

# DnA – depth & angles

## What you tell your players the session is about:

- 1 Faster decision making for all players.
- 2 Using pace/depth/angles to exploit weaknesses in the defence.

## What you tell your players to do:

- 1 Scan the defence for points of weakness and move the ball there.
- 2 Accelerate onto the ball to create forward movement.
- 3 Create space by use of angles and depth to confuse the defence and open gaps for the ball carrier.



### what to shout

- “Eyes up look for space.”
- “Accelerate and attack with pace.”
- “Change angles of running lines.”
- “Move the defenders out of position.”
- “Time your run so that you catch the ball while at full pace.”



### what to look for

- Players that do not change their angle of run.  
Solution – have the player that is receiving the pass running at different placed coloured cones that you have positioned.
- Players that regularly make the wrong decision.  
Solution – go back to two v one situations where the player is assisted by the coach through questioning their decisions, right and wrong.



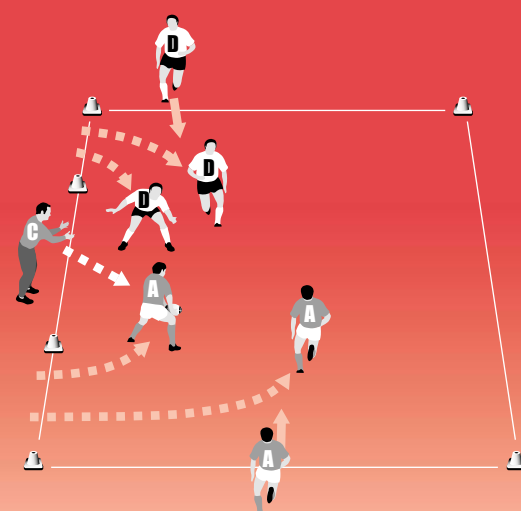
### what to think about

How do the players move defenders to create space? What impact does the attacking player have by changing his lines of running (angle)? How does the third attacker having depth affect the outcome? What problems does the third defender create for the attacking group?

## What you get your players to do:

**Main Practice:** The practice is set up with two attackers and two defenders moving into the grid as soon as you signal. You then pass the ball to the two attacking players; this is the cue for the third attacker to move forward and the third defender to get involved. The three attackers have now to beat the three defenders using passing and running skills, the third attacker starting with depth can change his angles to exploit space and any weakness in the defensive alignment.

### DnA - depth and angles



pass ■■■▶ ground covered ■■■▶ direction of run —▶  
C = coach A = attacker D = defender

### Development

- Add more attackers and defenders.
- Allow kicking (chips/grubbers).

### How would I put this into a game situation:

Mark out the shape of a scrum/ruck/maul with markers and have two sets of players line up facing one another; one as an attacking line and the other as the defensive line. Both attacking wingers and full back create the attacking depth with three/four midfield players moving the defensive line to create space. Two loose forwards can be added to the attacking group and the defending group positioned at the breakdown. No pre-planned moves only reacting to the defence and support players. Players will naturally start to plan, however give them a count down to get organised for the next attack so they have little or no time to plan anything.



# How to use smart sessions

Print off the session and take it to training. It should take you less than five minutes to read the instructions, set up the session, and then you are ready to communicate what happens to your players.

## Number of players

You only need six players to complete a session, though it can easily be expanded to meet your needs. With lots more players you could have a number of sessions working at the same time.

## Timings

The timings are for a twenty minute session, but it can be expanded or reduced to meet your needs. It's your call.

As a rule of thumb 10 minutes would be enough time for a well executed first drill, development and feedback. Any shorter and you have not explored the full skill range or asked enough questions of the players. Longer is fine as long as you feel the session is developing. The game related element adds another 10 minutes.

## Equipment

The equipment used is simple. A set of cones (or trainers or tops) as markers and a couple of balls.

You can add in tackle bags, suits and rucking shields where you feel you need them – we just assume that you don't have them because sometimes the shed is locked or another coach is using them.

## Training area

The size of the training area is left for you to decide. Smaller players need a smaller area, but the session will never need more than a 20m x 20m box for initial drills. The smaller the area the more intense the training.

## The standard and age groups

Smart sessions are based on the core skills of rugby. They will challenge any standard because a player can always perform the core better.

The "development" ideas can be used to differentiate between the different standards of your players; the "think about" section can challenge the more advanced; the "game related situations" can change the contact situations the teams face.

## Elements of the session

### What to tell your players the session is about:

This is your introduction and outlines the objectives of the session. Just read this out. The players then have an objective. Return to this at the end of the session to see if you have achieved your objectives.

### What you tell your players to do:

This is how you want your players to achieve the objectives. You can tell the players straight away how to achieve the objectives, or you can tease it out of them as the session goes on.

### What you get your players to do:

This shows you how the session is going to work. Depending on what is going to be achieved, it sets out what actions the players are going to take. There are no exact measurements, or complicated patterns – the approach is "simple, stupid, successful". Slow motion the first few patterns – get the drill right and the skill right first before speeding up. Use the "What to shout" prompts to keep the players focused. Use the "What to look for" to keep your eye on why the players might be failing.

### Development

No session is worth doing unless there is some form of progression. Normally there will be an increase in pressure, say by adding more defenders, or by restricting the time available. Other areas for you to think about are: Where do I stand as coach? Do I throw the ball into the box?

### How would I put this into a game situation?

All the elements of the session are geared to the game, but this section puts the session one step away from a full game, with attack, defence and a goal line.

### What to shout

Have the words handy, because apart from the usual words of encouragement, it is good to shout the key factors to players. Of course you can hold some of these "shouts" back and ask the players to identify how they can improve.

### What to look for

You need to keep your eyes open for "best practice". This section helps you identify quickly where players might go wrong so you can quickly put them right.

### Think about

Here you have the chance to challenge the players and situation, either by using feedback or just asking yourself the questions. It is a little more advanced and might not be appropriate for your players.

### Where does it fit:

To help you file and order our coaching we have given you the core areas of individual and team skills that the session covers.



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