



READY **4** RUGBY

GAME GUIDANCE: 'PRESSURE ZONE'

READY4RUGBY: PRESSURE ZONE

PURPOSE

- **A GAME THAT REWARDS GO FORWARD AND SUPPORT IN BOTH ATTACK AND DEFENCE**
- **DEVELOP PLAYERS CORE SKILLS OF CATCH, PASS AND SUPPORT**
- **DEVELOP PLAYERS ACTIONS OF FALLING TO FLOOR**
- **DEVELOP TACTICAL AWARENESS AND DECISION MAKING**

GAME RECOMMENDATIONS

- **MINIMUM 6 V 6**
- **MAXIMUM 10 V 10**
- **ROLLING SUBSTITUTIONS**
- **BALL SIZE 3/4/5**
- **MAXIMUM 15 MINS CONTINUOUS GAME TIME**

TERMS OF REFERENCE

Action	Descriptor
A Touch tackle	A legal touch tackle is on the waist or below of the body, clothing or ball. A player must claim a touch by raising a hand and shouting, "Touch!"
A Simultaneous Touch	Two single handed touch tackles by two separate defenders on the waist or below on the ball carrier.
A Phase	When the ball carrier has been touched by two different defenders on or below the waist and the ball has been moved away.
Pressure Zone	Area in front of the try line you are defending.
Attacking Team	Team in Possession of the ball.
Defending team	Team not in possession of the ball.
Ball carrier	Player in possession of the ball.
Penalty	Free Pass and reset of double touch count for non offending team when an infringement is made.



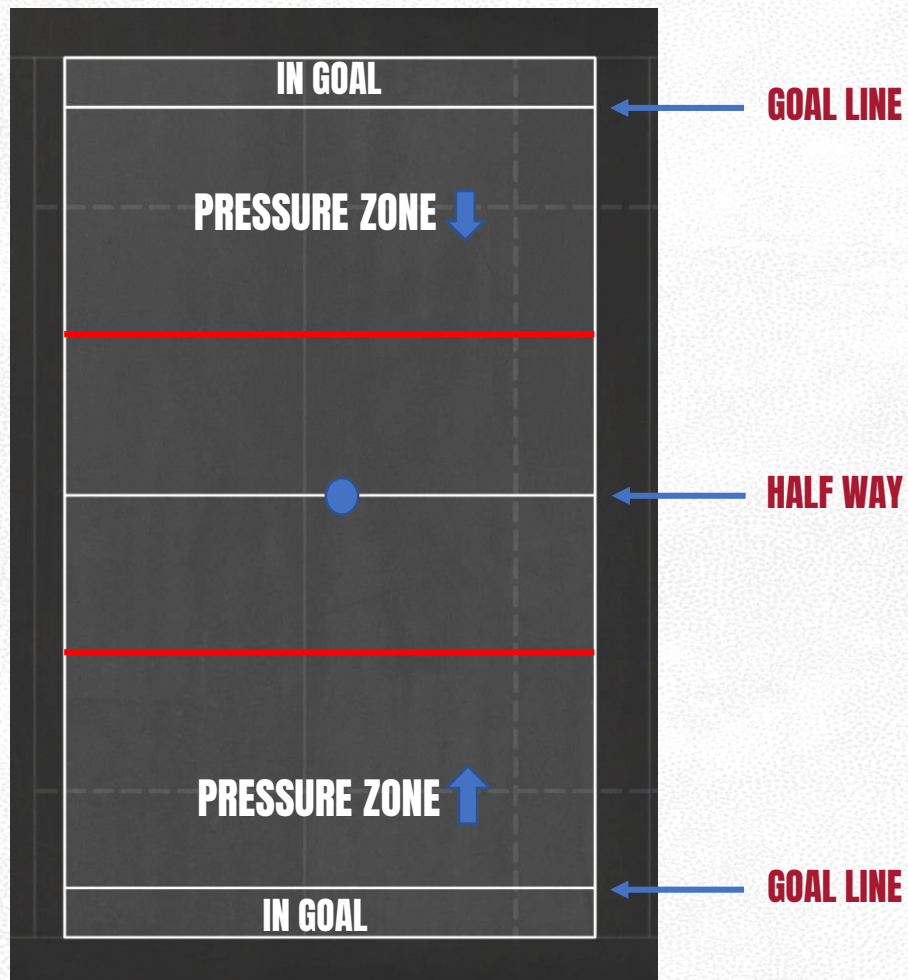
TERMS OF REFERENCE

Action	Descriptor
A Try	Ball carrier grounding the ball in in-goal.
In touch	The ball or ball-carrier touches the touchline, touch-in-goal line or anything beyond = Turnover in possession with a restart pass approx. 5metres in field where the ball crossed the line of touch.
Dead in Goal	Ball or ball carrier crosses the dead ball line = Turnover in possession with a restart pass on the attack zone line in line with the place where the ball went dead.
Knock on	When a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, and the ball touches the ground or another player before the original player can catch it = Turnover in possession with a restart pass from where the knock on occurred.
Forward Pass	The ball travels towards the opposition's dead-ball line = Turnover in possession with a restart pass where the offence occurred.
Restart	Team in Possession make a pass of no more than 2 meters in distance. Defence must be 5 meters back at all restarts.
Offside (defence)	Defender not retreated behind the hindmost foot of the defender on the ground after a second touch tackle or 5 metres from a restart = Penalty
Offside (attack)	Attacker in front of the ball carrier = Penalty



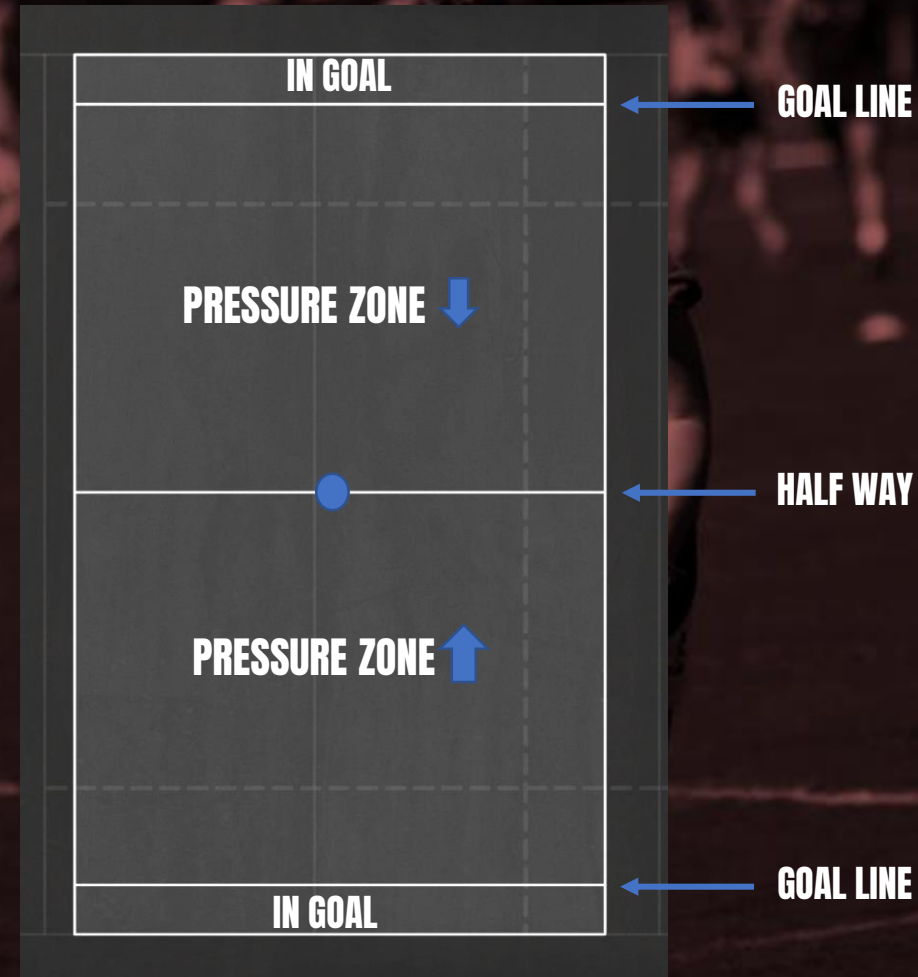
PRESSURE ZONE

Players (Age / stage)	Recommended
Under 7- Under 9	This variation is not recommended for U-7,8 & 9 age groups. This variation is best used from U-10+ where it replicates actions in the full game
9- 13 Novice	15 meters
14 – 16 Mixed Ability Low experience.	20 meters
16 – 18 Experienced/ competent	25 meters
18+ Skilled/ highly competent	HALF WAY LINE
Pressure zones do not have to be same size for each team. Organisers can increase or decrease one teams pressure zone to challenge a team or to keep the game competitive (<i>result in doubt for as long as possible</i>).	



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- Objective is to score a try by touching the ball down over the opponents try line
- 1 Point is awarded for a try
- Defending team aim to stop the attacking team from scoring by making a touch tackle on the ball carrier on the waist or below by two different defenders
- Each team has a pressure zone in front of the try line they are defending
- Ball kicked dead in goal = possession restarts from the nearest pressure zone line



READY4RUGBY: PRESSURE ZONE ATTACK

- After a one touch tackle by a defender, ball carrier can run, pass or kick
- Ball carrier touch tackled once cannot score and must pass to a support player to score
- After a second touch tackle from two different defenders, ball carrier must stop running, fall to floor and pop pass the ball or present the ball on the floor.
- Support player receiving a pop pass or collecting the ball from the presentation can run with the ball.
- Attacking team have an unlimited amount of phases to score
- If the attacking team start with possession in their pressure zone they have 4 phases to leave the pressure zone. Not exiting the pressure zone in 4 phases = turnover
- Outside of the pressure zone attack have unlimited phases to score
- Ball carrier may kick the ball



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DEFENCE

- Defending team make a touch tackle on the ball carrier on or below the waist
- A simultaneous touch on the ball carrier only counts as one touch
- Defender making the second touch tackle must go to floor in line with the ball carrier
- Defending team must be behind the hindmost foot of the defender on the floor who made the second touch tackle.
- Defenders can gain possession by stopping the attack from exiting the pressure zone
- Defending team can also gain possession by intercepting the ball, or following an infringement from the attack.
- After conceding a try defending team gain possession with a restart on the half way mark.





**England
Rugby**