

Rugby Union Running a Defensive Line YAN YAN **Notes: Notes:** 000 Consistently apply advanced strategies and Run a defensive line accurately over varied tactics with proficiency, flair and originality distances with speed. 000 when running a defensive line (e.g. creating · Select and use advanced skills and hard to break down defences from scrums, techniques when running a defensive line lineouts, and phases). to outwit an opponent through dummying, Reach judgements independently about 000 side stepping, quick breaking, from the play how my own and others performance when of the ball and in open play. running a defensive line could be improved, Take into consideration my own strengths, \ prioritising aspects for further development weaknesses and set targets to improve when defending and outwitting opponents running a defensive line. in numerous areas and situations on the rugby field. 8 YAN Be thoroughly critical of performance when running a defensive line in training, 000 Critically evaluate the quality of your own exercises and programmes performed and others performance when running a within rugby union. 000 defensive line, showing that they Consistently demonstrate complex skills understand the impact of skills, strategy when running a defensive line and and tactics when running a defensive line successfully adapt these to changing on the quality of performance when trying situations within game play to gain to outwit opponents. ascendancy over teams or opponents 000 Plan a detailed training programme for a when defending. Consistently use and apply advanced skills, performer that relates to running a defensive line and their position, taking techniques and ideas when running a into consideration their strengths, defensive line to outwit opponents, always weaknesses and show a technical showing high standards of precision, understanding of how to overcome control, fluency and originality. • Solve the problem of how to improve your problems faced in rugby union. own or/and others performance when running a defensive line by consistently analysing performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect performance. EMAIL: mail@peoffice.co.uk WEB: www.peoffice.co.uk TEL: 01909 776 900 @PEOffice F @PEOfficeLtd PE Office Ltd