

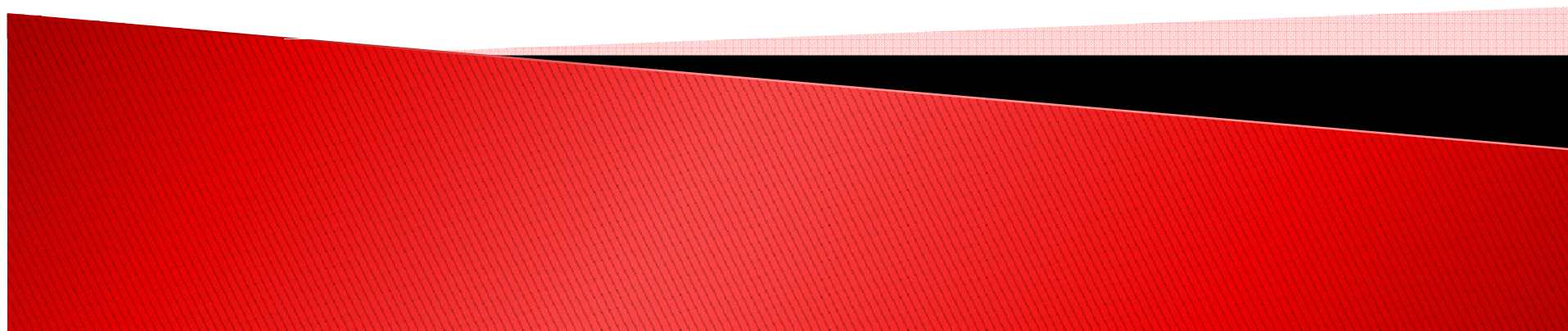


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Postfach 7705, 3001 Bern

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Rugby Club Bern Play Book





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Offensive Type of Play

- ▶ „Movement General“ / Adaptive Play
 - Continuity
 - Conservation
 - Forward movement
 - Keep ball movement in same direction
 - Communication
- ▶ Where do I position myself
 - how are we (team) positioned
 - how is opponent positioned
 - I am continuously moving
 - where is there space
 - I create and exploit opportunities
- ▶ Rucks and Mauls
 - 3-4 support (ones nearest to breakdown)
 - Quick ball



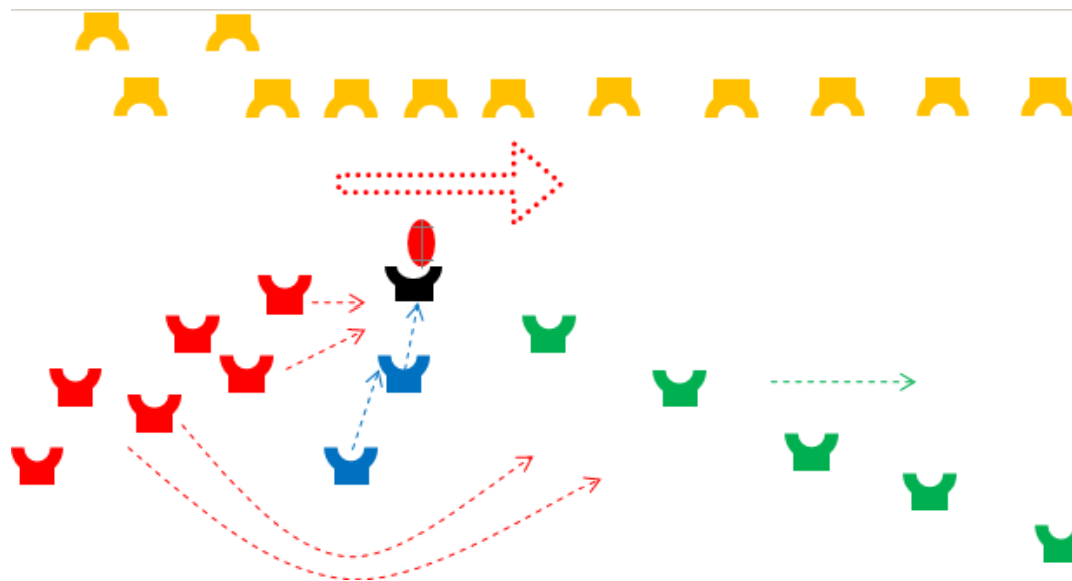
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Offensive Responsibilities

- ▶ **Ball Carrier**
 - Is responsible for the Ball
- ▶ **Passer**
 - Is the first responsible for the ball carrier
- ▶ **Support close proximity**
 - Are responsible for the ball carrier
- ▶ **Delayed / Far support**
 - Are responsible for space coverage





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Defensive Type of Play

- ▶ Flat line defense
- ▶ Going forward
- ▶ Constant Communication
- ▶ Where do I position myself
 - how are we (team) positioned
 - how is opponent positioned
 - I am continuously moving
 - where is there space
- ▶ Tackle technic:
 - View on hips – not hand, face or ball
 - Out of continuous movement – not standing still
 - Step into the opponent



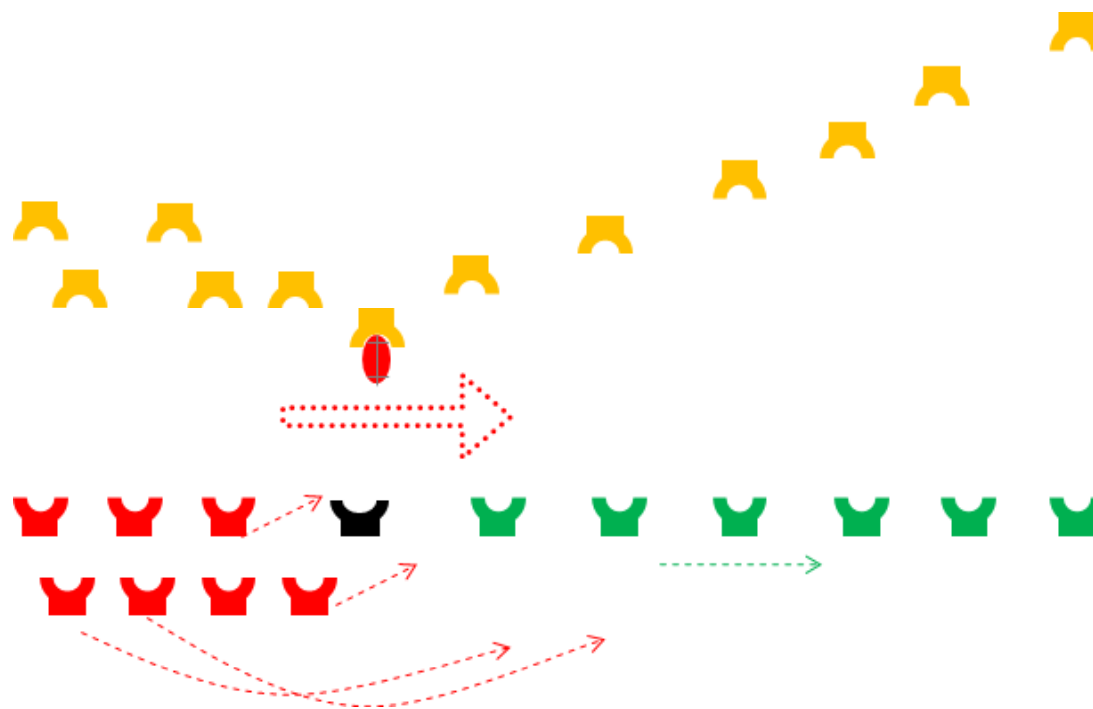
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Defensive Responsibilities

- ▶ Direct responsible for Ball carrier
- ▶ Responsible for space coverage
- ▶ Second line defense or filling the gap





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Player Duties/Codex

- ▶ Training
 - Be on time
 - Be respectful to Coaches, team members, others (ladies, juniors, minis)
 - Be fully concentrated for the duration of the sessions
 - Be responsible to ensure all training material is available by the pitch before the start of the session. And to return them after training.
- ▶ Games
 - Be on Time
 - Be fully prepared for the games – this includes no excesses the night before
 - To fully concentrate during preparation and game
 - Be respectful to team members, referees, coaches and others
- ▶ Always
 - Be a role model for others (for example; juniors, minis)
 - Be responsible to work on and improve personal fitness levels
 - Represent RCB in the best manor and facet
 - **Enjoy Yourself**