

Move 7 Split Once Front Lob 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 allows 4 to move into the space created after 3 and 5 move back, when the opposition expect a back or middle ball.

Good if you have

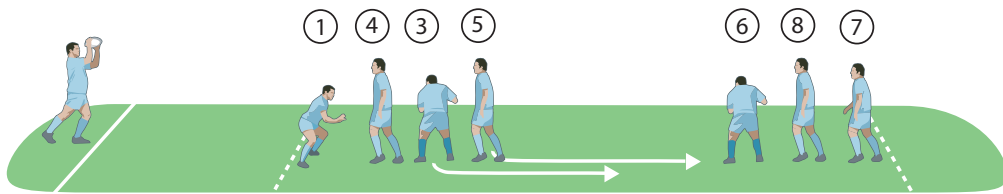
- An opposition front jumper who stays at the front.
- A 1 and 4 who drift back slowly and don't attract attention by moving too early.

Common mistakes

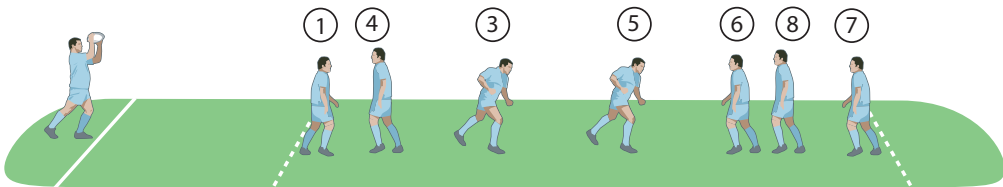
- Not reading the situation and failing to jump accordingly.
- Moving too soon and attracting the opposition jumper back to mirror 4.

Think about

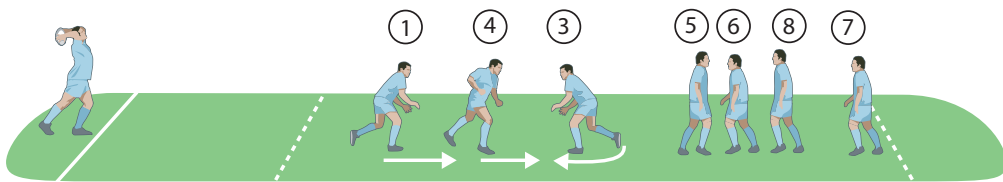
- A dummy jump early to get the opposition in the air, then drifting back to the final jumping position.
- Using the move to secure possession in your own 22, or their 22 to catch and drive.



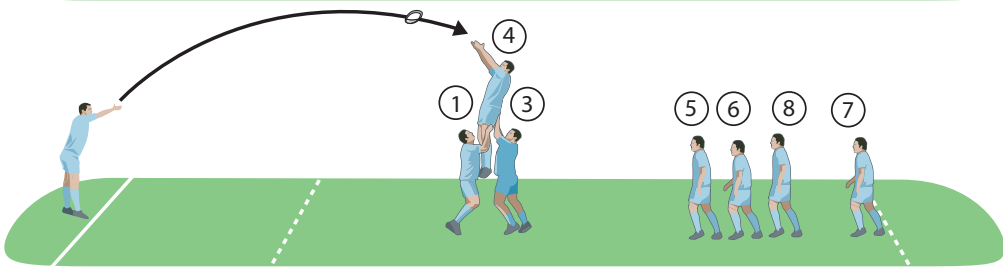
The players stack four at the front and three at the back. 5 turns and runs to the back group. 3 follows.



5 moves to 6 as 8 looks to lift 6.



1 and 4 take three steps to the back as 3 turns towards the front group.



4 takes a lob ball over the opposition front jumper.