



SEVENS KEY FOCUS AREAS

BREAKDOWN

Tackler: Not in the way of ball or cleanout

Jackler: Square to goal line & able to LIFT the ball

Cleanout: Square to goal line & driving jackler OR feet on ground (bind on ball carrier)

Counter Ruck: Square to goal line & able to move opponent

SPACE

Inside Defence: Start CLEARLY inside (not near opposition halfback)

Outside Defence: Starting CLEARLY inside (daylight)

Linespeed: Start Outside wait for ball off ground

In front: Not in the way of opposition access to ball

SET PIECE

Scrum & Lineout Setup: In position within 15 sec + in own space

Penalty and Free Kicks: Clearly behind mark + actively moving out of the way (within 10m)

Quick Throw: Leave the ball on ground and clear the 5m space

Kickoff & Restart: Max 30 sec after conversion + clearly behind kicker

MANAGEMENT

Head Contact: Head Contact? Avoidable (bent at knees/hips)? Danger? Mitigation?

Under Pressure: Defence realistic competition (intercept or in air)

Movement & Position: Referee run ball-in-line, give players the inside lane

Communication: Primary signal (the WHAT) PK, FK or Scrum; Secondary signal (the WHY) infringement

CONTEXT

Pressure Gauge: Accuracy after Linebreaks, Mismatches and near Goal-Line

Microscope: Player under pressure is clearly legal (contact & decision to compete)

Expected Outcomes: understanding 'Big Picture'

Law Application: Sevens Law, In-Goal, Touch law, Time Management