



Key Focus Areas: SEVENS (Click here for SEVENS KFA Video)

Breakdown

[Tackler](#)

[Jackler](#)

[Cleanout](#)

[Counter Ruck](#)

Space

[Inside Defence](#)

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[Linespeed](#)

[In Front](#)

Set Piece

[Scrum & Lineout Setup](#)

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Management

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Clarity Definitions Sevens: Getting on the same page

Breakdown

Tackler:
NOT IN THE WAY
of ball or cleanout

Jackler:
Square to goal line and
able to LIFT ball

Cleanout:
Square to goal line and
moving threat or feet on
ground (protect)

Counter Ruck:
Square to goal line and
moving opposition (not
falling on players or ball)

Space

Inside Defence:
Starting **CLEARLY** onside
(not near opposition
halfback)

Outside Defence:
Starting **CLEARLY** onside
(daylight)

Linespeed:
Start onside

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

Set Piece

Scrum & Lineout Setup:
In position within 15
seconds + in own space
(halfback behind middle
line)

Penalty and Free Kick:
Clear kick behind
infringement mark and
actively moving out of the
10m space

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

Kickoff and Restart:
Max 30 seconds after
conversion +
behind kicker

Management

Head Contact: Head
Contact? Avoidable?
Danger? Mitigation*?

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

Movement & Position:
Ball line running, open
field side, and give
players the lane during
line breaks

Communication: Primary
signal to facilitate fair
quick tap (PK/FK).