

BUILDING FUTURE JETS

POSITION GUIDE



Introduction

At the Jets, we believe in the importance of being a good teammate. And being a good teammate starts with understanding your role within the team. This guide has been put together to give players a basic picture of what each position demands.

Whether you're a player pushing for an opportunity within the Jets pathways, or a community coach building future Jets, this Position Guide gives you the perfect foundation of knowledge to build on.

Study it, refer back to it throughout the season, and let it support your growth as a player and hopefully one day, a Future Jet.

Pathways & Junior Development Manager
Blake Mara

Football teams are at their best when everyone plays their role. This guide gives you a clear breakdown of every position, on both sides of the ball, and what it takes to do your job well for the team.

I hope you can use this knowledge to improve your game and be the best teammate you can be. Who knows? Maybe one day you can wear the green and white.

Ipswich Jets - Halfback
Dion Teaua





Julian Christian



Fullbacks



Rashaun Denny



Outside Backs



Moses Mbye



Dummy Halves

Dummy Halves



Blake Lenehan



Forwards



Dion Teaupe



H a l v e s

Halves



Attack

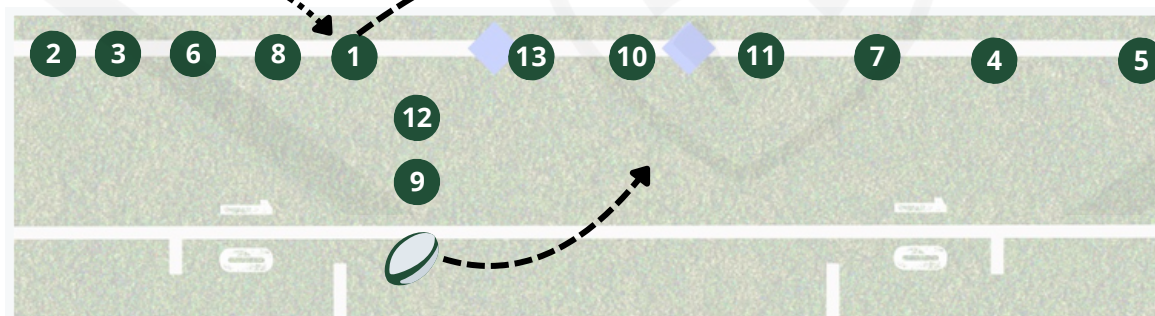
- Stay in the Picture (Yardage Sets)
 - Follow the ball looking for offloads or quick play the balls during yardage sets
- Fill in at dummy-half in early tackles if hooker needs a rest.
- Working with halves as a second/third receiver option in attacking zones
- Creating/finishing 3v2 & 2v1 situations
 - Identifying when to square up or play early
 - Playing with Tempo (slow/fast or fast/slow)

Defence

- Kick Defusal/Reception/Returns
 - Start in line with the play the ball, trail the ball and place yourself in a position to retrieve kicks
 - Identify possible 40/20 opportunities and go hard early
 - Buckets up early - hands up, elbows in, eyes on ball
- Effective line organisation
 - Clear Communication
 - Talking and pointing
 - Direct retreating defenders to organise splits
 - 5:5 Between posts
 - 6:4 Between posts and scrum line
 - 3:7 Between scrum line and posts
 - Fill space on the line at 'A' when defending near your own tryline

Near own tryline

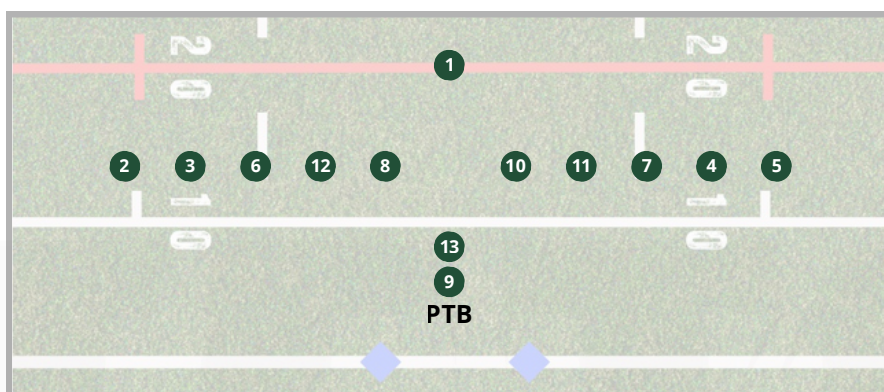
Fullback starts at 'A' defender then follows the football



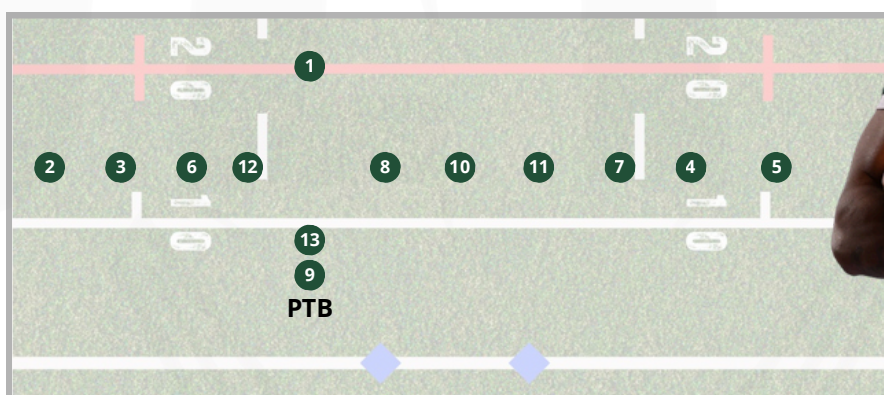
Defensive Splits

Fullbacks

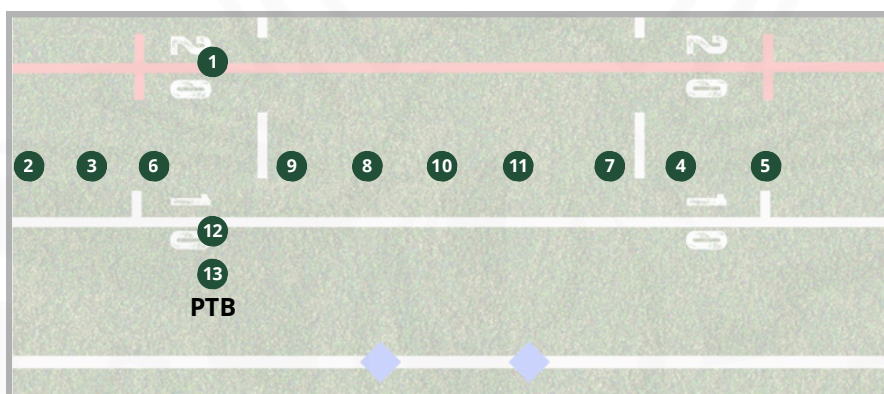
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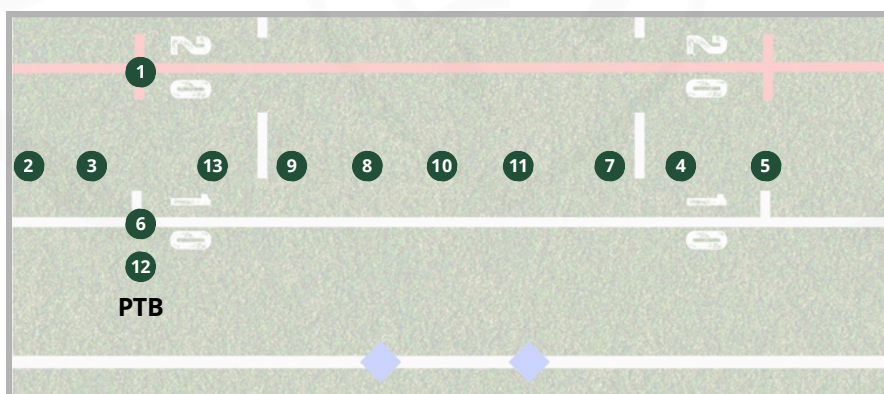
5/5 Split



6/4 Split



3-Man Blind



2-Man Blind

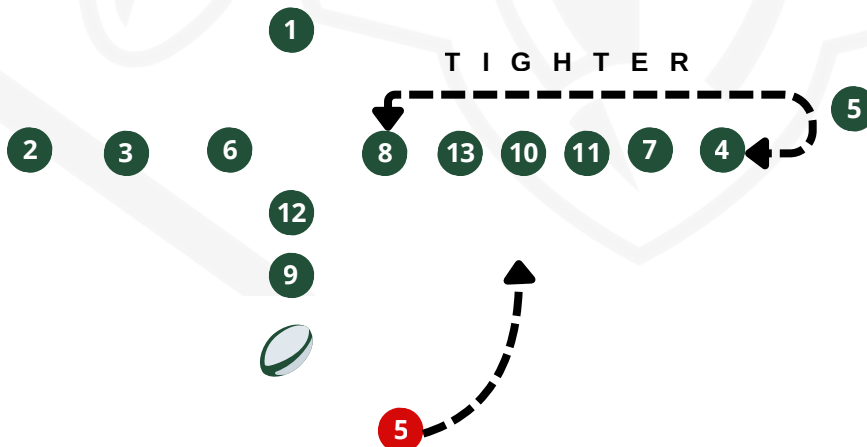


Attack

- Yardage Craft
 - Use footwork to break tackles/poke nose through line/find your fours/generate game speed
 - Support & Genuine Push on tough carries
 - Pull off ball to spread defence
- Kick Chase Craft
 - Contest or land on high balls
 - Present connected line
 - Identify FB in the line for kicking opportunities
- Centre Craft
 - Centre work with second rower to provide shape/options
 - Centre catch/pass ability to provide winger try scoring opportunities
- Winger Craft
 - Fan Shape or Flat Shape
 - Finish try-scoring opportunities
 - Competing on kicks
 - Aerial dives for the corner

Defence

- Kick Defusal/Reception/Returns
 - Identify possible 40/20 opportunities and go hard early
 - Buckets up early - hands up, elbows in, eyes on ball
 - Wingers work with fullback on Pendulum
- Identify shape early and communicate with inside players
- Stay connected on edge with either check 'n' release or shut defence
- Tighten up defence on far-side when opposition is coming off try line without shape (example below)

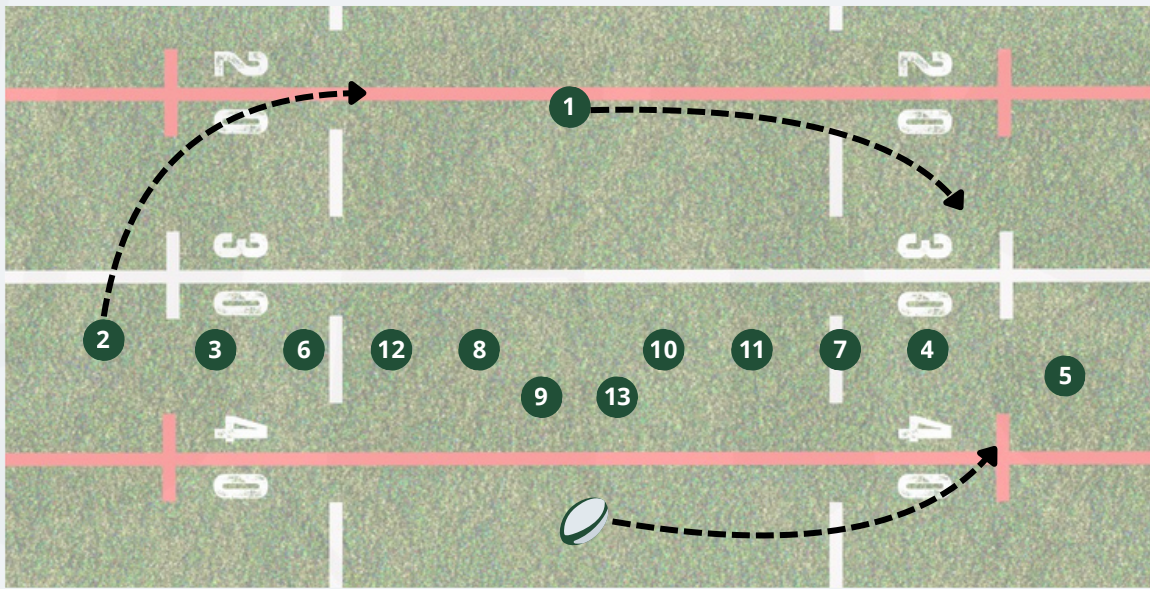


Far-side centre/wing identifies one-man carry and compresses the line.

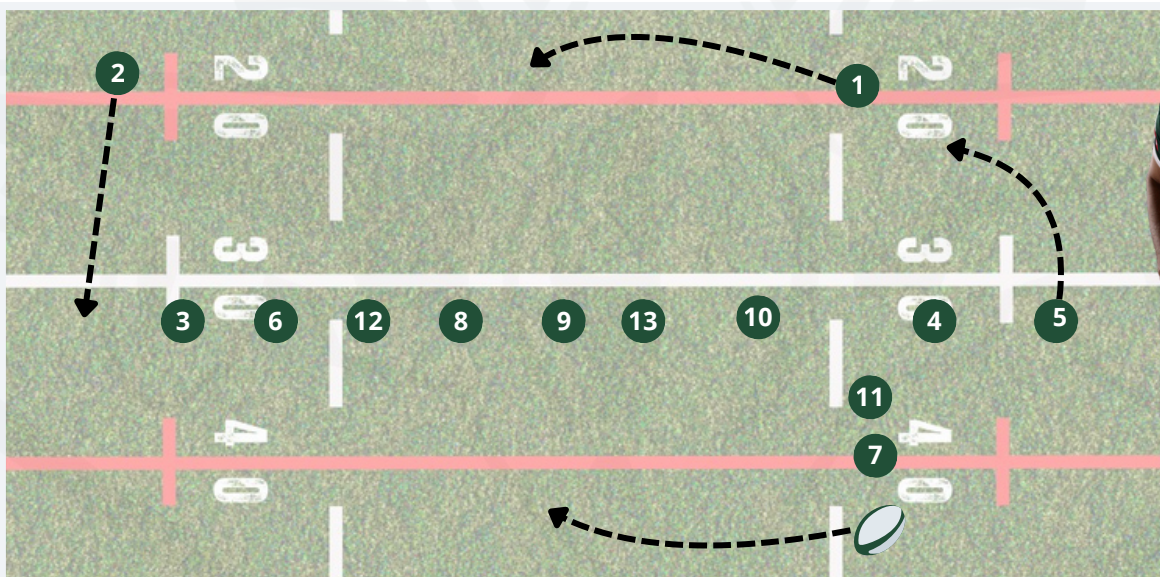


Pendulum

Pendulum is a system between the two wingers and fullback. This system is in play on tackles 4, 5 and 6. It involves the fullback trailing the ball, with the wingers alternating dropping back to cover space for kicks. The ultimate goal is to stop line breaks, and catch kicks on the full.



Example 1 - The ball is in the centre of the field and wingers are connected. As the ball shifts right the left-winger (5) stays connected and the right-winger (2) starts to disconnect and looks to cover the space the fullback leaves when trailing the ball.



Example 2 - The ball starts on the right edge so our left-winger (5) is up on the short side, while our far side winger (2) disconnects behind the line to cover for a kick. As the ball shifts, the far side winger (2) reconnects.



Attack

- Involvement in Yardage
 - Get to DH off a kick return to help out
 - Act as a first receiver and give early service if there is a compressed line out of yardage
 - Support middles by giving a block play option
- Kick ID & Set Up
 - Identify what kick is required
 - Identify fullback placement
 - Find an easy spot to kick from
- Direct the play
 - Direct team to attacking points
 - Organise/call attacking shapes
 - Link with other spine members to move ball
- Attacking Kick ID & Selection based on field position
 - Cross field (Wing, 3-Man, Posts)
 - Grubber

Defence

- Identify shape early and communicate with inside players
- Identify grubbers in behind line and help cover
- Defensive awareness
 - Short-sides
 - Negative
 - Stay passive on an overlap and use sideline
 - Man-on-man
 - Get up and take space
 - Long Edge
 - Layer-Up
 - Get to line of ball and make a decision to hold your ground, retreat or spook
 - Yardage Defence
 - Tighten up defence on far-side when opposition is coming off try line.



Attack

- Ruck ID
 - Fast
 - look for chance to run/bring forwards onto the ball
 - Slow
 - Push forwards wider and deliver crisp service.
 - Use deception to create opportunities to attack the ruck
- Kick ID
 - 40/20 option when in between scrums lines
 - ID pendulum shapes
- Service
 - Deliver catch-friendly passes for tough carries
 - Crisp service to wider ball players
- Count Short-Sides
 - Identify and take short side options when available
- Ruck Deception
 - Use eyes, dummies, body feigns to keep A+B+C defenders engaged to minimise inside pressure on halves
- Tryline
 - Identify A+B+C spacings on tryline for crash ball or kicking opportunities



Defence

- Listen to FB on retreat and load on correct side
- Generate line speed at A, B, C Defender getting up and taking space off the attackers
- Make aggressive and effective first contact and stop the attacker's momentum.
- Be active/effective at marker.
- Once ball goes apply inside pressure
- Generate kick pressure from marker and A & B Defender



Attack

- Back by Play 3 (after kick)
 - Middles
 - Back by play 3 to be ready for shape
 - Second rowers
 - Retreat back early towards the wing to give a shift option
- Support & Genuine Push on tough carries
 - Always run in pairs.
- Generate ruck speed with quick PTBs
 - Bumpers
 - Find fours
- Genuine shape on long-side to spread the defence
- Work with half to identify what line/hole to run on shape
- Get to identified field position
- Contest attacking kick (backrowers)
 - Grubbers
 - Cross field
 - Attacking bombs
- Effort on kick chase
- Fix defenders/lay points according to game plan
- Get at identified defender/point of the field
- Genuine Push through the line
 - Don't cause obstructions

Defence

- Listen to FB on retreat and load on correct side.
- Generate line speed at A, B, C Defender getting up and taking space off the attackers.
- Assist outside men by staying alive in defence and filling space once the ball goes.
- Make aggressive and effective first contact and stop the attackers momentum.
- Be active/effective at marker.
- Generate kick pressure from marker and A & B defender

