

# Technique/Principles of Marker Defence

## Marker Defence

1. Cover the ruck first
2. 1<sup>st</sup> and 2<sup>nd</sup> Markers to **Communicate**
3. 2<sup>nd</sup> Marker talk and direct with arm where the 1<sup>st</sup> marker needs to go
4. Markers split - Take a step in that direction (keep square to the Dummy Half)
5. Form a mini line
6. If Dummy Half comes your way, keep him just outside your shoulder, only chase till the A defender (never cross over your A defender)
7. 1<sup>st</sup>& 2<sup>nd</sup> Markers don't engage the hooker – (unless the mini line is formed and the hooker is in your space)
8. Markers to never get beaten on the inside
9. Only one marker inside 0-7m from our own try line
10. Marker and A defender either side to cover the ruck in 0-7m
11. 0-7m – attempt to have your F/B in at A defender on the open side, once the ball has gone past the A defender (F/B) and marker stepping to the side the F/B can release and move in behind the line on the open side

## Single Marker

1. If only one marker stay square and fold back to A defender forming a mini line
2. Only one marker 0-7m from own Try Line
3. 0-7m – attempt to have your F/B in at A defender on the open side, once the ball has gone past the A defender (F/B) and marker stepping to the side the F/B can release and move in behind the line on the open side
4. A defender either side needs to be tight around the ruck
5. **Key Point - Really need to watch for good dummy halves and the burrowing attack**

## Round Up – Markers

1. Chase hard from marker in opposition half when they have Dummy Half runners
2. 1<sup>st</sup> Marker should **Round Up** their Dummy Half Runner
3. 2<sup>nd</sup> marker holds their position
4. ABC defenders to move forward quickly and form the mini line, adjusting with the first marker

## Try line defence

1. One marker 0-7m out from the try line,
2. Fullback to join into the defensive line as A Defender on the open side (once the ball has gone past the F/B, the F/B is to push across behind the open side defence)
3. Halves & Centres up square and with speed, Wingers to tuck in about a meter behind the centres
4. Halves & Centres are in front of A B and C
5. Winger comes back into the line if required – (needs to follow the decision of the center) & (needs to understand where the try line is when making decisions)
6. Short side half an Centre must move forward as well, with short side winger defender looking to cover in behind the line for the F/B

## Principals

1. Go up first – **Square and with speed of the line (first four steps)**
2. Communicate - talking the set out (counting tackles, calling players & plays, ETC)
3. Keep shoulders square to the defensive line - Must not go past the point of no return
4. Defenders (in particular 2<sup>nd</sup> Rower/edge player) must **check** on the inside shoulder player before moving to player on the outside
5. F/B to defend at A defender
6. Once the ball has gone past the F/B, the F/B is to push across behind the open side defence.
7. Work hard from the inside when the ball has gone past you
8. Must not miss tackle on the outside must not be beaten on the inside
9. Winger on the open side is the only player allowed to come out of the line in extreme circumstances to shut down the ball – follow the lead of the centre
10. If the attacking players goes over the defensive line/try line the defence must wrap the ball up and position there body under the ball, either holding the player up or where possible turning the player onto their back

# Scrum Defence

## Defensive line set up off scrum – (0-10m & 10-100m)

### Scrums 10m – defending own try line

1. Mark up 4 & 2 – must move off the line and form a mini line of defence
2. Short side – Half to retreat back to the short side with the 2<sup>nd</sup> rower to release from the scrum and retreat to the short side forming the edge defence
3. Open side from the scrum – The 2<sup>nd</sup> rower and F/R from the scrum work hard to shut the gate
4. Middle man to defend one off the scrum on the open side
5. Half, centre & winger – move forward hard – **communicating**
6. **F/B to defend at lock**

### Scrums 10-100m – defending from our own try line

1. Mark up 5 & 1
2. Short side – Half to retreat back to the short side with the centre to release from the scrum and retreat to the short side forming the edge defence
3. Open side - First four steps, moving off the line and defending the space
4. Middle man and 2<sup>nd</sup> Rower to defend one/two off the scrum on the open side
5. F/B (behind the line) and F/R to move open side from the scrum – shutting the gate
6. **F/B to defend at lock or (3<sup>rd</sup> in on the open side between the 5/8 and centre on the open side, which will mean the 2<sup>nd</sup> rower will defend back in the scrum)**

**Middle man positioning** – The middle man (normally the lock) will defend at first receiver from the scrum - five eight position off the scrum to join into the defensive line

# Edge Defence

## Principals – Open side

1. Go up first – **Square and with speed of the line (first four steps)**
2. Keep shoulders square in the defensive line - Must not go past the point of no return
3. Defenders (in particular 2<sup>nd</sup> Rower/edge player) must **check** on the inside shoulder player before moving to player on the outside
4. F/B to communicate
5. Work hard from the inside when the ball has gone past you
6. Must not miss tackle on the outside must not be beaten on the inside
7. Centre's shorten or lengthen the line, using the side line as another defender
8. Inside 0-10m – if short of player's center and winger may need to come up and in to stop the ball – arrive on the pass
9. Push and pull numbers from the short side if required

## Principals - Short Side

1. Go up first – **Square and with speed of the line (first four steps)**
2. F/B to Communicate
3. Work hard from the inside when the ball has gone past you – A defender and marker
4. Stay Square at all times in the defensive line
5. Winger to stay up and in the line on the short side
6. Always have a minimum of 3 defenders in the 20m from side line
7. Mark up with numbers on the shortside
8. Markers work on '**HOT**' call to create numbers on the short side
9. Inside 0- 10m – if short of players center and winger may need to come up and in to stop the ball – arrive on the pass

## Kick Chase

1. Kickers should always look to kick between the winger and F/B when kicking out of our own half attempting to find grass on all occasions
2. **Kick chase defence** – Move forward as a line and defend in groups attacking the player returning the ball
3. Position the F/B or winger returning the ball to your numbers in the defensive line
4. Allow the tackled player to get up quickly and 1<sup>st</sup> marker to chase hard
5. Must form the defensive line as quickly as possible

## Full back role

1. F/B to Communicate in the defensive line, adjusting the defensive line as he sees fit
2. F/B to position attackers when they make half breaks – move towards the short side to position them to run to the open side of the field