



SKILL CARD

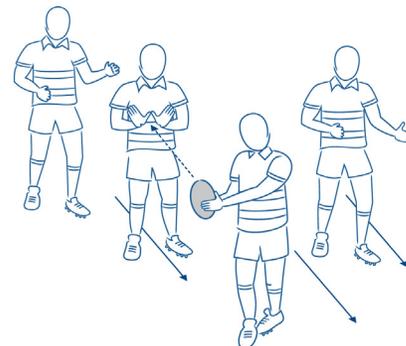
ATTACKING SHAPE

LEVEL: ADVANCED



OBJECTIVE

To have players work as a team to penetrate the defense and score by being in position to move the ball forward.



COACHING CUES

A good offensive shape consists of a ball carrier and two support players forming a triangle on the field. Additional players will line up in support in a staggered position.

Step 1: Help players understand offensive shape by placing them in a triangle formation.

Step 2: Have players practice by setting up on the field; change the ball carrier so they can adjust to keep a good formation.

Step 3: Have all support players move forward to receive a pass. This allows them to attack at a running pace.

Step 4: Have support players attack the weakest point in the defense. The weakest point in the defense is where the most space is between two defenders.

CHECK AND CORRECT

1. Make sure players keep depth and stay behind the ball carrier.
2. Players should communicate to maintain offensive shape.
3. After a flag pull, the first support should come off of the inside shoulder.

FOOTWORK/MOVEMENTS

- Maintain an appropriate depth to the ball carrier without crowding.
- Prepare to receive a pass by placing the outside foot forward.
- After receiving the pass, the first step should be forward.

CONNECTED GAMES

Depth Running • Just Score
2v1
3v2
Flag Rugby

USA PE STANDARDS

S2.E1: Space, 3-5
S2.E2: Pathways, Shapes, Levels, 4-5
S2.E5: Strategies & Tactics, 3-5
S2.M3: Create space using width and length, 6-8