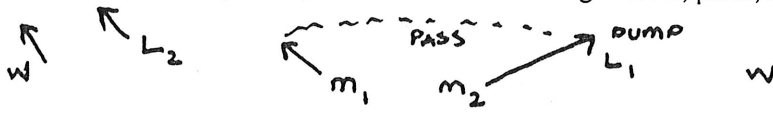


ATTACKING PLAYS

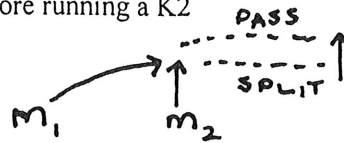
Sneakers

1. Middle fades hard for the link
2. Link then gives a long ball to the opposite middle who is running hard away
3. There are heaps of options after this including colours, parra, K1, K2, K3 & other simple options



K1

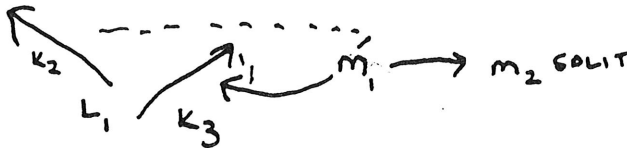
1. 1 Middle dumps & split hard to the open
2. The other middle picks her up with a quick release ball & claims that they are offside (talk to your team mate not the ref)
3. Attacking player can continue running, step back inside or give a long ball if the cut off comes early.
4. Do K1 a few times before running a K2



↓ CAN BE USED AS SINGLE PHASE
 ↓ USUALLY AFTER A SNEAKER THEN SWITCH WITH LINK 2 LINKS K₁.

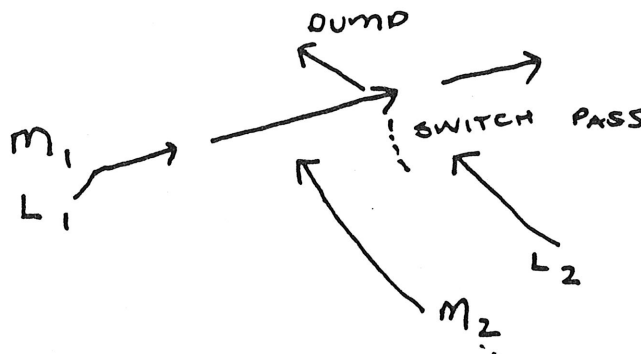
K2 & K3

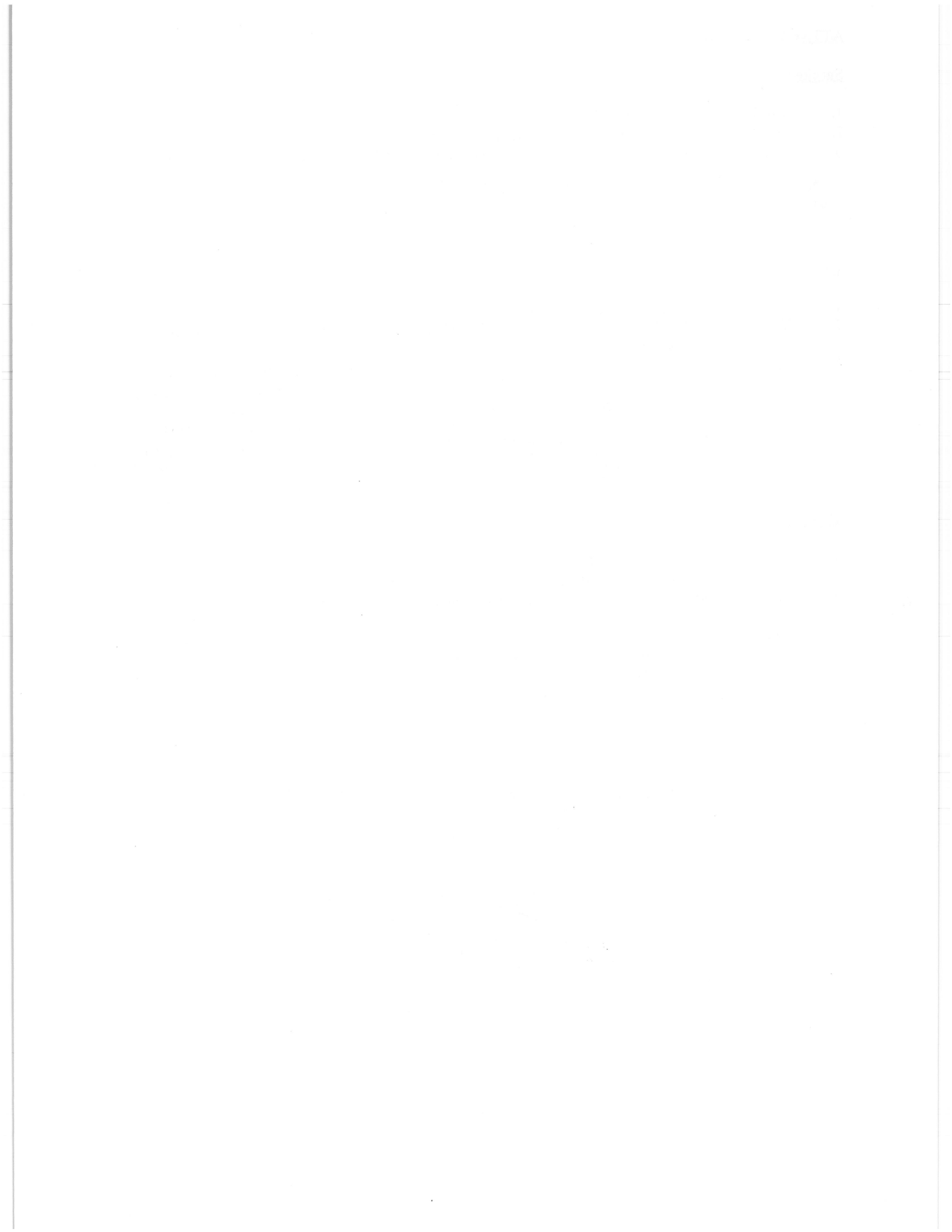
1. As per K1 only the middle player is dummied
2. K2 The middle then picks up the link who is running a hole on the outside of the opposing link
3. K3 The Middle hits the link running the Inside hole & wraps for a Boomer or G



Parra

1. Player takes off & dummies the first switch & gives to the second Who will drive forward & dump for the first dummied player.
2. Options: Scoop or look for K1 or K2 on the second phase





Patterns

- CK
 - simple
 - Easy
 - 21
 - Pattern 1
 - Double
 - Sub Zero
 - Wrap out 1
 - Diesel
 - Scooby
 - reverse
 - Act
 - Aces
 - 3, 2, 1
 - Link options - Maggot
 - Ace option
 - Cut out - link c/o mid to G.
 - Drivetime
 - Bounce
 - Tap 1 - Banana set up
 - Tap 2 - Fin set up
 - Tap 3 - Easy or Scorps.
- New Cutter
(2 p sweep dummy drop)
hit link gives sweep &
boom
- CK option to splitter

Defence - Line

- 1 - In to you / Split back short/mid $\frac{1}{2}$
- 2 - Toucher Takes $\frac{1}{2}$
- 3 - Immediate shut on Touch
• Girls
- 4 - Chase out - no matter
to lazy option

General Play

- Wraps
- Fade Hard
- Switch last Option
- Change of pace
- Fitness - \downarrow Backward speed.
- Switch - Easy
- Pop pass
- Width - Channels

Attack

- Sneakers
- Wizza
- Wacka
- Wrap Snap - wrap step back s/w
- N Split - split 2x mid link hit G.
- K₁
- K₂
- K₃
- Shuter
- Kiri
- Scorps
- Bananas
- Parva
- Set up
- Parva rev - Dummy 1 down
- Diesel
- VB
- Razor 1
- Scissors - Dump splitter cut out
- S/you 2 me
- C Ball
- A's / B's / C's
- Black - X down 4 me - Brothers
- Splitter 2 - Link sweep option
- Smash
- Splitter on wing after
fade - use Kiri option
with simple wrap out
- Drop for sneakers give
set up attack wing.
- Holes
- Freddie - set for LB
2 Give out to
Fader
- Fin
- Shuter 2
- B

Defence - Shoot

- 2x shooters Early
- Doc's single D
- Docs Double D
- Pressure
- mixed - Girl on 2nd
- Soak
- Box em - Doc.

**AUSTRALIAN TOUCH ASSOCIATION
ELITE PLAYER FITNESS OPTIMUMS.**

	<u>Males</u>		<u>Females</u>	
	Middle	Link / Wing	Middle	Link / Wing
10m	<1.7 sec	<1.7 sec	<1.85 sec	<1.85 sec
40m	<5.3 sec	<5.15 sec	<5.85 sec	<5.7 sec
Def. Agility	<2.5 sec	<2.5 sec	<2.65 sec	<2.65 sec
Gly. Agility	<42.0 sec	<41.0 sec	<45.0 sec	<44.0 sec
Speed End. (distance)	>60	>64	>44	>48
(% dec)	<15%	<15%	<15%	<15%
Aerobic	Level 14	Level 13	Level 13	Level 12
Skinfolds	60 mm	60 mm	70 mm	70 mm

Bananas

1. Middle dummies other middle & fades to link
2. Middle splits & receives a quick release ball & fades out to switch with the winger
3. Winger gives the pass to the link that is now in the middle & link fades to the middle.
4. Link splits & receives quick pass to fade out to the far link
5. Link splits & the half initially goes toward the middle then changes direction in order to switch with the link
6. Link gives the pass to the middle who dumps on the outside of their player & link gets to half
7. Winger times a long sweeping run & receives pass from the link
8. Outside support stays wide & look for the pass when the cut off comes

①

②

- 1. The number of nodes is fixed to 10
- 2. The nodes are arranged in a circle
- 3. The nodes are numbered 0 to 9
- 4. The nodes are arranged in a circle
- 5. The nodes are numbered 0 to 9
- 6. The nodes are arranged in a circle
- 7. The nodes are numbered 0 to 9
- 8. The nodes are arranged in a circle
- 9. The nodes are numbered 0 to 9
- 10. The nodes are arranged in a circle

①

②