



KIWI HAWTHORN RUGBY  
MELBOURNE

Come and try

# Rugby



## Breakdown workbook

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

	<b>Safe</b>	<b>Effective</b>
<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:

