

Move 5 Back Ball	Use the move if you have					Use the move to attack with a			The move is best from					
	better jumpers	one jumper	two jumpers	three jumpers	more mobile players	catch & drive	front peel	back peel	backs move	5m from their line	their 22	between the 22s	your 22	5m from your line
				✓		✓		✓	✓	✓	✓	✓		

Why it works

- It's a difficult throw to defend against, particularly close to their line where most teams defend the front and middle of the lineout.
- It gives you a good ball for your backs to attack from.
- There's a shorter distance between your 9 and 10.

Good if you have

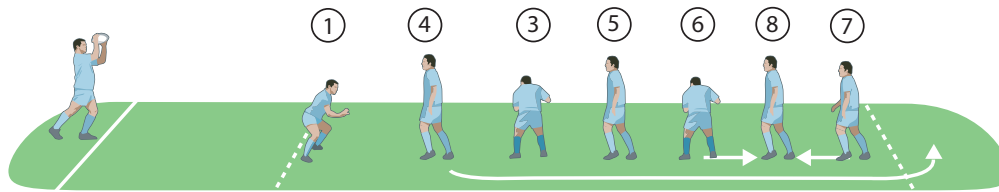
- A hooker with a well-timed throw, who can accurately throw 15 metres or so.
- A jumping option at the back of the line in 6, 7 or 8.
- Players who work hard to get a good lift.

Common mistakes

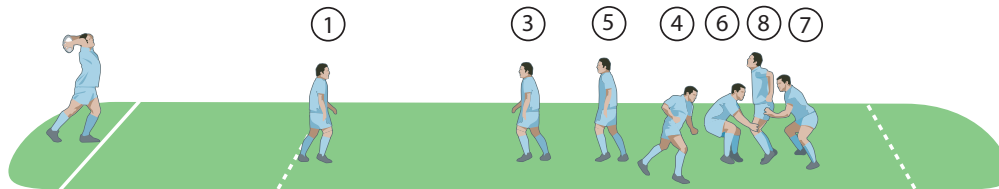
- Holding the jumper in the air to wait for the ball. Your players mustn't lift too soon as this makes it easier for the opposition to cover the throw.

Think about

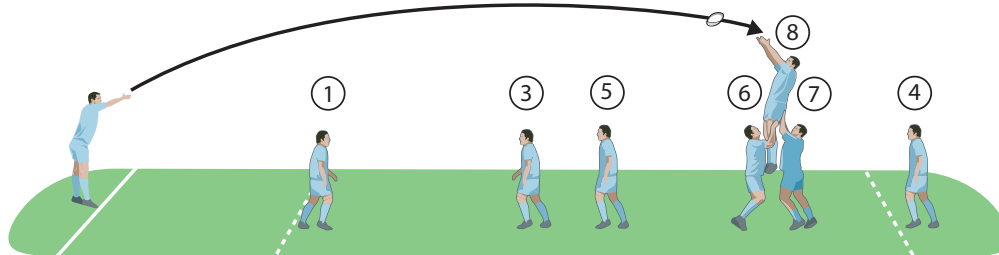
- Your middle jumper or 3 covering the overthrow.
- What you are going to do with the ball? It's a good attacking ball for both backs and forwards.
- An option is a back peel off the lineout by 1, 3, 4 or 5 to get you going forward across the gain line very quickly. A catch and drive near the try line is generally more difficult to defend against.



1, 4 and 3 spread out across the line. 4 turns to run to the back of the lineout. 6 and 7 move towards 8.



As 6, 8 and 7 get into position to lift and jump, the hooker starts the throw.



4 is in position to cover the overthrow as 8 takes the ball.