

## Rugby Texas Defensive Principles

Pro-Active Defense not Re-Active Defense  
Tracking players across field means we are Re-Active  
Line moving forward together is being Pro-Active

### Principle No.1          Work as a Line

Work as a line staying together, moving up together in front of the ball  
When the ball is transferred across the field the line slides together like a curtain

### Principle No.2          Defend in 3's

Always have 3 players in front of the ball  
2 Man Dominate Tacklers  
3rd man Jackal's ball  
Man on inside of 3's is key

### Principle No.3          Decision Making

Defend Smart  
Use DM Principles  
Recognize  
Assess  
Decide  
Execute  
Communicate - "Small Talk"

### Principle No.4          Pendulum

Key is No.9 who defends behind the Ruck  
No.9 Organizes defense from behind 'Verbally'  
No.9 fills in the line where it is weak and defends  
No.9 covers short kicks, allow 15 to stand deeper  
Wingers & Fullback work behind as a pendulum  
Back 3 players work as 3's

### Principle No.5          Ruck Defense

Use DM Principles  
Can I win the ball?  
Can I slow the ball?  
Am I needed for next phase?  
If in doubt stay out  
Always first, 2 Guards either side of ruck  
1st Defenders outside Guards must be able to touch hands  
Have 3 Defenders (Tackle in 3's!!) fill open side first followed by 3 inside  
Both sides must push up together