



**A Day for UAE Rugby Coaches:
Attacking the Set Piece
with Mike Friday**

**Friday 24 October 2025
at Dubai College**

DIGITAL RESOURCE PACK

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Supporting Video

Click to watch

Presentation

EVERY MORNING IN AFRICA, A GAZELLE WAKES UP. IT KNOWS IT MUST RUN FASTER THAN THE FASTEST LION OR IT WILL BE KILLED.

EVERY MORNING A LION WAKES UP,

IT KNOWS IT MUST OUTRUN THE SLOWEST GAZELLE

OR IT WILL STARVE TO DEATH

IT DOESN'T MATTER WHETHER YOU'RE A

LION OR A GAZELLE

WHEN THE SUN COMES UP, YOU BETTER BE RUNNING



A Day for UAE Rugby Coaches

Attacking The Set Piece

Friday 24th October



IT IS NOT
ROCKET SCIENCE

The individual basics of the game underpin everything

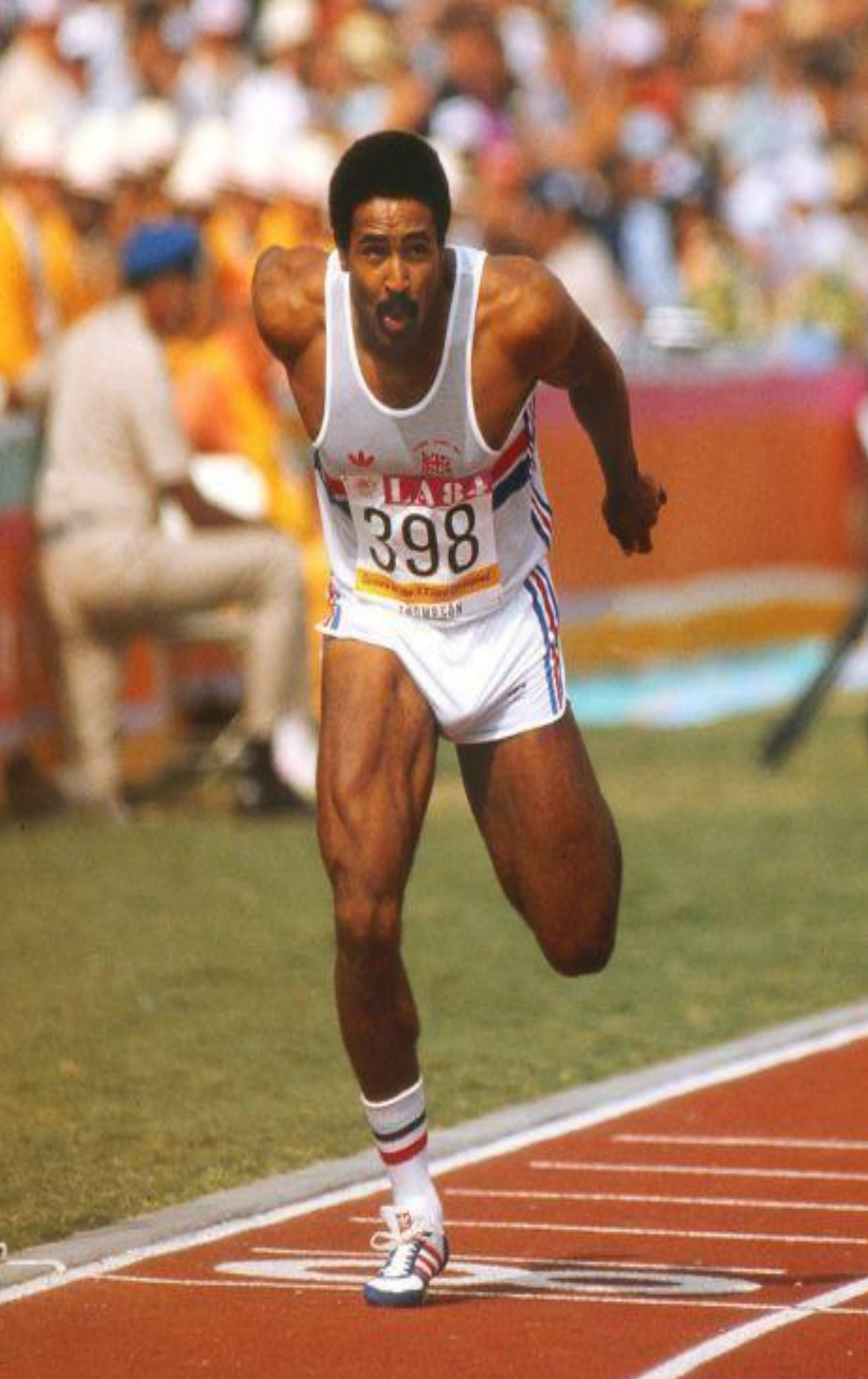
Attack

Catch & Pass
Ball Presentation
Contact - Cleaning

Defence

Tackle Technique
Contact - Compete

P.R.I.D.E.



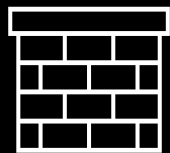
The 7's game physically is for
"Rugby Decathletes"



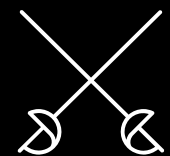
Powerful



Fast



Durable

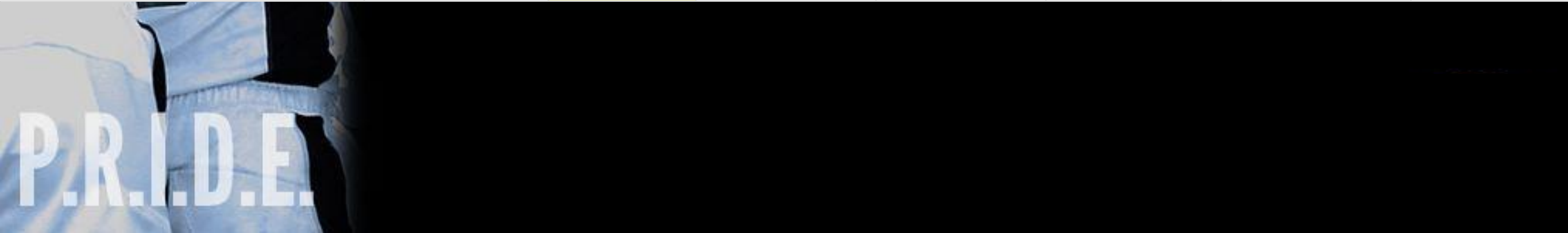


Combat competent

Ability to physically and mentally
complete

Repeated high intensity efforts
accurately

	USA Season Average	Targets 23/34	New Zealand AVG	Argentina AVG	Fiji AVG	France AVG	Australia AVG
Points Scored Per Game	18 Per Game (1098)	26 Points (1248)	26 (1684)	22 (1429)	24 (1566)	20 (1256)	21 (1335)
Try Scored Per Second of Possession	75	1 Try every 70s	69	73	66	84	76
Strike +2 Success (Score Try)	24%	33%	38%	25%	33%	21%	24%
Possession Completion	54%	70%	67%	70%	67%	59%	64%
Breakdown Turnovers Total (Conceded)	8 (1.4 Per Game)	2 per Game	8.1 (1.35)	9 (1.5 Per Game)	6.5 (1.1 Per Game)	11.3 (1.9 Per Game)	10.3 (1.8 Per Game)
Possession Breakdown Penalties (Conceded)	4	5 per Tournament	5.3	5.5	4	6.3	6.6
Breakdown Retention %	88%	90%	86%	88%	85%	81%	83%
Handling Errors	20 (3.5 Per Game)	2 per Game					
Handling Error - Transition (HET)	5 (1 Per Game)	1 per Game					
Conversion Success	65%	70%	62%	60%	68%	67%	59%
Points Conceded Per Game	20 Per Game (1229)	17 Points (816)	11 (689)	14 (882)	14 (882)	16 (1063)	15 (922)
Try Conceded Per Second	68	1 Try every 100s	139	108	109	109	123
Tackle Completion	71%	80%					
Possession Turnovers (Won)	3.1 (Per Game)	4 Per Game	4.8	3.7	4.2	3.7	4.0
Breakdown Turnovers Total (Won)	8.5 (1.5 Per Game)	2.5 Per Game	14.2 (2.4 Per Game)	9.5 (1.6 Per Game)	11 (1.9 Per Game)	10.75 (1.8 Per Game)	11.4 (2 Per Game)
Breakdown Penalties (Won)	5.5 (1 Per Game)	2 Per Game	8.2 (1.54 Per Game)	5.8 (1 Per Game)	7.3 (1.25 Per Game)	5.3 (0.9 Per Game)	8 (1.4 Per Game)
Breakdown Defense Penalties (Conceded)	6 (1 Per Game)	1 Per Game					
Breakdown Attrition %	15%	20%	17%	13%	14%	15%	13%
Kick Off Receipt	83%	85%	83%	83%	74%	76%	74%
Kick Off Chase (on contestable kicks)	12%	40%	25%	41%	36%	32%	36%
Contestable Kicks	51%	80%	58%	75%	57%	65%	64%





DEFENCE

What is your Defensive System?

- One on One Tackle
- Action around the breakdown
- Connection
- Alignment
- Pressure

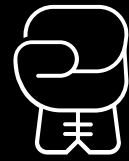
P.R.I.D.E.



ATTACKING PHILOSOPHY

P.R.I.D.E.

P.S.P



Physicality



Speed of 3's



Possession

Set Piece Execution
Scrum
Lineout
Kick-off



Picture Recognition
Fluidity of attacking style

P.R.I.D.E.



Game Play Training Cycles

To be fit for purpose

Repeated High
Intensity Efforts

Understand what your success measure are?

Incorporating this into your training cycles is
a **MUST**

P.R.I.D.E.



SET PIECE EXECUTION

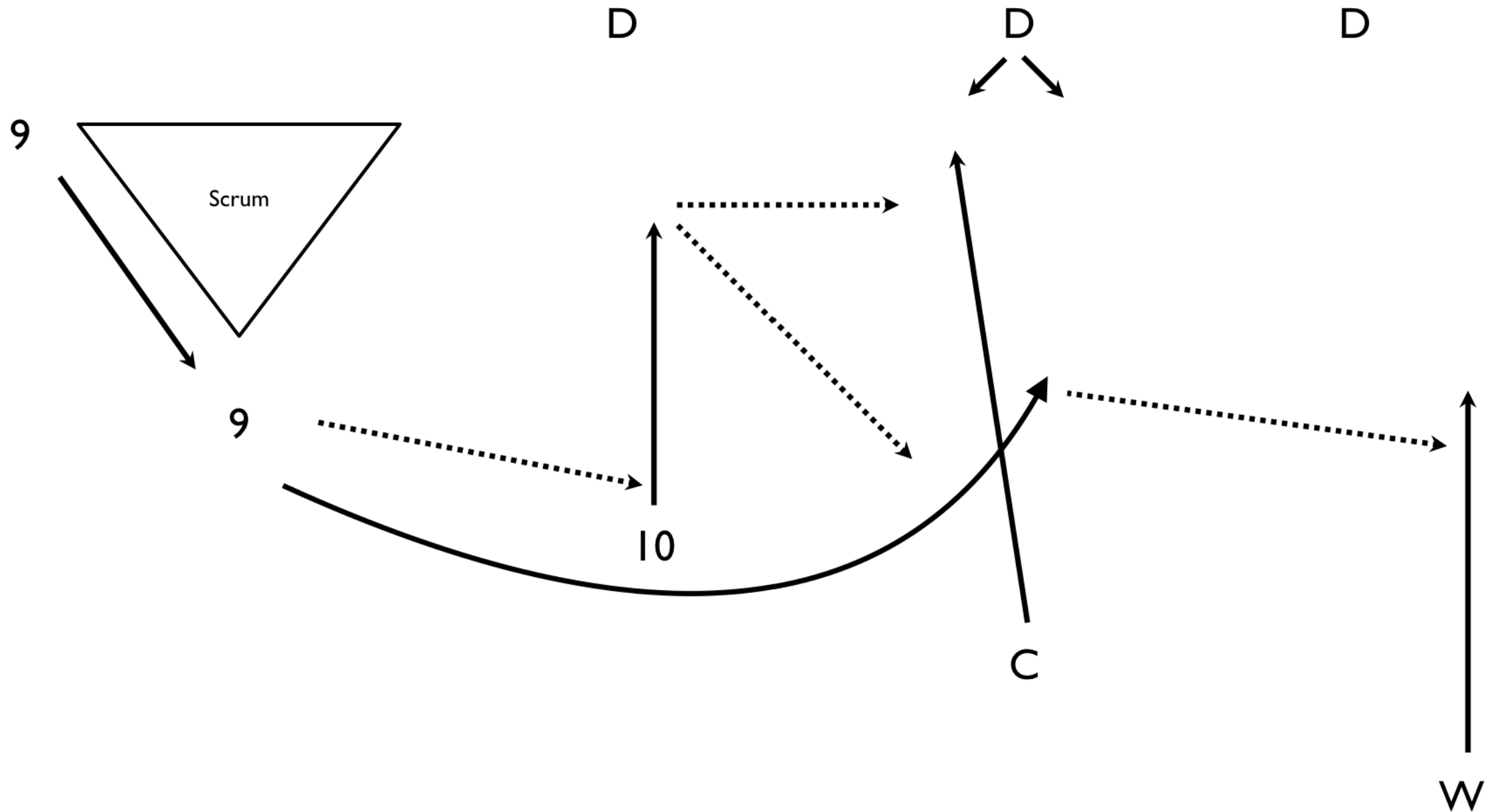
MAPPING EXAMPLES

P.R.I.D.E.



** Channel definition is off the touchline prop positioning

1 - PHILIS



Note: Set up

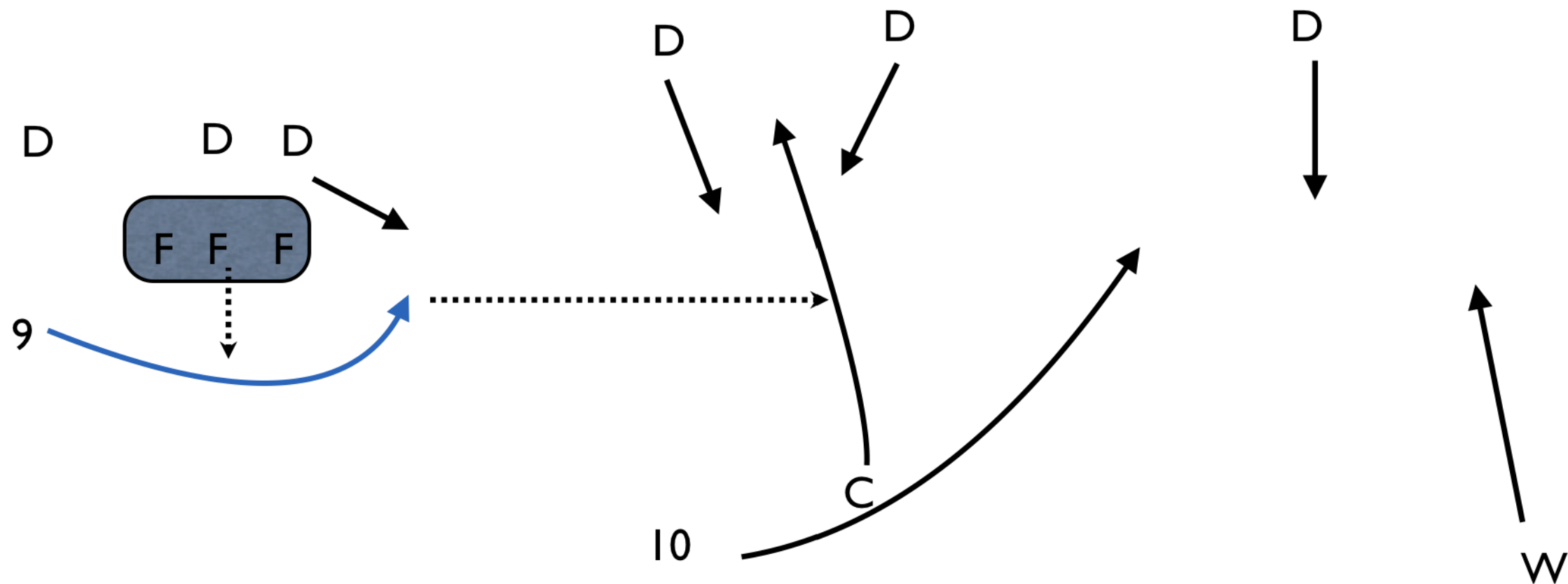
Center needs to be tight to create space out wide

10 needs to start compact and go straight and hard at opposition 10

Phylis - 10 goes hard at oppo 10 and stays square. He makes decision off his pump & oppo Center. If C jams in 9 is on. If he slides center is on

2nd Phase - H or Prop source - who doesn't go flow. 9 at BD to play 9 on flow

L0 - Twist Power



Note:

- OTT to the 9 who hits the C and runs a twist line. C dummies 9 and carries.
- Front Lifter Clears the ruck with urgency from jumper to be 9
- 10 needs to get his width early and play off 9
- 9 is first receiver on flow.
- 9 stays open and jumper to play away

** if we win off the front with a POD we run a tighter Twist Power

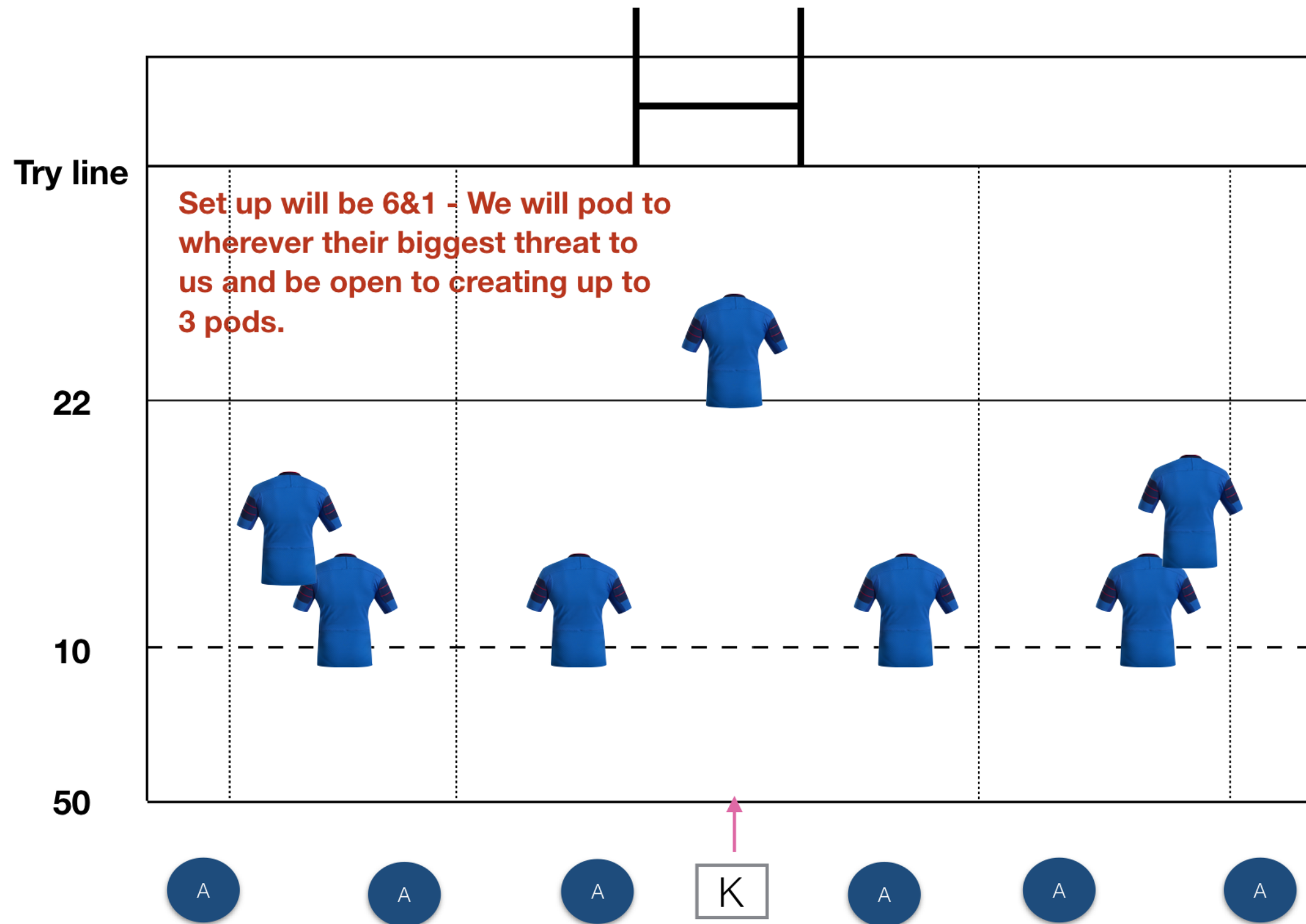
*** If we win through a front lifter we go stretch



Kick Offs

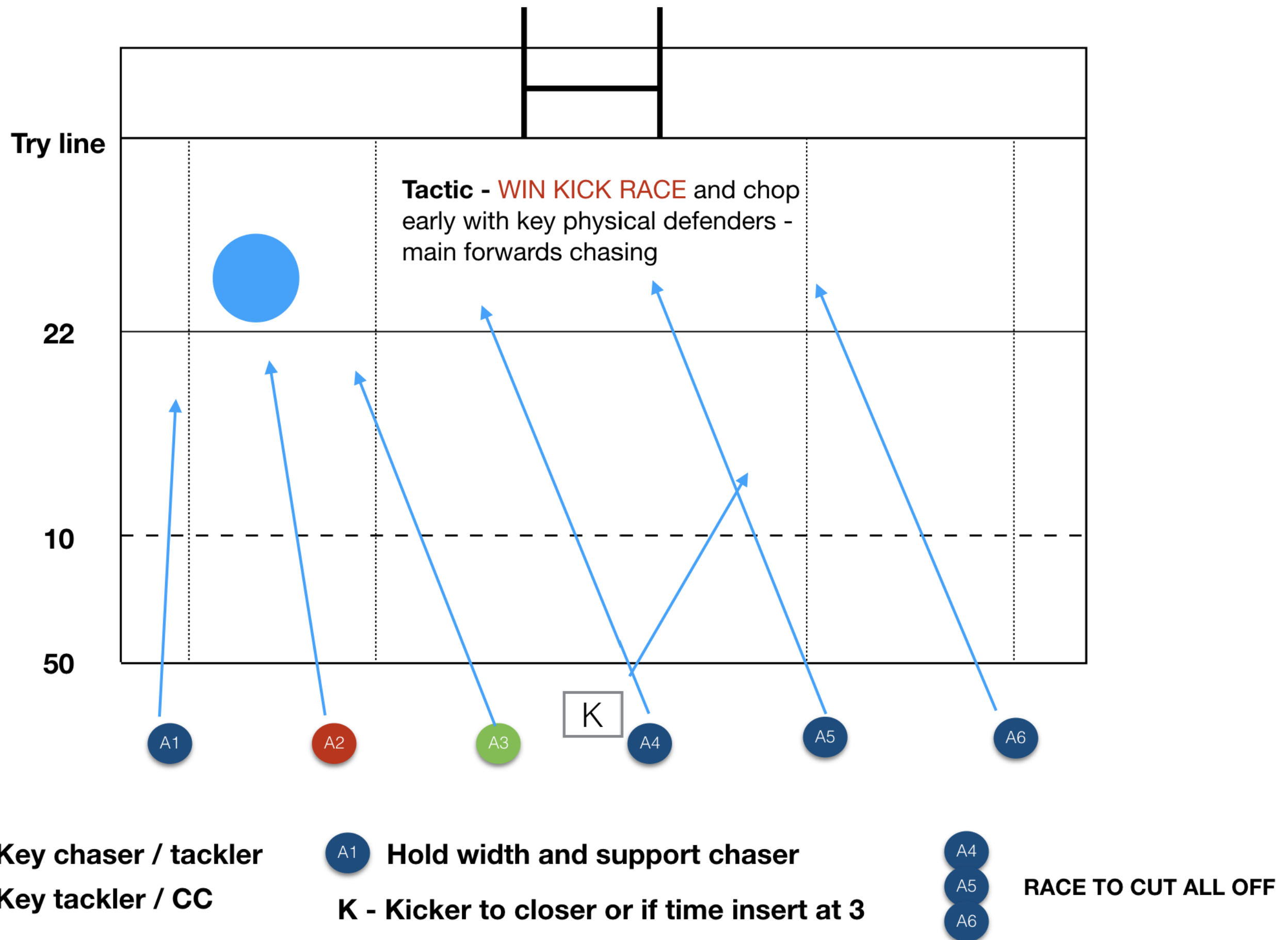
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Kickoff Receipt

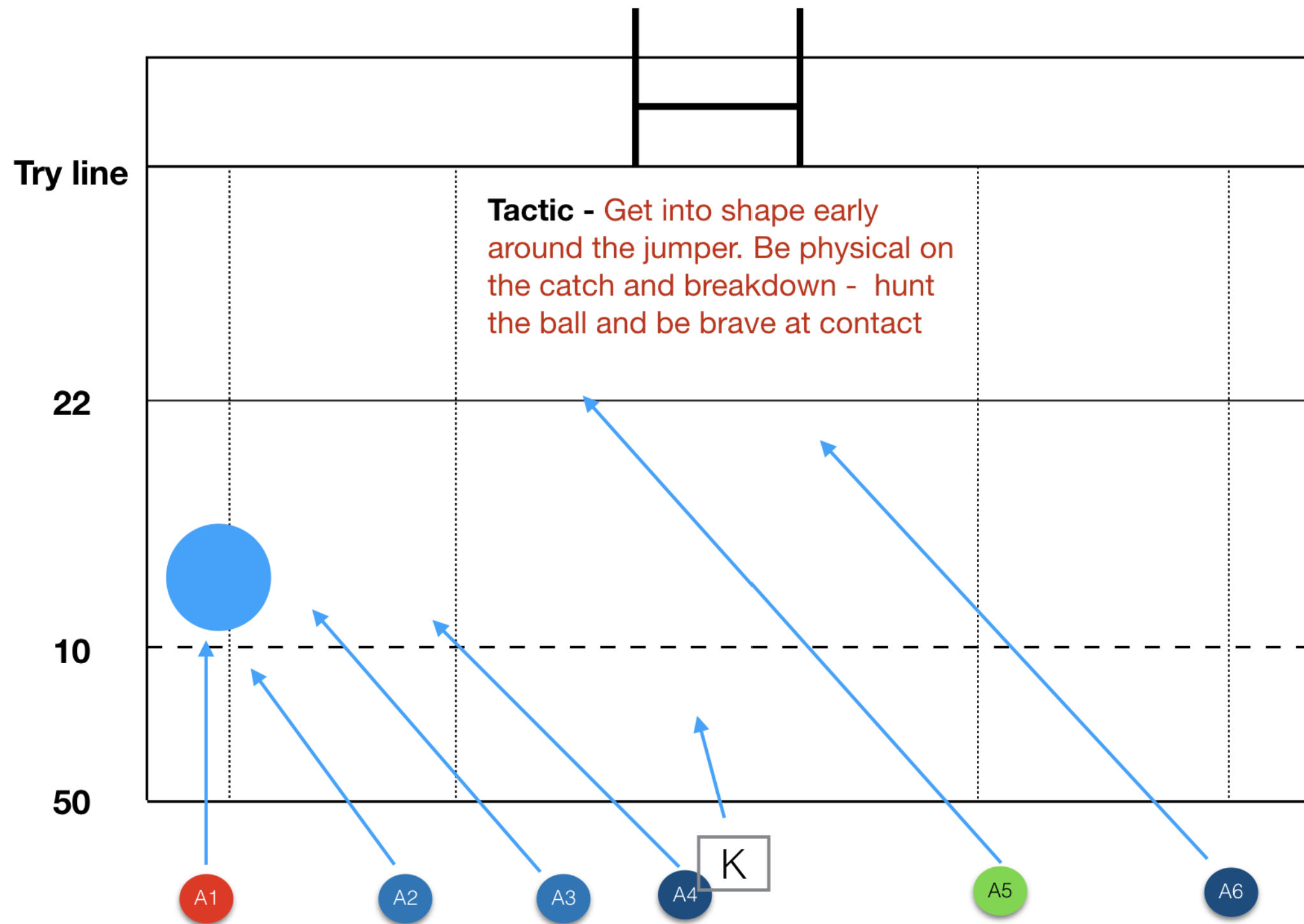


- Understand your role dependant on where kick goes to.
- Understand what triangle you are part of and your role if you are not part of that speed of 3's.

USA Long Kickoff Chase Defense



USA Kickoff Chase Defense



Key chaser / tackler



Key defender to cut off all



A2 Drop in to make tackle of compete

K - Kicker to hold incase we win then insert at 3



A3 Hunt the ball

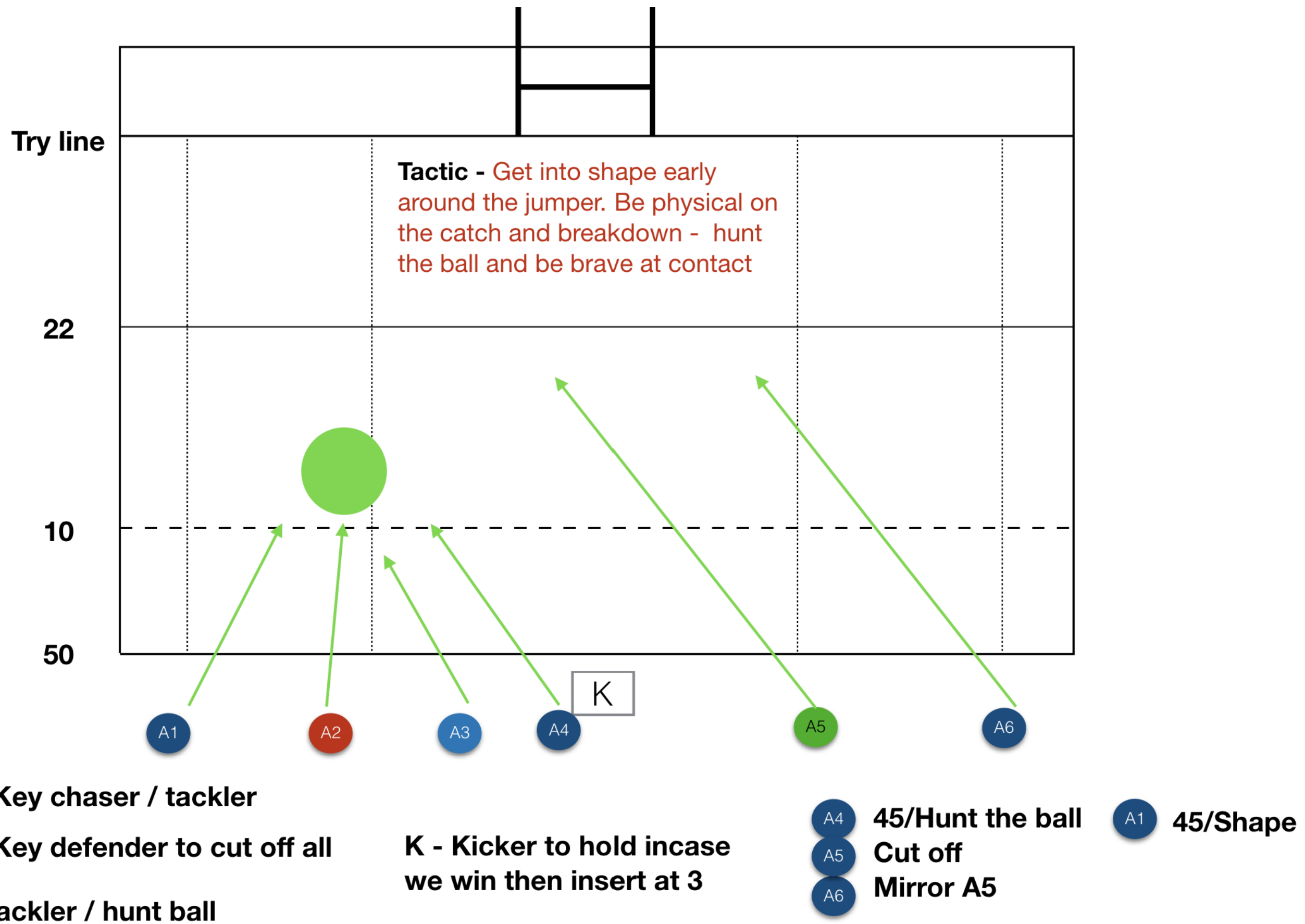


A4 45 / Cut off anything

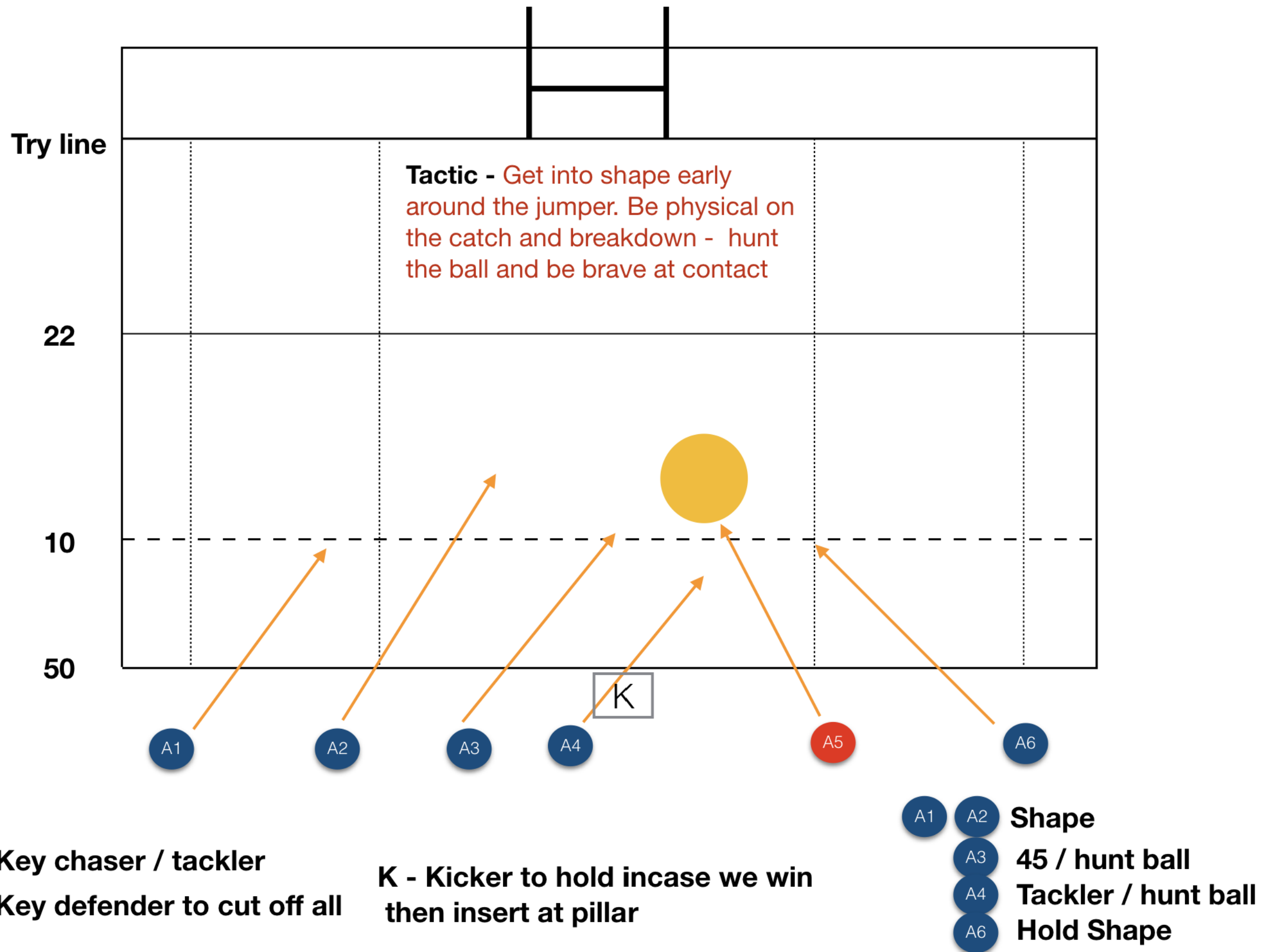


A6 Mirror A5

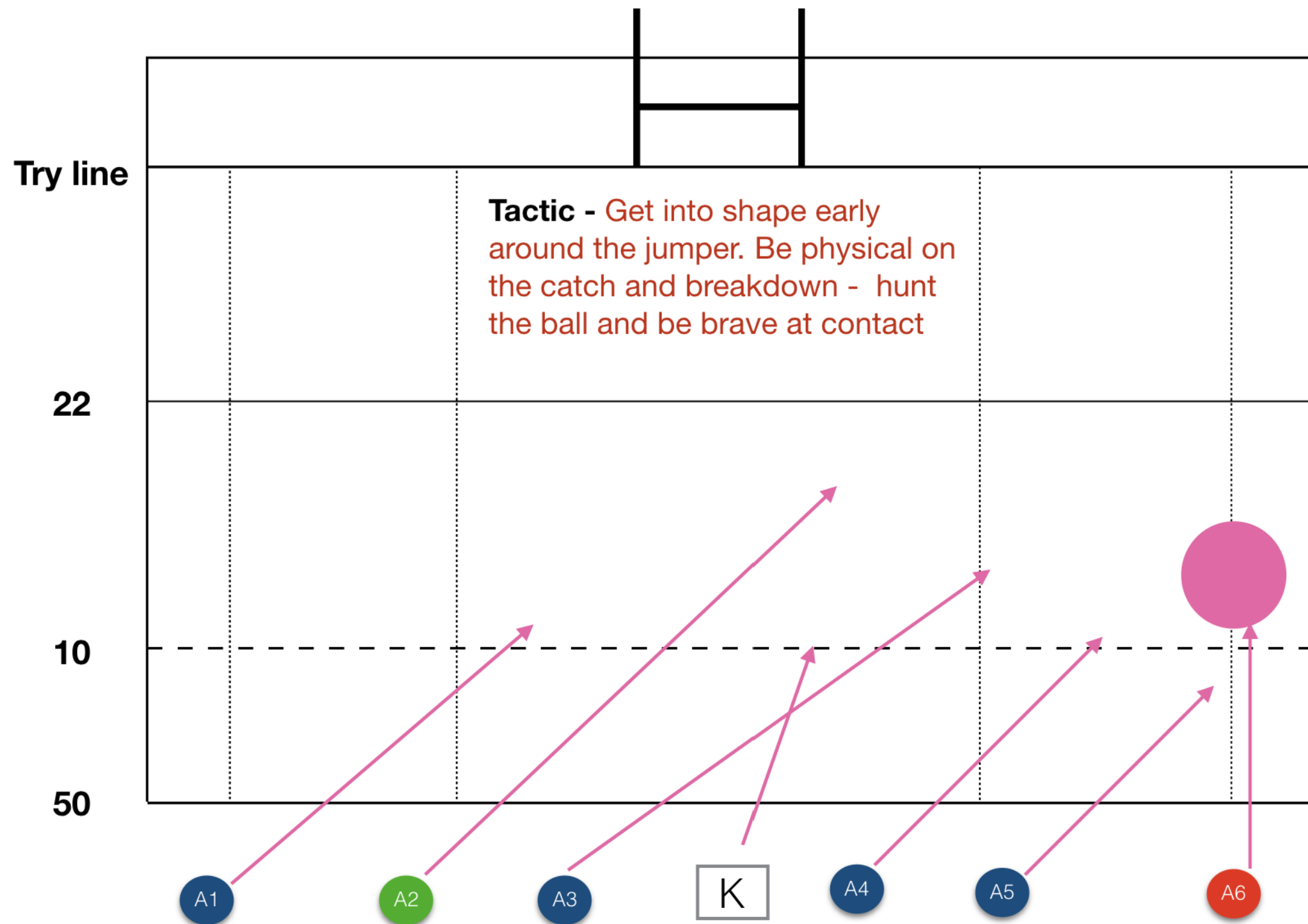
USA Kickoff Chase Defense



USA Kickoff Chase Defense



USA Kickoff Chase Defense

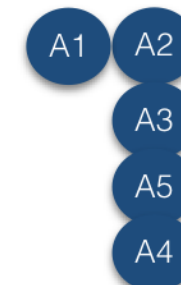


Key chaser / tackler



Key defender to cut off all

K - Kicker to hold incase we win then insert at 1 or 2



Shape

Hunt the ball

Drop in to tackle/compete

Hunt ball



Questions

PRIDE



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