

# Principles of Play for both 'Tag' and 'Contact' rugby



## Attack

- Contest possession – retain the ball (through good passing and handling)
- Go forward – through running, in order to score
- Provide support – so that the tagged or tackled player has support to whom to pass
- Create continuity – keep the attack flowing by having that support to pass to quickly so that the defence cannot re-organise after tagging or tackling an attacker
- Apply pressure – by applying the above principles, pressure will be created which should result in a score, which will lead to the opposition having the ball, which will lead to...

## Defence

- Contest possession – by tagging or tackling the opposition and making them pass
- Go forward – defend going forward to prevent the opposition from gaining ground
- Provide support – defenders support each other by not leaving any spaces for attackers to run through
- Create continuity – maintain the tagging or tackling of attackers which will then lead to...
- Apply pressure – by applying the above principles, pressure is created, which cuts down the attacking team's thinking time and puts pressure on their skills which may lead to mistakes and prevent a score, thus leading to possession for the defending team who can then turn defence into attack.