



**KIWI HAWTHORN RUGBY  
MELBOURNE**

**Come and try**

# Rugby



## **Breakdown workbook**

To discuss, contact:

Justin Bown 0438 880 081  
[justinbown@gmail.com](mailto:justinbown@gmail.com) or

Mark Russell 0417 509 570  
[mahrussell@optusnet.com.au](mailto:mahrussell@optusnet.com.au)

# Good breakdown technique is **SAFE** and **EFFECTIVE**

	Safe	Effective
<b>Pocock pounce</b>	Head up: look for opponents Feet apart: for stability	Come in 'through the gate' Grab ball with two hands
<b>Clean out like a plane taking off...</b>	Get low: make contact below your opponent's shoulders	Drive up like a plane taking off
<b>...not like a plane landing</b>	Don't put your hands on the ground	Don't land like a plane
<b>Release the ball</b>	Remember fall on knees, hips, shoulders Back or feet towards opponents	Throw, hand, place or roll the ball back to your team mates

# Pocock pounce

- After a tackle, **you must**:
  - Release the tackled player
  - Enter through the gate (directly towards the try line you're running at) \*
  - Stay on your feet
- Spread your feet apart for stability
- Grab the ball with two hands



\* doesn't apply to the tackler if they go to ground



# Clean out like a plane taking off...

- To defend the ball against the Pocock pounce:
  - Make contact under your opponent's shoulders
  - Drive up, like a plane taking off



## ...not like a plane landing

- To defend the ball against the Pocock pounce, **do not**:
  - Put your hands on the ground
  - Drive down, like landing a plane





# **Tackled player must release the ball**

- On the ground, the tackled player must release the ball
- Release before the opposition contests for it
- Release by:

