

# Centres

## General

The Centres are probably the most important position in a Touch team and is probably one of the hardest and toughest positions to play. The Centres are required to control the flow of play and also determine the best moves to play depending on how the defence is set, so it is important that you know your position on the field and also aware of the touch count and also the referee. Playing in the Centre is very tiring, especially if you are defending, so sub-off frequently and quickly.

## Attack

- Control the driving out of our own half.
- Ensure that if our patterns breakdown, you do not panic, hold up the play if possible to slow things down and let everyone get re-set and re-focused.
- If the play is not on your side of the field, make sure you have something planned if the ball comes to your side, communicate this with your Link.
- You are responsible for setting-up and communicating moves and patterns.
- If a move is not working, move the ball about to shift the defence around, don't hold onto the ball.

## Defence

- Never turn your back and always retreat running backwards.
- If a team-mate shoots out from the line, make sure to fill in behind them and let them know which way to retreat and who they have got.
- If shooting out from the line, listen for the direction to retreat and the player you are marking from your team-mate filling your gap.
- Always be aware of your position on the field, especially when approaching the line.
- Always listen to and acknowledge your outside Link and the Winger if they are passing on information.
- Pass on any communication from the Link to your Centre partner, so there is no confusion.
- Stay close to your Centre partner, keeping a short so that you can almost touch fingers. Nothing should ever get through the Centre!
- When defending the line, it is vitally important that you are constantly communicating with your Centre partner, as well as listening to any communication passed in from the Link and Wing.
- When defending the line, if a move is done on the Centres, always retreat straight back, communicating with your Centre partner who has the dummy half, keep your arms out to your sides.
- Point to the player you are marking, so that not only do your own team know who you have, but the opposition know you have them marked also.
- When not pointing at the player you are marking always have your arms out to your sides.
- Never stop talking!

# Links

## General

The Link position is one of the most important positions in a Touch team, as they are a vital 'link' between the Centre and the Wing. It is important for a Link to always be in support of the Centre's and at times to be interchangeable with them and to never forget that you have a Winger outside you, who has the extra speed and freshness to finish off a well executed move. Playing in the Link position is very tough and tiring, so it is important that you sub-off frequently and remain as fresh as possible.

## Attack

- Always know the move or pattern being played and relay this to your outside Wing.
- Always be in support of the Centre.
- If play is not on your side of the field, try to be wide and deep to give your team-mates plenty of room to work in.
- If a move is not working, move the ball about to shift the defence around, don't hold onto the ball.

## Defence

- Never turn your back and always retreat running backwards.
- Always listen to and acknowledge your Winger.
- Pass on any communication from the Winger to your inside Centre.
- Ensure you get feedback/confirmation from your Centre.
- When defending the line, if a move or play is in your side of the field, always retreat back to the outside first and move across once outside if play goes to your inside.
- When defending the line, always be sure to cover your inside Centre and let them know where you are.
- Point to the player you are marking, so that not only do your own team know who you have, but the opposition know you have them marked also.
- When not pointing at the player you are marking always have your arms out to your sides.
- Never stop talking!

# Wings

## General

You may not think it, or at times feel it, but the Wing is one of the most important positions on the field and if played well, it can be one of the most rewarding and glorious roles. You sometimes may not feel that you are getting enough ball time or are involved in any of the plays, but it is vitally important that the Winger is always alert and fresh and reliable for when it counts. To ensure that this is the case, it is still important for the Wings to substitute often, even if you do not feel that you have done anything. Imagine how your buddy on the sideline feels if this is the case. Most teams tend to play their weakest players on the Wing, but I do not believe that this is or should be the case. Wingers must possess Speed, Communication and quick thinking to successfully fulfil this position. Below are some guidelines for Attack and Defence in the position of Wing.

## Attack

- If you are not involved in play or the current pattern, stay wide (right on the sideline), to ensure there is enough room for the Centres and Links to move.
- Stay deep (approx. 45°) and ensure that if your Link and Centre are not involved in the play, that they also are deep.
- If you end up out of position, try to make your way back to position. Don't let other players rest on your wing. If they are tired, tell them to sub-off.
- Always be alert and aware of any breaks through the centre or from dummy-half and be sure to give support, stay on your wing though! Don't be tempted to converge into the centre.
- When you get to the line, stop just short and be ready for any low passes, remember a try is ON or over the try line.
- When attacking the line, always be ready for a long ball, so be deep and wide.

## Defence

- Never turn your back and always retreat running backwards.
- If the play is on the other side of the field, it is easier to see what's going on by facing your other Wing and slide-stepping back on side etc... if play comes back to the centre of the field or your own side, then return to running backwards.
- You have the best view of the whole team and the opposition, so it is vital that you are constantly communicating everything that you see i.e. Field position, who's got who, opposing team substitutions, sweeps, wraps and switches.
- Constant communication to your inside Link and Centre if they are in distance or play is on the other side of the field.
- Ensure you get feedback/confirmation from your Link and Centre if you are communicating to them.
- Keep note of the Teams position on the field and communicate this to the rest of the Team i.e. we're at halfway, we're 10 out, we're 5 out, WE'RE ON THE LINE!
- When play is on your side of the field stay 'outside' your opposing winger, even if you think you are fast enough to catch them.
- If play is on the other side of the field, it is ok to mark inside your opposing wing, providing that you are constantly communicating with your link and when play moves out your way, you return to a position outside your opposing wing.
- Always try to get the Link to make your touches, unless the opposing winger is isolated and has no dummy-half or nearby players and even then make sure to stay on their outside.
- Try not to get out of position and try to make your way back to your position without compromising the line or panicking.
- When defending the line, if a move or play is in your side of the field, always retreat back to the outside of your opposing wing, watch out for wrappers coming around the outside.
- When defending the line, if play is on the other side of the field, it is alright to come inside your opposing winger to ensure that there isn't too big a gap between players. If play starts to move across to your side of the field, then you make sure that you get back across and pull your Link across as well.
- When defending the line, if defence breaks down and an overlap is imminent, you cannot hesitate to leave your wing and come in on the next player, do not stand between the link and wing, you have to commit to a touch.
- Always look for and listen to the sideline refs, as they will be marking the 5 and 10, so use them as reference. It is up to you to let your team mates know when they are on or off-side.
- Point to the player you are marking, so that not only do your own team know who you have, but the opposition know you have them marked also.
- When not pointing at the player you are marking always have your arms out to your sides.
- Never stop talking!