

Master the Art of Playing as an Openside Flanker No.

Are you a rugby enthusiast eager to learn how to perfect the role of an openside flanker no.? Look no further! In this comprehensive guide, we will walk you through the key skills, tactics, and mindset required to excel in this crucial position on the rugby field.

The Role of an Openside Flanker No.

The openside flanker, also known as Number 7, is an essential player in rugby. This position requires a combination of speed, agility, strength, and excellent decision-making abilities. As an openside flanker, your primary responsibilities include:

- Disrupting the opposing team's attacking plays.
- Securing turnovers and stealing possession from the opposition.
- Providing support to your teammates during attacking plays.
- Tackling and defending against the opposition's ball carriers.
- Playing a vital role in the breakdowns, rucks, and mauls.

Key Skills Required

To thrive as an openside flanker, you must develop and hone a specific skill set. Here are some of the key skills you need to master:

How to play the position of Openside Flanker (No.7): A practical guide for the player, coach and family in the sport of rugby union (Develop A



Player rugby union player manuals)

by Jordan Ford(Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 5887 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 111 pages

Lending : Enabled



1. Tackling

Tackling is one of the fundamental skills every player must possess, and it's crucial for an openside flanker. Focus on mastering different tackling techniques, such as the chop tackle, shoulder tackle, and low tackle, to become a formidable defender.

2. Rucking

Rucking is an essential aspect of the game that involves securing possession and recycling the ball. As an openside flanker, you must excel in rucking by effectively clearing out opponents and providing a clean platform for your team to attack from.

3. Speed and Agility

An openside flanker needs to be quick and agile to cover ground and reach breakdowns swiftly. Incorporate speed and agility training into your routine to enhance your overall performance on the field.

4. Ball Skills

Being adept at handling the ball is crucial for an openside flanker. Work on improving your passing accuracy, offloading, and catching skills to contribute effectively to your team's attacking plays.

Tactical Awareness

While mastering the necessary skills is crucial, having tactical awareness is equally important to succeed as an openside flanker. Here are a few tactical considerations to keep in mind:

1. Reading the Game

Develop the ability to read the game and anticipate your opponents' moves. This skill will allow you to make quick decisions and take actions that disrupt their strategies.

2. Communication

Effective communication with your teammates is vital to coordinate defensive and attacking plays. As an openside flanker, you often act as a link between the forwards and backs, so clear and concise communication is essential.

3. Support Play

An openside flanker must provide continuous support to their teammates during attacking plays. Be proactive in offering passing options, creating overlaps, and running excellent support lines.

The Mindset of an Openside Flanker

Finally, developing the right mindset is crucial to excel in any position on the rugby field. Here are a few key aspects of the mindset required as an openside

flanker:

1. Physical Resilience

Openside flankers often endure physically demanding situations. To thrive in this position, you must cultivate physical resilience, embracing the physical battles and challenges that come your way.

2. Tenacity and Determination

An openside flanker must possess relentless tenacity and unwavering determination. You should never give up and always strive to make an impact on the game until the final whistle.

3. Adaptability

Be adaptable and versatile in your approach to the game. Rugby is dynamic, and situations can change in an instant. Being able to adjust and adapt quickly will make you a valuable asset to your team.

4. Leadership Skills

Become a leader on and off the field. Inspire and motivate your teammates to perform at their best, lead by example, and take responsibility for your actions.

Becoming a skilled openside flanker requires dedication, hard work, and a passion for the game. By developing the necessary skills, tactical awareness, and the right mindset, you can position yourself as an invaluable asset to your rugby team. Remember, practice makes perfect, so keep refining your abilities and seize every opportunity to showcase your talent on the field. Good luck!

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The purpose of this book is to provide the player, family, coach and player's support network with the information needed for positional excellence in the position of Openside Flanker (No. 7) in rugby union.



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