

Dai Edwards ARU Level 3 Coaching Assignment 13

Kick Restart Structures

Introduction

As the modern game develops and more points are being scored, kick off restarts is becoming a more regular occurrence. Typically teams kick off strategies are chosen or designed to minimise risk. Kick off restarts is a contest for the ball so it's an opportunity to regain possession or win the ball, it also offers an opportunity for attack and a gain in ground, so strategies should be based on teams strengths.

It's a reality that kick off restarts is a contest for the ball and should be treated like any other set piece with regular practice so everybody understands where the ball is going and who is chasing, who's contesting and who's trailing. It's similar if receiving the kick players must know their roles, who's receiving and what areas of the ground their are covering, who's covering the long and short kicks, who's the hit up options and who's nominated for the clearing kick if required.

It is important for the success of the restart training session that the kicker can hit the target area regularly. Similar to the line out thrower, the kicker will have to practice separately before training as a unit.

Also the training objectives should be spelled out to the players prior to practice for example If taking the kick

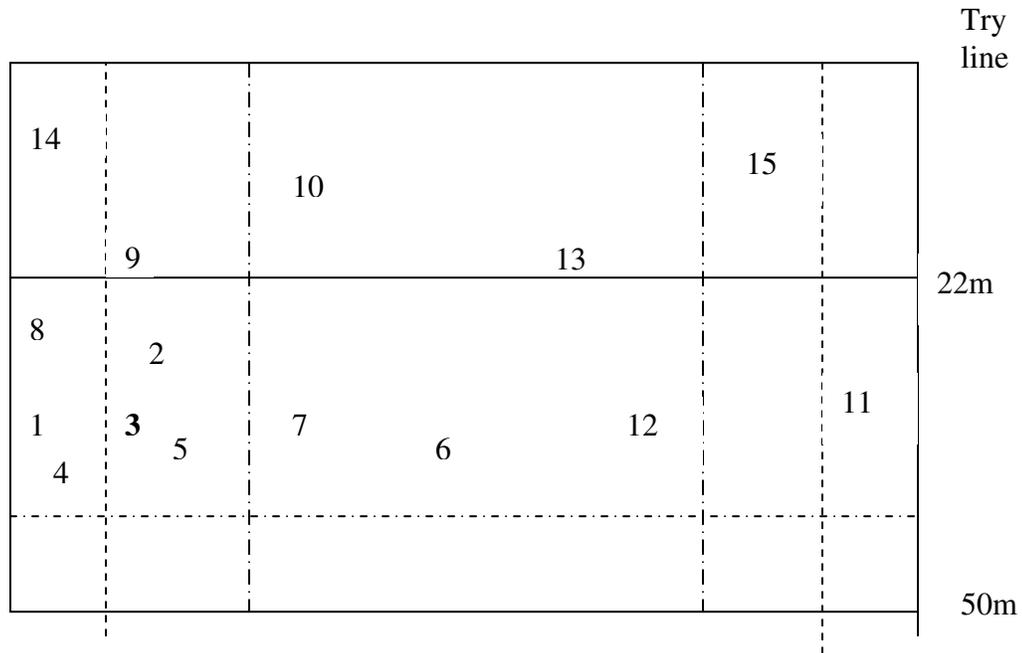
- Retrieving your kick restart from a short hanging kick
- Pressurising the receiving players in to making a mistake

For example if receiving the kick

- Receivers to be players who can catch the ball off the ground
- Pur receivers in positions where the kick is most likely to be kicked
- Practice next option after obtaining possession

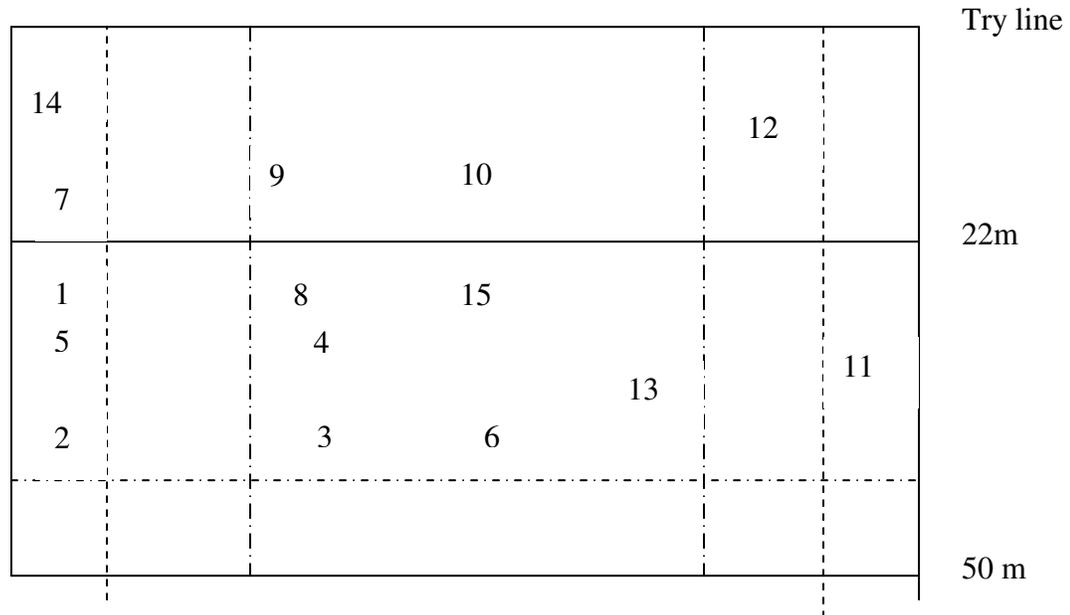
Remember a kick restart at worse is a 50 – 50 chance of winning the ball, if the kick is put in the right target area and your players execute their roles in your strategy your team will have a better than even chance to regain possession.

A kick off receiving structure from half way line:-



- 4 is jumper with 1 being support
- 5 is jumper with 3 being support
- 7 covers short also must react if required to lift 5 depending on direction and hang time of kick or be lifted himself
- 2 and 8 are trailers/ball runners, also will cover long kicks
- 14 and 9 will cover deep kicks in to 22
- If ball goes to 8 depending on hang time has the option of taking it forward trying to get far in front of his fellow forwards as possible or pass the ball back to 9 or 10 for a clearing kick .If he takes ball forward 2 will support and visa versa if 2 takes it forward
- Both preferred jumpers and support players have the ability to move in to each others catching zones so a possible option would be person who calls last is the man who goes for the ball and all players support him.

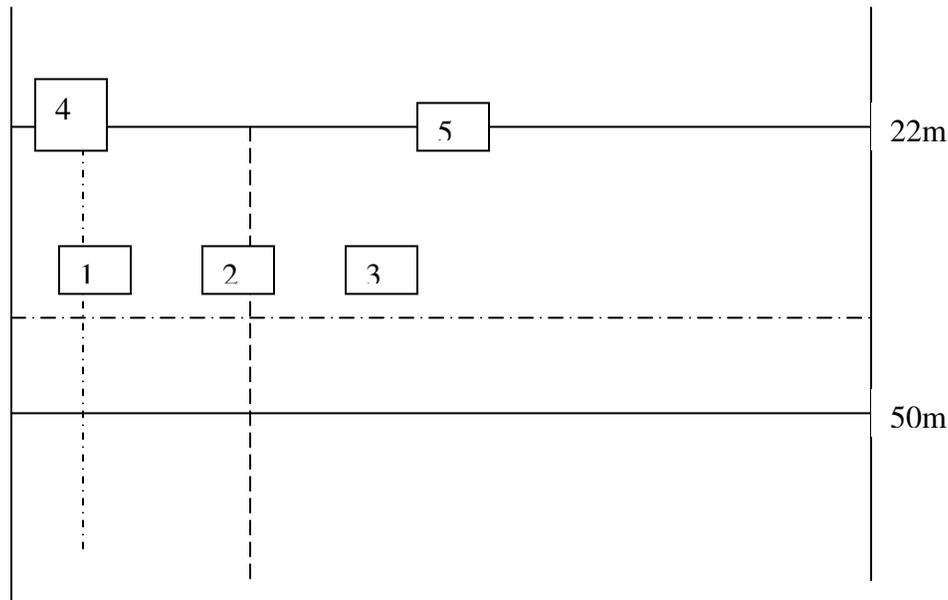
Kick off receiving structure from half way line that Australia used during the pool games of the 2007 World cup



Kick off receiving structure from half way line that Australia used during the pool games of the 2007 World cup

- 5 jumper and 1 support player set to receive kick falling short of 22m line, if a short kick just over or on 10m line in or about the 5m line they will come forward and be supported in the front by player 2, similar to the lineout lift.
- 4 jumper and 8 support player set to receive kick falling short of 22m line, if a short kick just over or on 10m line in or about the 15m line they will come forward and be supported in the front by player 3, similar to the lineout lift.
- 6 will take the short kick and support 13 if required
- The positioning of Latham and Mortlock are deliberate as they are both powerful in the air and can catch the ball coming forward to meet the ball and will make ground if not tackled when they land back on the ground
- Other countries through the 2007 world cup pool used similar structures to this Wales put their tall forward between 13 and 11 may be as a bluff to get them to kick to the forwards. South Africa very similar to above though they have a forward in the position of 15

Above diagram indicates 5 possible kicking zones



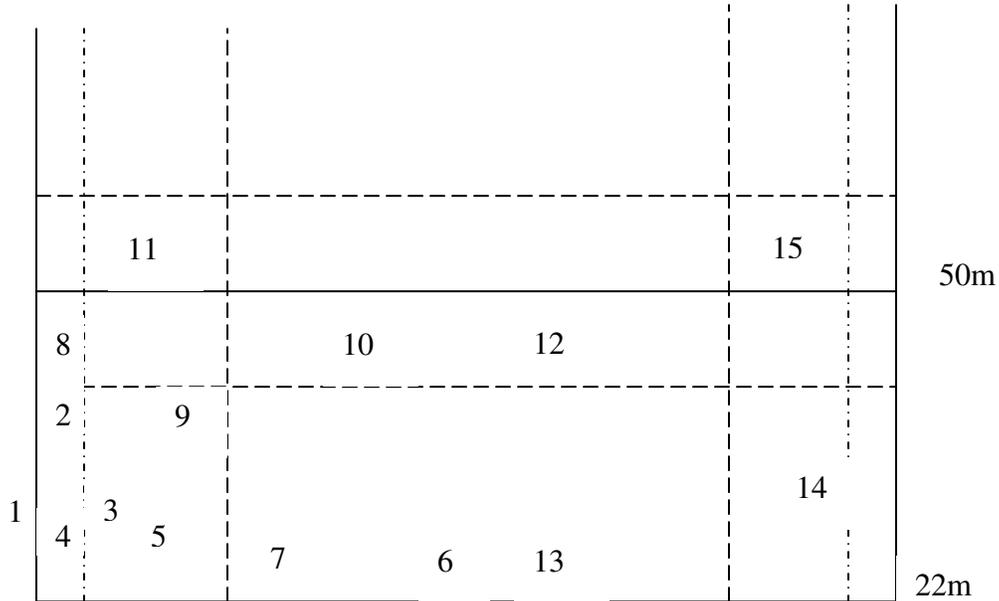
Above diagram indicates 5 possible kicking zones

- First 3 positions are typical traditional kicking areas where the kicker tries to get as much hang time as possible usually on average 3 – 4 seconds. All these positions allow you to pressure on the receivers.
- In kicking zone 3 players 8 and 5 are normally the jumpers contesting with 2 and 3 as trailing players
- During the 2007 world cup pool games kicking zone 4 seems to be the most popular place to kick, it's a high kick into the 22m tight to the touchline with chasers. It cuts down the catchers kicking options and if he runs he is usually partially isolated and if the chase is good its good opportunity to create a turnover or get a penalty. As in the Australia v Wales game, from the kick off Australia was awarded a penalty as they put pressure on the catcher and Wales were penalised.
- Kicking zone 5 seems to be the plan B in the world cup during the pool games, it's a high kick to just on or out side the 22. Several countries go to this option after not creating any opportunities from kicking zone 4.
- Usually in kicking zones 1 and 2 players 4 and 5 will jump and contest with players 1 and 3 trailing for the tap down. Normally a player would be sent passed the contest to scavenge any tap downs from the receiving team usually a back row player. The remaining back row players become runners or defenders (as per drawing below)

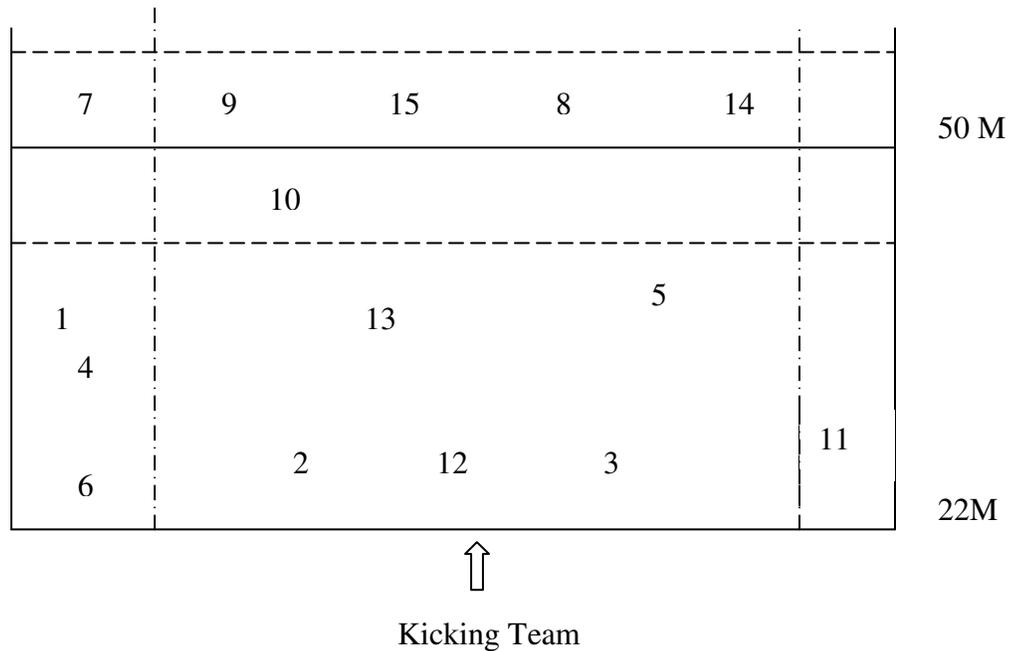
22m Restarts

Again the kicker and the type of kick used have a huge bearing on the success of the restart for your team. The majority of the 22m restarts in 2007 world cup pool games have been the long drop out. Intent being they don't want to give the ball to the opposition 22m away from their try line, so they try to get it down field as far as possible. A traditional drop out was a short high kick to allow chasers a chance to regain the ball or pressure the opposition.

Receiving structure has changed from the traditional set up which is similar to an option below



Modern day receiving structure are usually in three lines reason being kicking team split their forwards and are spread out along the 22m line. So if they don't kick long they can contest and if they do go long as it normally happens they have cover.



Above diagram is a typical 22m receiving structure that happened in the world cup, many teams had a variation on this structure. In the pool matches the long drop kick seemed to be the preferred option although Wales seemed to concentrate on the short high kick against Australia which turned out to be a 50-50 option as the Australian receivers are good in the air. With the long drop out, the kick is usually as long and high as possible with the chasers usually in two waves. The first wave to put pressure on the receiver and defend against the counter attack, second wave will cover the kick and a possible counter attack of their own.

With the 22m restart there are other options than above suggestions as there is with the time of kicks. A grubber kick can be used as well as the quick drop out and another alternative to the quick long drop out is the one that the kickers kick to themselves and retrieve the ball a popular option in the 7 a side game.

References:

Total Rugby - Jim Greenwood
Australian Rugby Union Level 2 Forward Manual
An article by Ben Sturnham