

# In ball

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

- 1 Using changes of angle and pace to manipulate the defence and create space.
- 2 Exploiting the space created to score tries.

## What you tell your players to do:

- 1 Run accurate lines to pull defenders out of position.
- 2 Accelerate into the space you have created.
- 3 Deliver a short pop pass for the strike runner to run on to.



### what to call out

- “Call early, move late”
- “Run out then cut back into the space”
- “Pass for the runner not to them”



### what to look for

- Lazy strike runners not creating the space.
- Lazy support runners who don't get close enough to the strike runner.
- Poor communication between the strike runner and the ball carrier.
- Strike runners who don't straighten after beating the defender.



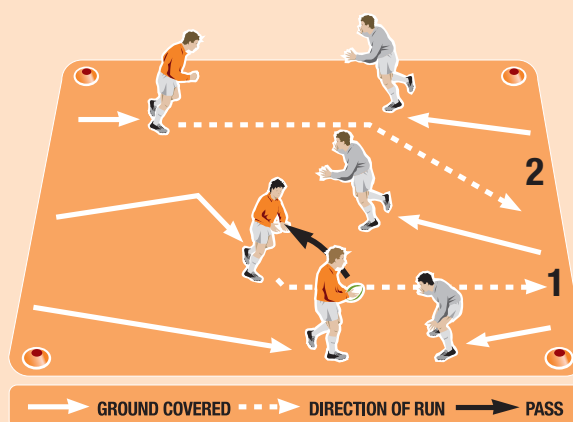
### what to think about

When could you most effectively use an “in ball” in a game? What other variations could you introduce to keep the defence thinking? Could you incorporate the “in ball” into set piece backs moves? Where are the “weak” points of the move (where things are most likely to go wrong)? How can you minimise the weak points?

## What you get your players to do:

Three attackers align opposite three defenders in a 6 metre wide channel. The ball carrier attacks the inside shoulder of the defender opposite. The strike runner first attacks the space outside his defender (“2” in the picture) to pull him across. He then changes direction sharply and accelerates into the space which has opened up inside the defender (marked as “1”). He receives a short pop pass and, as soon as he passes the defender, he straightens up. The support runner holds his defender and then cuts in sharply (towards “2”) to support the strike runner.

Start by walking through the move. You can even lay out cones to show each player's running line.



### Development

- 1 Once the players have got the hang of their respective running lines you can quickly build up the intensity.
- 2 Introduce a two handed touch (or TAG) to show the players whether or not they would have made it through the space. Build this up to a scrage tackle – encourage the strike runner to drive their legs through the tackle.

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

Play six a side full contact rugby on a 20 metre wide pitch. Give the attacking team a point every time they execute an “in ball” and so get through the defence. If they can get a further support player close enough to the strike runner to receive an offload, give them an extra point. Allow each team to attack until they score. If the ball is lost, throw a new ball in behind the attackers and make them start again.

Encourage the defence to look for opportunities where the attackers may use an “in ball” and think about how to defend against it. The attackers will soon realise that if they try and use the “in ball” all the time it loses its effect as the defence will be waiting for it.