

Protect the circle

A variation on back v forwards focusing on restricting and executing opportunities in the scoring zone.

A semi circle around the posts is coned off. About 30 metre in radius for adults and reducing in size for

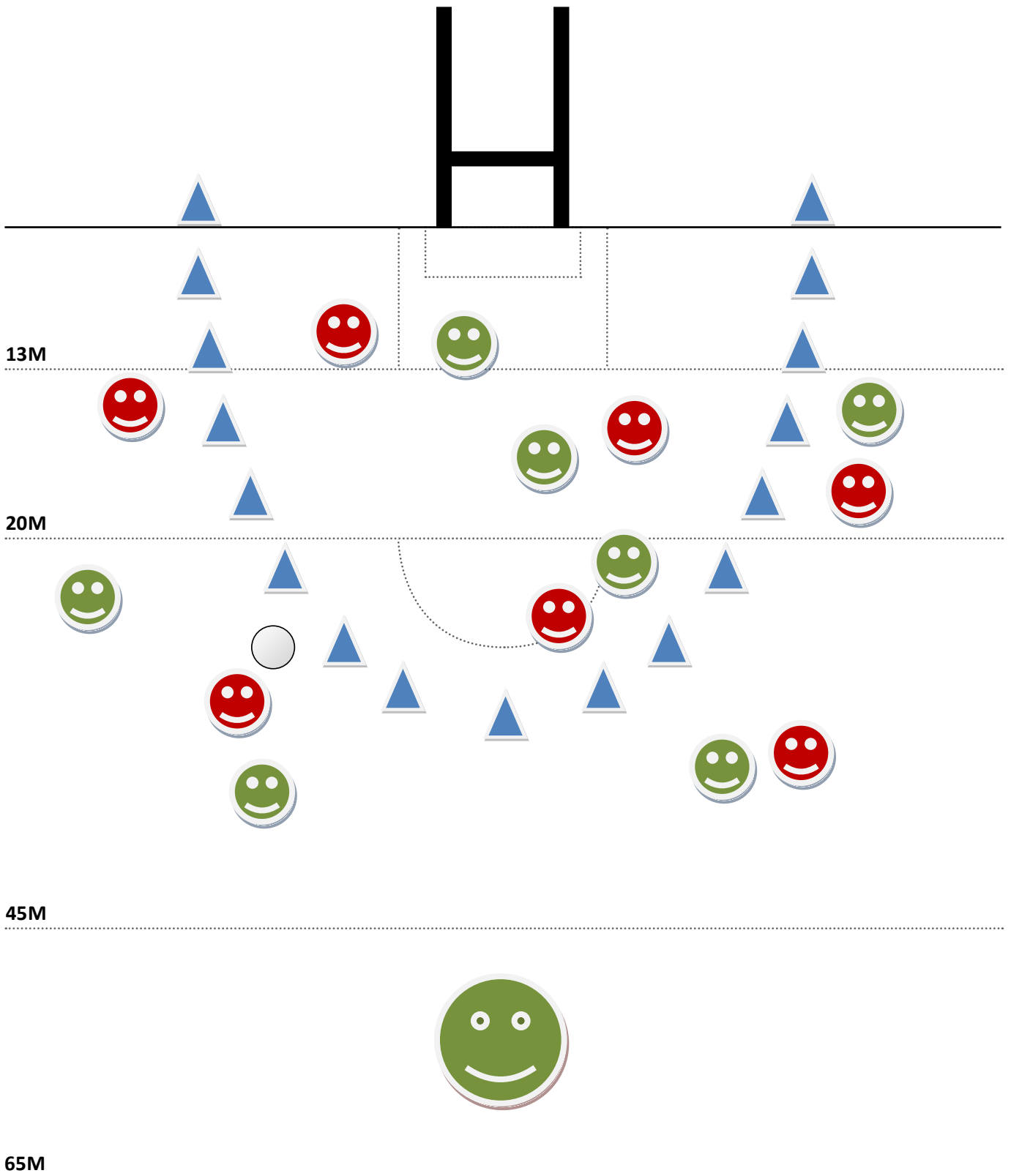
younger teams.

Forwards get one point for scores outside the circle, and two points for a score inside the circle.

A converted free is worth three

points. This encourages clean tackling from the defenders.

If the defenders win the ball, they just work it back out to the coach who restarts the attack.



65M