

SCOTLAND WHEELCHAIR RL PLAYER HANDBOOK





DEVELOPMENT AREAS

Development Areas

Core skills

Handling

Passing

Play the ball

Defence

Grip & Carry

Short/Long

Engaging
Defenders

Chair Defence

Catching

Holding
defenders

3 second PTB's

Position Specific

Kicking

Pre/Post Collision

Pass the ball on
ad line

Repeat Efforts

Decision Making

Development Areas: Our Areas of Focus

Core skills

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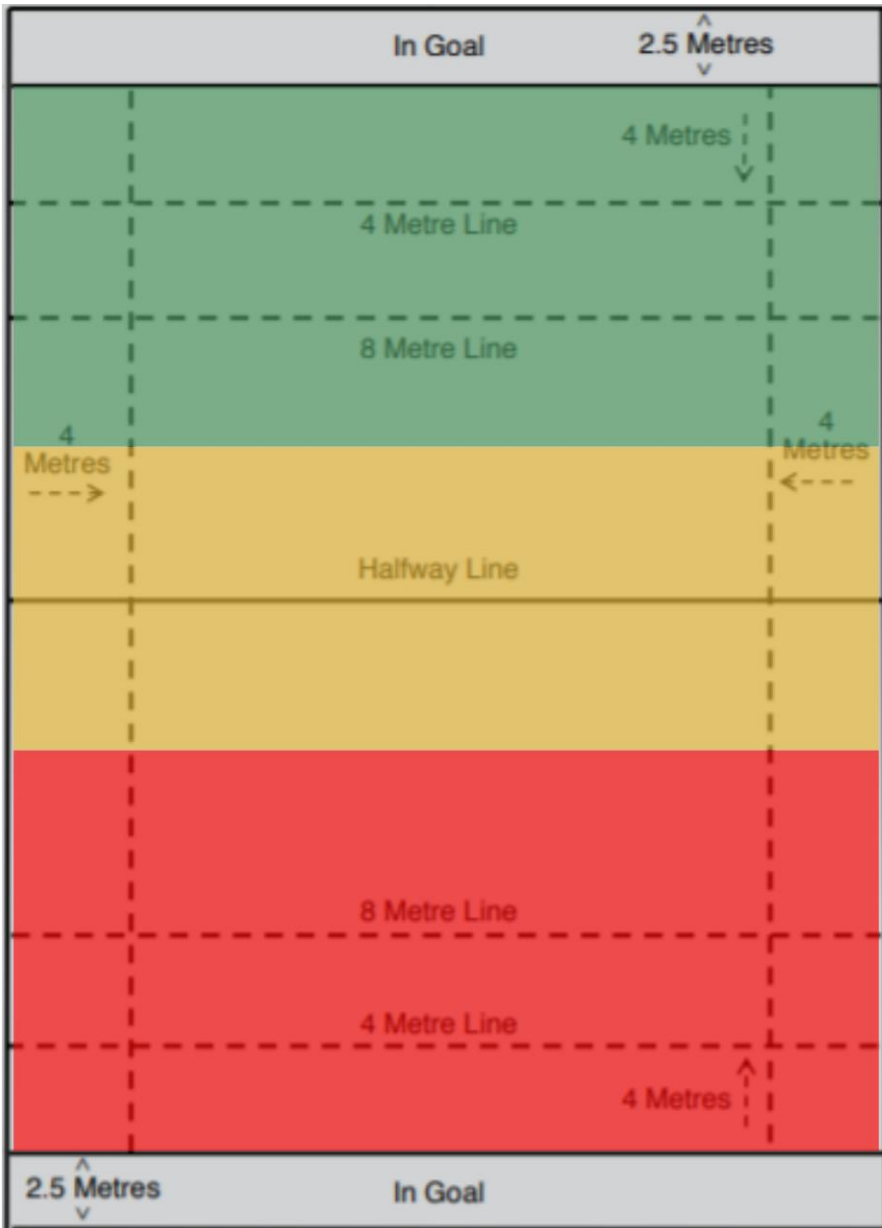
Repeat Efforts

Decision Making

The image features a central dark blue rectangle with the text "Field Positions" in white. This rectangle is set against a white background. In the four corners of the white background, there are decorative triangular sections of a dark blue plaid pattern with thin white and red lines.

Field Positions

Attack: Principles



Goodball

Score | Repeat Set | High Note Finish

Pull Apart

Create gaps

Midball

Transition Area | Build Pressure

Yardage

Make Meters | Get Out

Push Back

Gain territory

Fundamentals: Attack

Communication in General Attack

Our call	
Yardage	A reminder that we are in our own half and to play accordingly. We will not use the terminology 'exit sets'. This will be known as 'yardage'.
Goodball	A reminder that we are in a try-scoring field position and to play accordingly.
Midball	The space between Goodball and Yardage. The transition area.
High Note Finish	Turning the ball over in the oppositions 8m area
CTT	Our scanning system: Crossbar-Touchline-Touchline
Turning The Ball Over	When we hand possession over
Unders Line	running out to in, into the hole next to the ball carrier.
Overs Line	running in to out away from the ball carrier.
Postbox	The space at the PTB between Marker and A defender.
Strike	Hard, fast, direct run. This is our default.
Blue	High Kicks
Green	Low Kicks

Fundamentals: Attack – Yardage

Attack (Yardage)

Forward first mentality. Make meters.

Quick Play the Balls (PTB) followed by fast effective carries on the gain line.

Ball carrying options on both sides of the PTB

We do not need to score on every Possession. EARN THE RIGHT TO PLAY!

Make decisions based on whether the Risk is worth the potential Reward. Errors in Yardage = opposition scores.

Clearance kicks MUST go long down field. We can not afford to give away possession and field position with short clearance kicks

Complete

If a teammate is a better position to make yards than you – pass them the ball.

Fundamentals: Attack – Midball

Transition into Goodball and switch to an Attacking mind set

Ensure a positive end to the set to maintain pressure with:
An effective attacking kick
A repeat set

Attack (Yardage)

Turnover near the opposition goal line (high note finish)

Complete the set and build.

Fundamentals: Attack – Goodball

This is where we want to spend most of our time, we are patient, we build pressure and we turn the ball over on our terms.

Everybody busy all of the time 5 bodies in motion call for the ball if you have a better opportunity.

Play what is in front of you, read numbers CTC.

Take calculated risks, play exciting.

Attack (Goodball)

Kick for a reason, not just because it is 5th tackle.

To earn the right to take risks in Attack, we make a commitment to being ready to transition into Defence immediately after turnover.

Look to cause disruption in the defensive line to create a weak spot, combined with a quick PTB and followed by a direct attack at the defence's weak area.

Direct attack to a targeted Defender with an identified weakness, e.g. A player with poor Chair
D

Fundamentals: Defence

Communication in General Defence

Our call

**I've got ball /
I'm on ball**

The player opposite the ball carrier talks about 'I've got ball' / 'I'm on ball'

**Got your inside /
I'm inside**

The player on the inside talks about 'got your inside' 'I'm inside'

Push

Players defending centrally call 'push' to encourage wider players to drift to defend the threat of a miss-match out wide

Pull

Wide players call 'pull' to pull inside players across the pitch to defend the threat of a miss-match out wide

'A' Defender

The defender next to the PTB

Marker

Defender directly in front of PTB

Swamp Set

Increasing the intensity of our line speed. Usually called when they are in their 8m area

Fundamentals: Defence- Non-Negotiables

Defence is in everyone's job description! Everyone plays a part.

No reaching for tags. Stop the chair-Take the tag

We make chair contact on every tackle!

Our first movement is always forward, we take away meters.

**Defence
(Non negotiables)**

We need to trust each other:
We communicate in a clear and concise way.
No white noise.
If someone makes a call listen and act.

Do not rise to contact. Stay calm. Keep the referee on our side

To earn the right to take risks in Attack, we make a commitment to being ready to transition into Defence immediately after turnover.

Fundamentals: Defence- Pendulum

Defence (Pendulum)

Takes place in Goodball and Midball. (We do not do this on Yardage)

The winger on the opposite side to the PTB drops back slightly in anticipation of a kick. This gives us a head start on kicks.

In the event the PTB is in the middle of the park both Wingers will turn their chairs slightly.

Fundamentals: Defence – Yardage

Defence (Yardage)

Takes place in our 20m area of the pitch.

Similar to Goodball Defence we are hard and aggressive.

We need to get off our line and get into their faces shutting down the attack before they can get any momentum.

If your choice is a try or a repeat set, force the repeat set we back ourselves every time!!!

Effective communications: say what you see!

We are loud and energetic.

Fundamentals: Defence – Midball

Defence (Midball)

Takes place in the middle of the pitch.

Although line speed should still be present emphasis is on line structure.

We aim to contain their attack by mapping with them moving and sacrificing small yardage gains in exchange for holding our line.

If in doubt always hit the man on your inside shoulder

Our line must be flexible.. it can bend but never breaks.

Communication must come from the inside defender. We 'pass on' ball carriers.

We never switch off.

Fundamentals: Defence – Goodball

Defence (Yardage)

This takes place in our opponents first twenty metres.

We must be prepared to defend quicker than they are willing to attack.

This is where our line speed is at its most intense.

We use our intensity to force handling errors.

Swamp Set: when called we are looking to restrict their first 3 carries to less than 8m.

Furthest winger from the PTB needs to turn in slightly so that we have a head start on early kicks.

We are loud and energetic.

We make every carry a challenge for them.