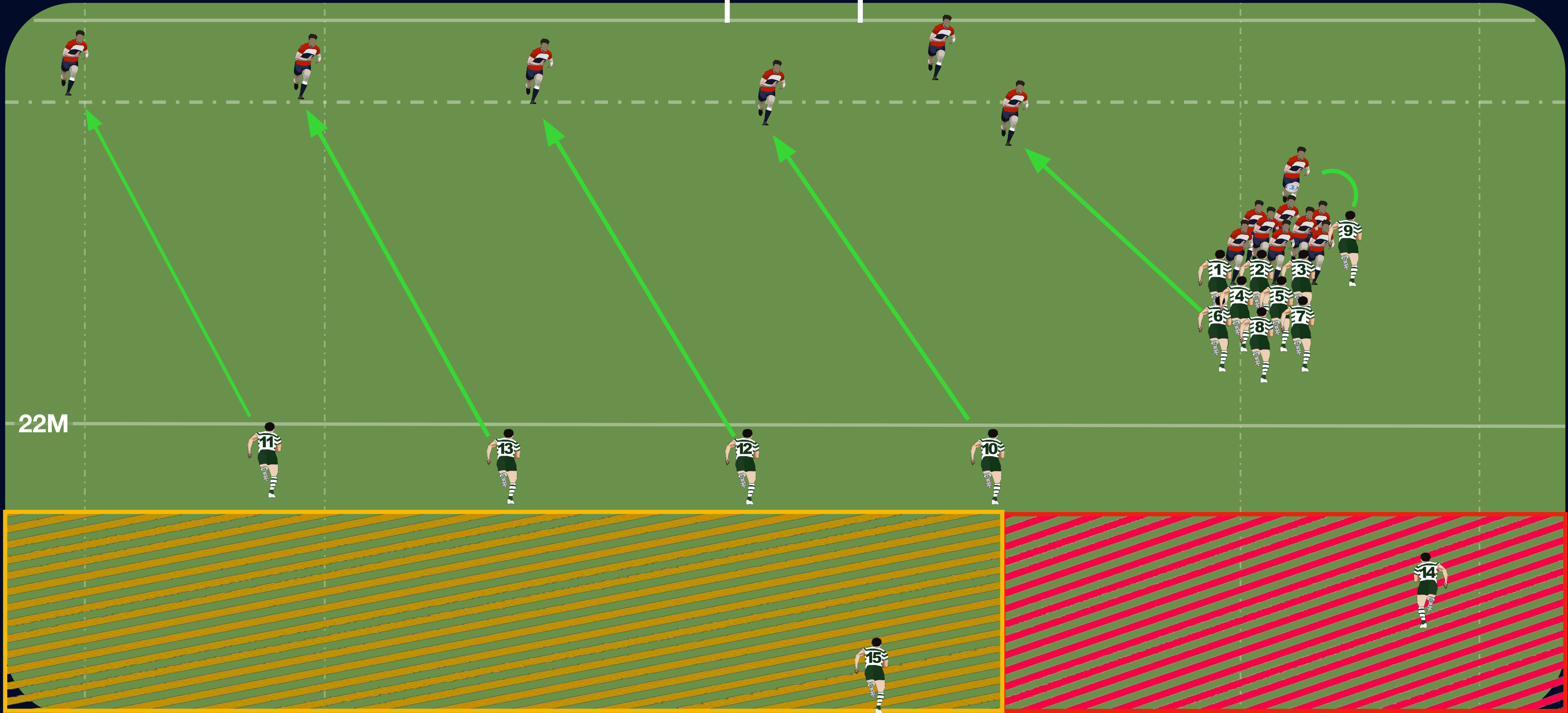
- Green zone
- Left side scrum
- Space blind-side
- 6 defends blind
- 7 defends 1st
- Winger “not busy”
- 3 in the line
- 1 1/2 in the back





41 1/2

- Green zone
- Left side scrum
- 9 defends 1st
- Winger "busy"
- 4 in the line
- 2 in the back
- 6 defend blind





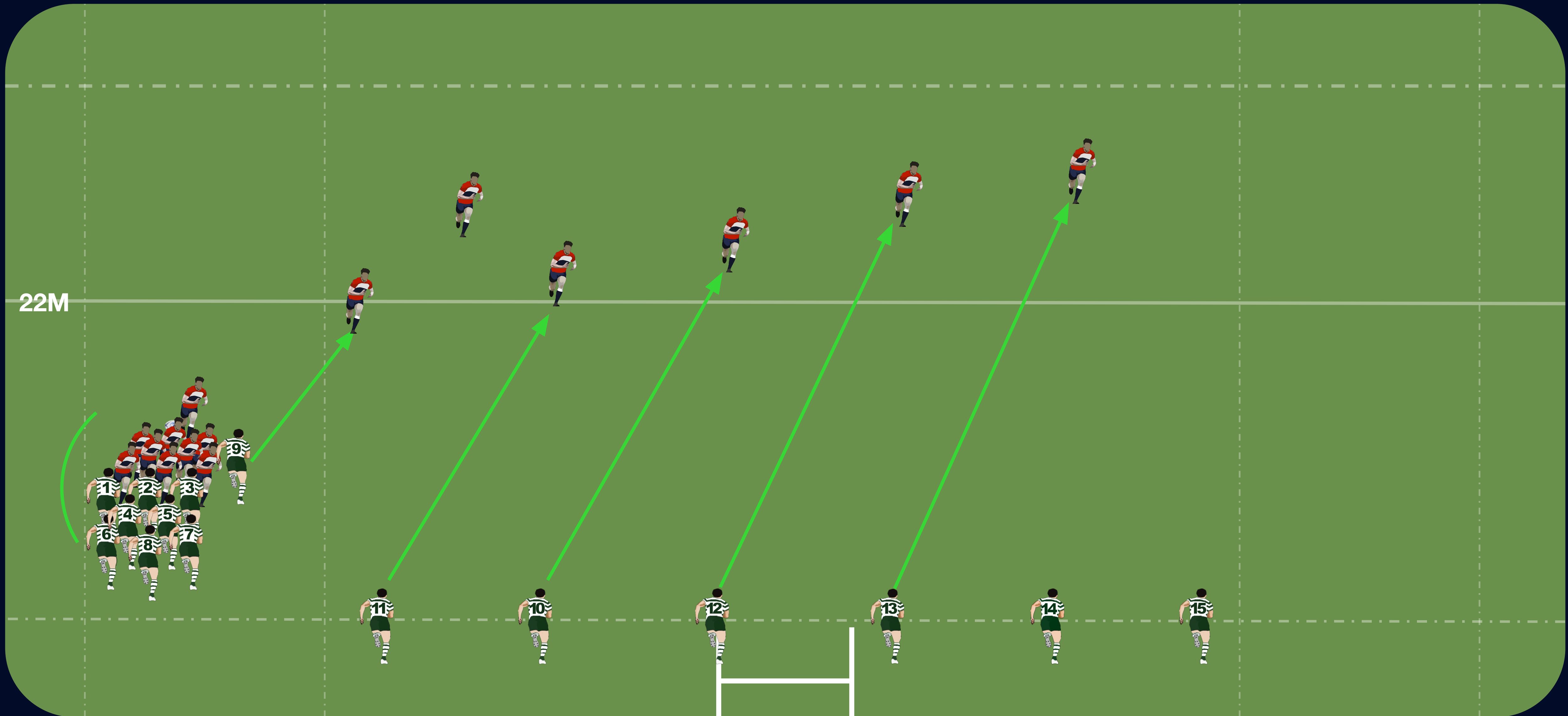
Scrum D

- **Defence structure 10m from our tryline.**
- **9 defends 1st receiver on the right side of scrum**
- **No blind then winger defends at 1st position outside the scrum**
- **Backs shape coding- just two digits, 1 digit for the left side of the scrum and 1 for the right side**



6

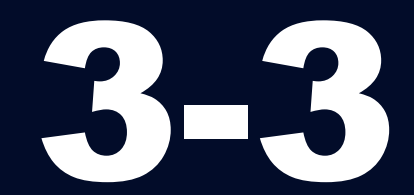
- Redzone
- Leftside scrum
- Inside 10m
- No blind
- Winger busy
- No kick space





- Redzone
- Leftside scrum
- Inside 15m
- Small blind
- Winger busy
- No kick space





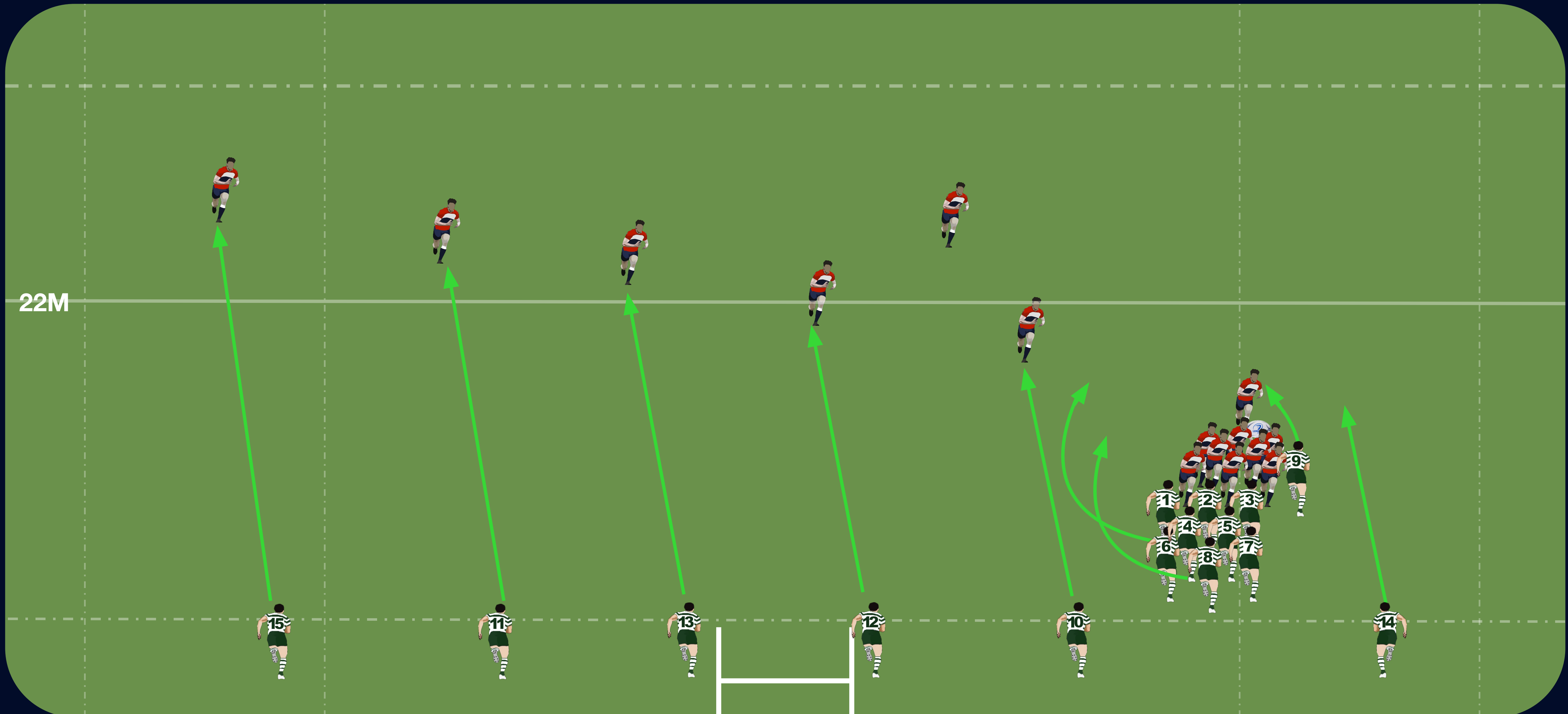
- 22M





5-1

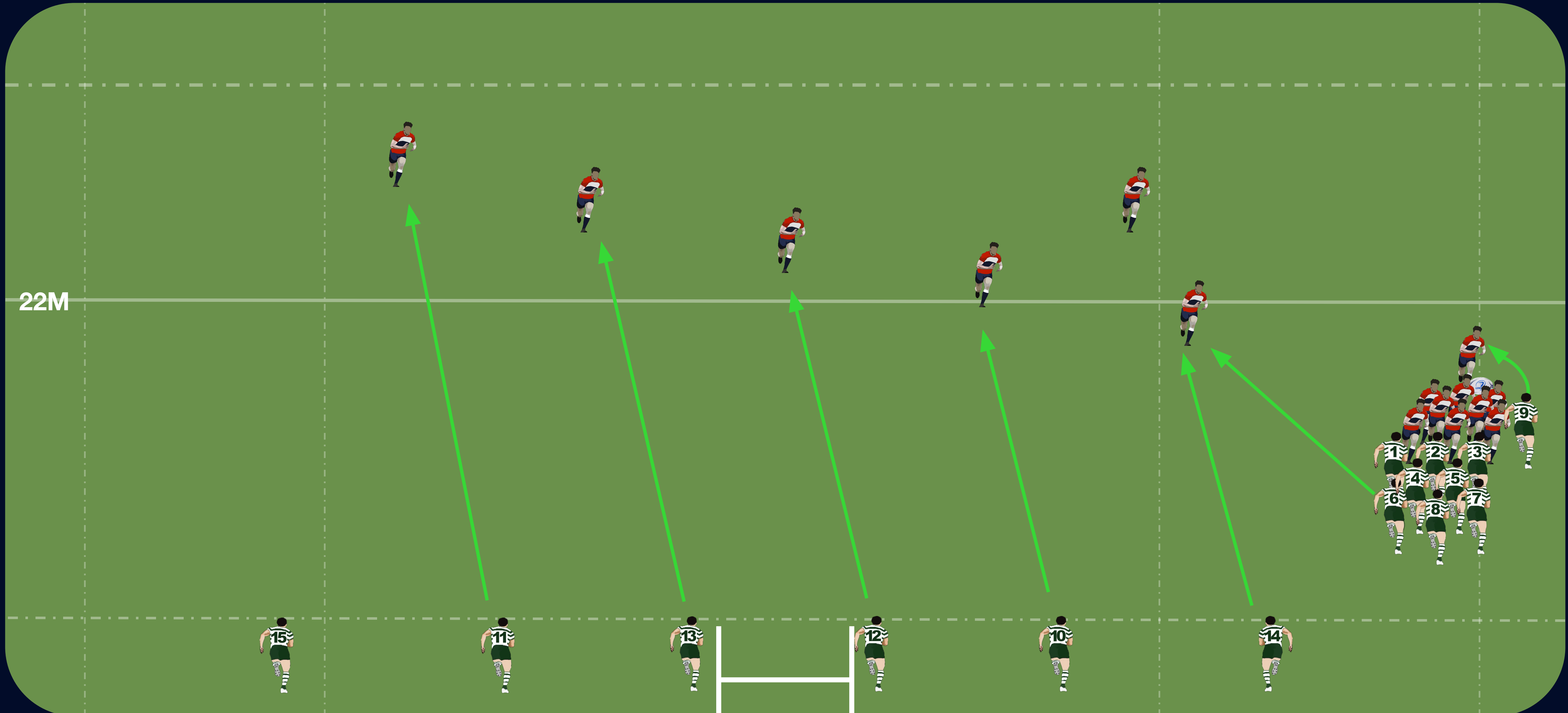
- Redzone
- Inside 10m
- Winger busy
- Winger back to blind after 1st phase





6

- Redzone
- Inside 10m
- Winger busy
- Winger back to blind after 1st phase





Lineout

Where are we?

Where are the wingers?

What is their attacking shape?



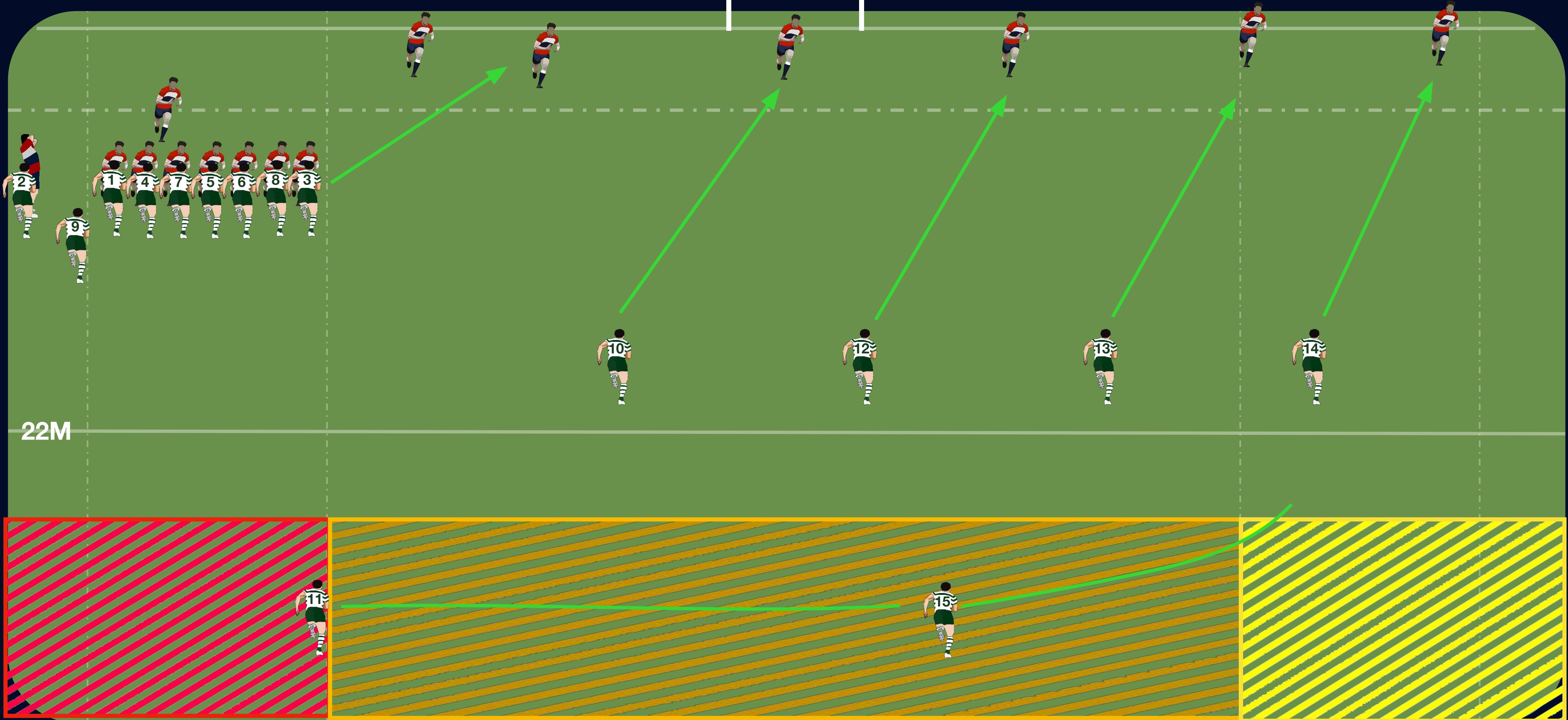
- 22M





42

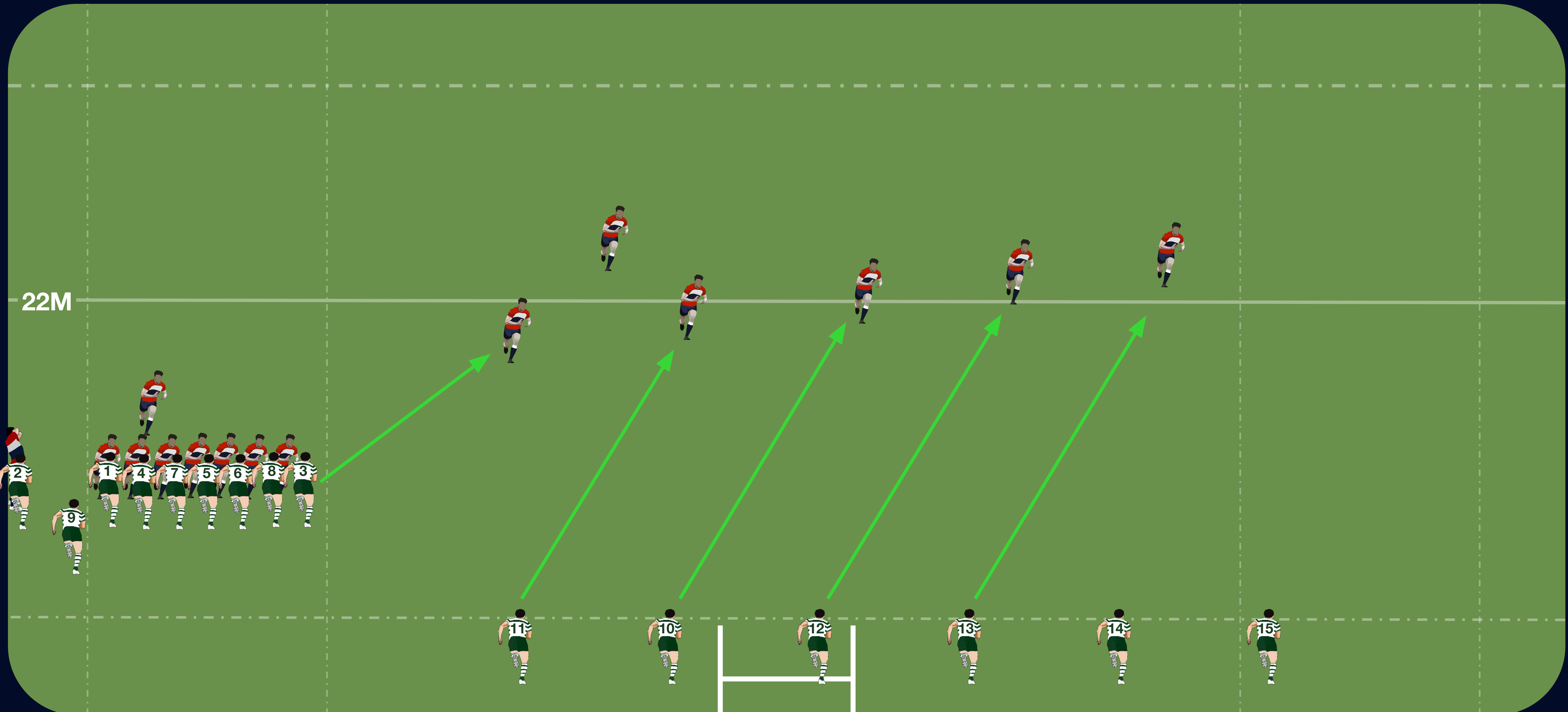
- Greenzone
- Inside 22m
- Winger busy





6

- Redzone
- Inside 10m
- Winger busy
- Winger back to blind after 1st phase





RUCK

**Clear the ruck, contest possession,
protect space, stay onside, and
organise our interior defense effectively**



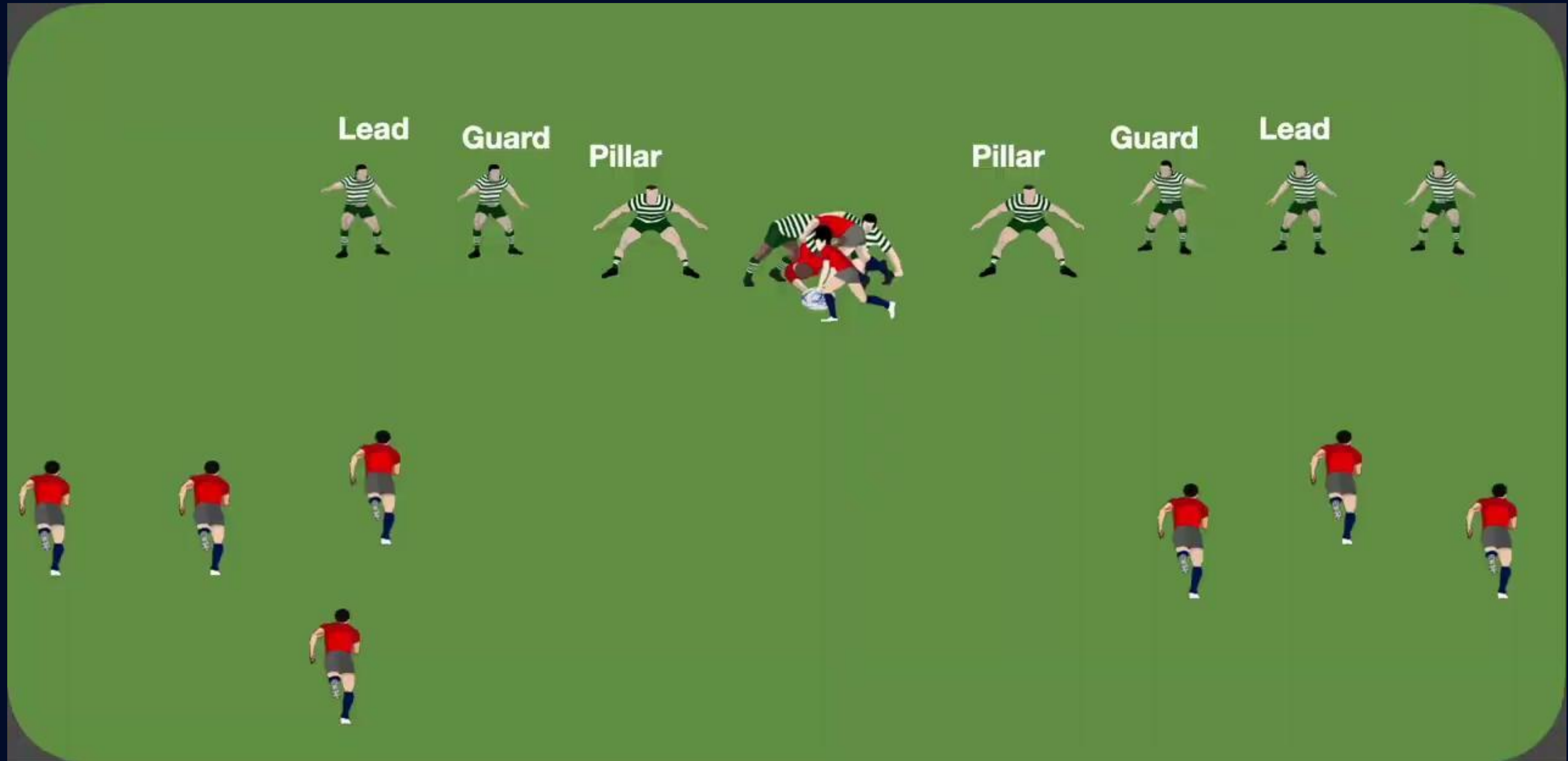
RUCK ROLES

- “10” defends the ruck





RUCK MOVEMENT





LINE MOVEMENT





EXIT

- **Exit within max 3 phases**
- **Far away from our goal line as possible**
- **Kick off preferred kicking side**
- **Protect kicking**