**Backline Play (name to be changed)**

This document is an overview of the backline play CPD event and all details can be presented on request.

**Outcomes:**

For coaches and players U14+ to have an appreciation of the essentials skills required, to perform in a backline attack and have a fundamental understanding of backline attacking shape.

The essential skills covered are, but not limited to:

Catch, pass

Communication

Depth

Width

Lines

Spacial awareness

Decision-making

**The Session Structure:**

The vast majority of the CPD will be heavily focused on the aforementioned skills through activities and games for understanding (GFU). However, there will be time to discuss attacking shape and options in group workshops. It is important to mention that the activities in the CPD event are designed to promote the outcome of the session, more activities will be available on the Locker for the coaches to view. Coaches are not limited to the activities on the CPD event. Best coaching practice is delivered throughout with constant reference to behaviour, environment, positivity etc.

Order of CPD:

Warm up = (created by Sam Dodge)

Catch, pass in 3’s = 5min

Using the key points from the Catch, Pass CPD event. Using three lanes, each lane is wide enough for some movement of the ball carrier i.e. step in to the pass etc. But will limit any desire for the ball carrier to wander across the field.

Promote hands high, push through the ball, point to target for push pass.

Promote high hands push through the ball and bring the back over the ball and step in to the pass for the spin pass and finish with pointing to target.

Promote early reach and communication for the receiver.

Catch, pass in 4’s = 5min

Introduce a fourth player to run from depth to choose a line off the three attackers still running in their lanes.

Promote depth, spacial awareness, lines of running, communication

Game = 7min

Four attackers working for one minute against varied numbers in defence (Fiji touch). Outcome is to emulate attacking in broken play. Area will be between the two 22’s and the 15’s

Promote all previous key points against a defence however, decision making will be a main focus. overload the attack 4v2, 4v3 etc. This game will be an opportunity to have coaches who have attended to fault id and correct.

Activity = 10min

Drill to promote running lines and timing. Introduce, blocks, overs, penetrating runners etc.

Promote the timing of a run or line, communication, spacial awareness, DECISION MAKING.

Highlight that a starter move will provide an opportunity to hold defence and create a gap and the key is for the ball carrier and supporting runner to recognise the trigger of the defensive mistake.

Opportunity for Q&A.

Game = 5min

Game where by the defence will wear bibs and once the colour is called they have to exit the field of play and return giving a momentary gap for the offence to recognise and exploit.

Promote spacial awareness and a desire to pass and play.

Promote the use of the previous activities in order to attack more effectively.

Highlight how a conditioned game can help with outcomes.

Activities = 10min

Demonstrate activities (3) to promote various skills however, the main reason for the demonstrations, to highlight the importance of creating a fun, enjoyable environment whilst still being able to deliver the detail. These activities can be used even with limited numbers to promote the point that there is ‘Always, something to coach’ and how smaller groups provide more opportunity for ball in hand for everyone.

The activities are suggestions as more will be on the coaching locker.

Game = 5min

Ask audience to come up with conditions to the game that would promote all of the skills. Opportunity for Q&A

Workshops = 10min

Depending on numbers break in to groups and with use of visual aids i.e. cones lay out a back line and discuss how the centres, back three can work to create options from a set piece.

Introduce the ‘shape’ or ‘set up’ from a set piece and how that will disturb defensive patterns.

Basic defensive patterns will be introduced at this point i.e. 3, 3.5 or 4 up defence and discuss what set up and starter could be run against them.

Introduce the defenders with visual aids i.e. cones and discuss.

Once the group has decided on their set up and starter they will run against the opposite group and vice versa.

This will provide an opportunity for coaches to interact and coach.