

## 日本代表 vs ニュージーランド代表 雑感(3)

過去2回<sup>(\*)</sup><sup>(2)</sup>に記した「小さいこと」の続きです。

ラグビーの原型プレーは「ボールを持って走る」事と「そのプレーヤーを捕まえる」事の二つです。今回は tackle について考えましょう。

tackle は seize and stop 即ち捕まえて止める活動です。同時にそれは相手防御を突破するプレーであり、味方にボール所有を取り戻すプレーです。身体の接触により痛みを伴うものですが、やり甲斐のあるプレーで思い切っ  
て行うことが求められます。指導に当たっては精神面ばかり強調されて「男らしく」飛び込むことが強要されて  
いた時代に RFU 発行の “The Guide for Players” (1968) は精神面を認めながらも相手との対し方から接近の仕方へ  
細かく説明しているのを学んで開眼しました<sup>(\*)</sup><sup>(3)</sup>。先に記した<sup>(\*)</sup><sup>(2)</sup>「ボールを持っての走り方」の裏返しの事が時間  
的に段階的に述べられています。「ボールを落とさない」ように「ボールは両手で持て」と言われていた私達にボー  
ルを両手で持つことは左右どちらでもパスが出来、展開を図るための体勢であることを教えてくれました。tackle  
の GENERAL POINTS の後に tackle を教示し、更に Taking Tackle でボール展開への一連のプレーを述べています。  
「小さいこと」をコツコツと考え実行する事を教えています。尚、次頁に上記で紹介した “The Guide for Players”  
の tackle についての抜粋を記しておきます。一読してみてください。

\*1: <http://nishikawarugbycolumn.web.fc2.com/column/PDF/20131106.pdf>

\*2: <http://nishikawarugbycolumn.web.fc2.com/column/PDF/20131110.pdf>

\*3: <http://nishikawarugbycolumn.web.fc2.com/column/PDF/20120109.pdf>

## Contact

### GENERAL POINTS

Tackling has been described as 80 per cent determination and 20 per cent technique. Whilst it would be wrong to underestimate the necessity of tackling with purpose, a thorough grasp of the necessary technique will enable you to approach this phase of the game with the same enjoyment as when you are running, handling or kicking. Wherever possible you should try to put yourself in the best position to effect the tackle. Normally the initiative lies with the attacker and you have to try to assess his likely movements. However, with practice, you can approach the attacker in such a way that there are as few moves left open to him as possible. You should try to place yourself in such a position, relative to the attacker, that you force him into going in a particular direction. As he then moves you will then be prepared for the tackle and therefore will be more likely to tackle him.

To force a man to one side of you, you must:-

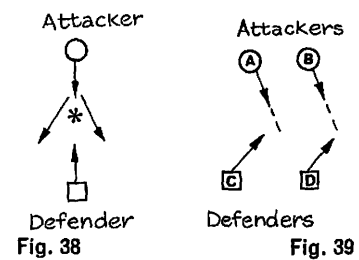
a position yourself carefully in relation to him before, or as he gets the ball.

b approach him so that with every step you take the opportunity to break on the side you don't want him to, is reduced.

N.B. The attacker could move with equal opportunity to either side of a defender who runs straight at him. Fig. 38.

N.B. (i) Defenders at C. and D. are inside (nearer to the point from which the ball will travel) the attackers at A and B.

(ii) By keeping, at all times, in these same relative positions the attackers cannot dummy or side-step inside because the change in direction would run them into the defenders. The attackers tend therefore to run to the side of the defender which offers them most success (dotted line). Fig. 39.



The distance that the defender is able to stand inside the attacker is determined to a large extent by their respective speeds. The faster the attacker in relation to the defender the closer the latter must stand in order to prevent the attacker merely running through the outside gap. Obviously it is no good forcing the attacker to run to one side of you if having done so you are not then close enough to tackle him.

The "Aim" and "when used" are identical in every type of tackle, namely that the defender is aiming to prevent an opponent making progress and he will do this whenever the attacker has possession of the ball.

### Taking a Tackle

How often do we see the ball being thrown forward or being trapped between the attacker and defender when a tackle takes place? A break by an attacker is valueless if the defence regain the ball and are able to launch a counter-attack or regain lost ground with a kick. It is vitally important that you make the ball available to your supporting team mates when you are tackled, by handing it to the support and staying on your feet or slipping the ball on to the ground behind you as you are falling so that your body is between your opponents and the ball.

The advantages are that in the first case the ball will continue to move forward and in the second case the ball will be seen by supporting players who will be able to take possession or create a ruck.

It can be very advantageous on occasions to take a tackle deliberately and thereby create a situation from which, by winning the ball, your side will be able to launch another attack.