

Power Plays

32 Easy to Coach Backs Moves

Move Finder

		The level of difficulty of the move is			If you want to attack			Use the move if you have a							Use the move against a		This move is best from		
		easy	medium	hard	close	middle	wide	stronger pack	better back row	better 10	powerful 12 & 13	quick wingers	hard running 15	strong blindside wing	blitz defence	drift defence	your own 22	between 22s	their 22
1	M1 (Miss 12)	x					x			x	x	x	x		x		x	x	x
2	M3 (Miss Miss)	x					x			x		x			x		x	x	x
3	DSP (Dummy Switch Pop)	x				x			x	x	x				x		x	x	x
4	Rangy 1	x			x			x	x	x	x				x	x		x	x
5	Option 1	x			x						x				x	x		x	x
6	S1 (10-12 Switch)	x			x			x	x	x	x				x		x	x	x
7	S2 (12-13 Switch)	x				x				x					x		x	x	x
8	P1 (Unders and Overs)	x			x			x	x	x	x				x		x	x	
9	M1 Loop (Miss 12 Loop)	x				x				x		x	x		x			x	x
10	M1 Wing (Wing in Miss 12)	x				x				x	x		x	x	x			x	x
11	M1B (Miss Behind)	x				x				x	x	x			x			x	x
12	M1 Back (Miss 12 Pass Back)	x				x				x	x				x	x		x	x
13	T2 (12 Pop to Wing)		x			x				x	x			x	x	x		x	x
14	Slice		x			x				x	x	x			x			x	x
15	M2 (Miss 13)		x			x					x		x		x		x	x	x
16	DSM (Dummy Switch Miss)		x				x			x	x	x	x		x	x	x	x	x
17	Split Hit		x			x					x		x		x	x		x	x
18	Split Miss		x			x					x		x		x	x		x	x
19	32 (Miss 12 Dummy Switch Pop)		x				x			x	x	x	x	x	x			x	x
20	M2 NZ (All Black Runaround)		x				x			x				x		x		x	x
21	M1 Double Loop (Miss 12)		x			x				x	x				x			x	x
22	DSS (Dummy Switch/Pop)		x				x			x			x		x			x	x
23	L1 Lomu (10 Dummy Loop)		x			x				x	x			x		x		x	x
24	Starburst		x				x	x			x	x	x		x	x		x	
25	East West		x			x			x	x	x	x		x	x			x	
26	Rangy 2 (Dummy Rangy)			x	x				x	x	x	x		x		x		x	x
27	Lomu			x	x					x	x			x		x		x	x
28	Spaghetti			x		x					x			x		x		x	x
29	Bath			x			x			x	x			x	x	x		x	x
30	Exeter			x	x					x	x			x		x			x
31	Double Switch			x		x				x	x				x			x	
32	L1 Option			x		x	x			x	x			x	x			x	x