

# 31. Run backs

## Recovering from a kick behind your defence

This game develops quick thinking and ways to move the ball to space from unusual positions. Because most of the attack are running the wrong way to start with, they will face different problems than they'd normally expect, but also new opportunities to beat the defence.

### Set up

Players: 5 v 5.  
 Area: 30m square pitch.  
 Equipment: One ball.

### Game notes

- Each attempt finishes if there is an infringement or a try is scored.
- Your throw can be high or along the ground.
- Move on to full on tackling straight away.
- Allow offloads, but no rucks or mauls.

### Score

- 1 point for a try.

### What to call out

- "Swoop onto the ball on the ground and pass off immediately"
- "Players from the back: communicate and create pace onto the ball"
- "Pass to a moving player"

### Coaching notes

- ✓ The attacking players have to work hard to get into positions to take the ball at pace, otherwise the defence will have time to move up and cut down the space.
- ✓ You can release the corner defenders later than the others to create different scenarios.

