

Example game plan

YOUR HALF					THEIR HALF		
	OWN LINE	OWN 22	22 TO HALFWAY	HALFWAY TO 22	THEIR 22	THEIR LINE	
SEQUENCES	None	None	1. Short, Short, Wide 2. Flash Back	1. Flash Back 2. Stretch	1. Flash Back 2. Short, Short, Wide	1. Flash Back 2. Short, Short, Wide	
SCRUMS	8 Pick and Go (then Kick for touch)	8 Pick and Go (then Kick for touch)	8 Pick and Go	Left: Cowboy Middle: 8 Pick and Go Right: 8-9-14	Left: 8-7 Middle: Cowboy Right: 9-10-8	8 Pick and Go	
FIRST PHASE BACKS MOVES	No moves	Miss 12 (and Kick for touch)	Unders and Overs, 10-12 Switch, 12-13 Switch, Slice	Dummy Switch Miss, Miss 13, Low Middle: Mid-field Move	Unders and Overs, 10-12 Switch, Dummy Switch Miss, Miss 12	Slice, Dummy Switch Miss, Split Hit	
SECOND PHASE	Pick and Go	Pick and Go, Miss 12 (and Kick for touch), Miss 13	Unders and Overs, 10-12 Switch, Dummy Switch Miss, Miss 12 Nutmeg	Unders and Overs, 10-12 Switch, Dummy Switch Miss, Miss 12 Nutmeg	Unders and Overs, 10-12 Switch, Slice, Rangy, Dummy Switch Miss, Miss 12, Nutmeg	Unders and Overs, 10-12 Switch, Dummy Switch Miss, Miss 12	
SLOW BALL	Three Man Blast						
NOTES	<p>Run all free kicks with 2 passes (wagging).</p> <p>Counter attack from outside our 22m, otherwise kick against grain.</p> <p>Use low risk moves in first 20 mins against this opposition.</p> <p>50% kicking game in first half, review at half time, otherwise use sequences.</p> <p>Keep on going with Pick and Go to a maximum three times.</p>						