



OUTHALF

Role & Practice Guide

OUTHALF – MY ROLE

The outhalf is to act as a pivot for the backline and in general be the TDM (tactical decision making).

Priorities are:

1. Get the ball moving along the back line
2. To threaten the inside defence and link with the forwards
3. Kick when necessary with the purpose of relieving pressure or taking the team forward.

The Outhalf is often the “controller” of the game. It is a position that requires quick thinking, smart reflexes and decision-making skills. The qualities needed are therefore – generalship and composure.

Generalship – A natural aptitude to do the right thing at the right time is the first essential. The ability to underplay my own flair is an advantage. Within players there is a tendency to become obsessed with personal flair and over control, but remember the art of deception, essential though it is, should never lead to self deception or deception of team mates.

Composure – By playing within yourself, it will create time and space, as rushed decision making, produces poor option taking and limits space.

Do's

- Give your outsides confidence by using them not staving them
- Cultivate the virtues of the side by directing play to the team's strength
- Back up play
- As a standard run IN and attack the ball
- Practice kicking with both feet

Don'ts

- Don't kick away attacking opportunities
- Don't tuck yourself in behind the Scrum-Half
- Don't stand inside the last player of the opposition's lineout
- Don't begin your run too early unless you are running blindside where you need to take the ball flat.

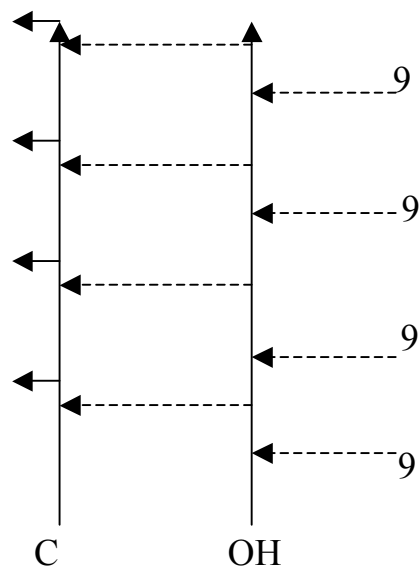
OUTHALF - PRACTICES

1. **Handling:** (unopposed in groups of 6, then opposed in groups of 8 to 10)

Equipment: 4 balls

Aim: to improve speed of ball through the hands.

- a) Four scrum halves or suitable feeders to stand in a line, each with a ball, at a distance apart of say, 15 metres. Centre and outhalf to run from the start line. Flyhalf to take a pass from the first feeder and to pass to the centre who places the ball on the ground immediately he receives it. Both outhalf and centre keep on running and take a feed from successive positions. Each feeder, after the centre grounded it, returns to original position.
Repeat from other end at which they finished in order to practice receiving from and passing to, the other direction.
- b) As in 1a but the feeder acts as opposition flanker once he passes, (putting pressure on outhalf).



2. **Handling and running:** (unopposed in groups of 7, then opposed in groups of 9-11)

Equipment: 4 balls

Aim: to increase awareness of lines of running from ruck/maul/scrum ball.

- a) As in above with feeders, outhalf and centres carrying out similar roles except the outhalves is to receive feed from alternate directions.
- b) As in 2a above with opposition starting as the ball is fed, from either a flanker position (that is the feeder or from an opposing outhalf)

