

BLRC Backline Plays

Head

FH and IC run a switch line OC runs an angle to the gap between the 2nd and 3rd defender. BSW takes the gap outside the 3rd defender

Nose

IC and OC run a switch line FB runs an angle to the gap between the 3rd and 4th defender. BSW supports from inside

Neck

IC lines up wide with OC. FH and IC run a 45 degree angle wide. FH and OC run a switch line, FB runs to gap between FH and IC

SWAP

OC lines up flat to FH and runs first directly towards the FH as if to get a tight pop. IC flares wide and gets the ball behind the OC.

T-Bird 1

From a scrum FH runs an S line out and the in to run a swap with the BSW. BSW takes the outside line

T-Bird 2

From a 5 man Lineout, forwards packed towards touchline. BSW takes pass directly from SH and takes gap inside forwards and defensive FH

T-Bird 3

From a 5 man Lineout, forwards packed towards touchline. SH passes to FH, BSW runs an inside support line off the FH.