

Mastering the Art of the Openside Flanker: A Comprehensive Guide

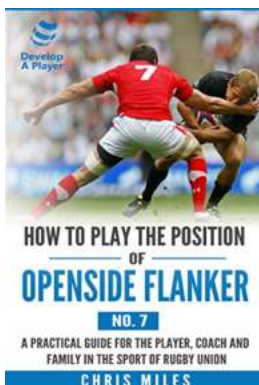
Are you a rugby enthusiast looking to dominate the position of openside flanker? Whether you're a seasoned player or just starting your rugby journey, this article is here to guide you through the intricacies of playing the openside flanker position like a pro. From defensive strategies to attacking techniques, we've got you covered!

Understanding the Role of an Openside Flanker

Before diving into the specifics, let's first explore what it truly means to be an openside flanker. Often referred to as a "classic flanker," this position demands versatility, agility, and above all, an unyielding commitment to the team's success. The openside flanker is known for his/her exceptional tackling abilities, relentless work rate, and the capacity to disrupt the opposition's gameplay.

Mastering Defensive Tactics

Defense is the backbone of every successful rugby team, and as an openside flanker, it is your primary responsibility to make impactful tackles and turnovers. Here are some essential defensive tactics:



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

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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1. **Body Positioning:** The key to effective tackling lies in your body positioning. Initiate the tackle by leading with your shoulder, aiming for the midsection of the opponent. Maintain a low and forward-leaning body posture to achieve maximum impact.

2. **Breakdown Dominance:** The ability to win turnovers is what sets an elite openside flanker apart. Master the technique of securing possession during rucks and mauls by targeting the ball while maintaining a strong body position.

3. **Line Speed:** Timing is everything when it comes to defensive line speed. Aim to anticipate the opponent's moves and burst forward to apply pressure, disrupt their passing options, and force errors.

Unleashing Your Attacking Potential

While a strong defense is crucial, an openside flanker must also excel in contributing to the team's attacking plays. Here are some techniques to take advantage of when in possession:

1. **Support Play:** As an openside flanker, you must possess exemplary support play skills. Be ready to insert yourself into attacking lines, offering options to the ball carrier while providing offload opportunities.

2. **Ball Carrying:** Develop the ability to make strong, dynamic carries to break through the opposition's defensive line. Utilize footwork, fend-offs, and deceptive running lines to maximize your impact.

3. **Link-up Play:** Forge seamless connections between forwards and backs by offering yourself as an option for quick passes. Develop an understanding of the different running lines and angles to ensure effective link-up play.

The Mental and Physical Attributes of an Elite Openside Flanker

Being an openside flanker is as demanding mentally as it is physically. Here are some crucial attributes you should focus on developing:

1. **Work Ethic:** The openside flanker position requires relentless energy and a never-say-die attitude. Devote time to training your endurance, strength, and stamina to handle the rigors of the role.

2. **Decision Making:** Quick thinking is essential for an openside flanker. Practice making split-second decisions, such as when to commit to tackles, compete for turnovers, or provide support in attacking plays.

3. **Mental Resilience:** Rugby is a physical sport, and setbacks are inevitable. Build mental resilience to bounce back from mistakes, learn from them, and continue performing at a high level.

Now that you have a comprehensive understanding of the openside flanker position, it is time to hit the field and showcase your skills. Remember, mastering this position requires dedication, practice, and a never-ending hunger for improvement. So, equip yourself with the knowledge from this guide, and embrace the challenges that come your way. The world of rugby awaits your rise to glory as an elite openside flanker!



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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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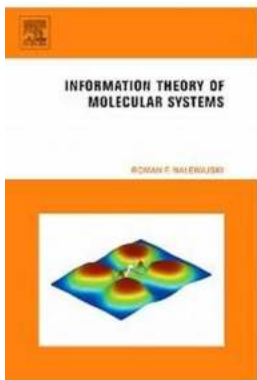
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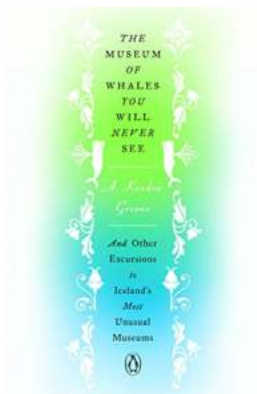
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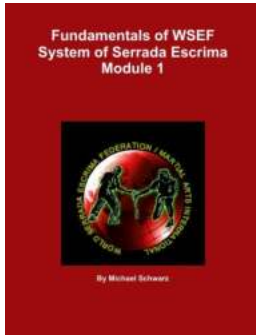
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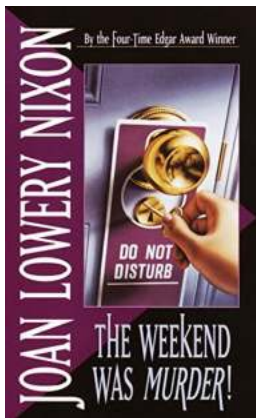
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