PLAYBOOK

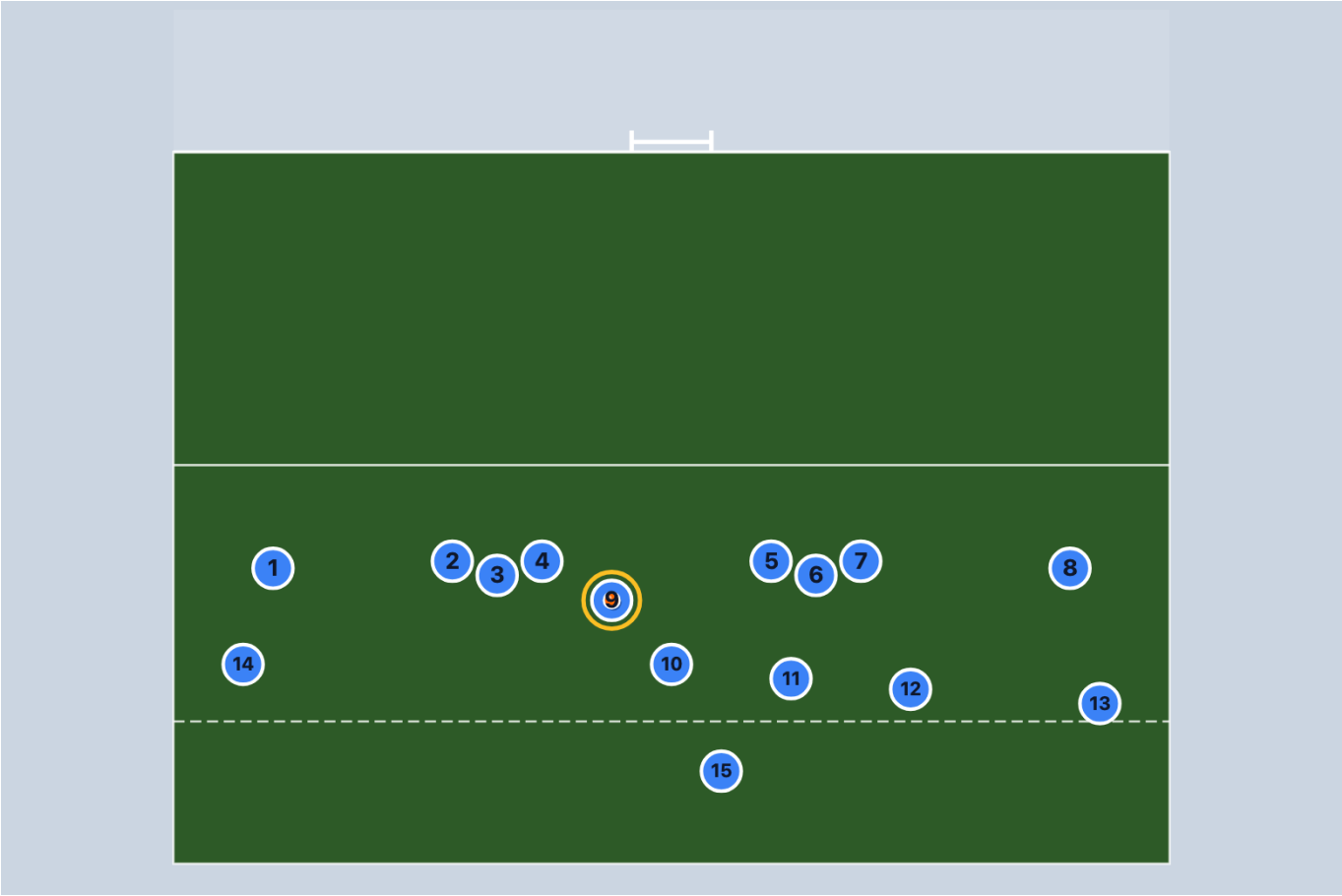
Rugby playbook

A free rugby union playbook to print. Eleven plays drawn for you: attack shape, lineouts, scrum moves, kick-offs and defence, each ready to edit in Playmaker.

11 plays

Rugby

Printed 16 Nov 2026



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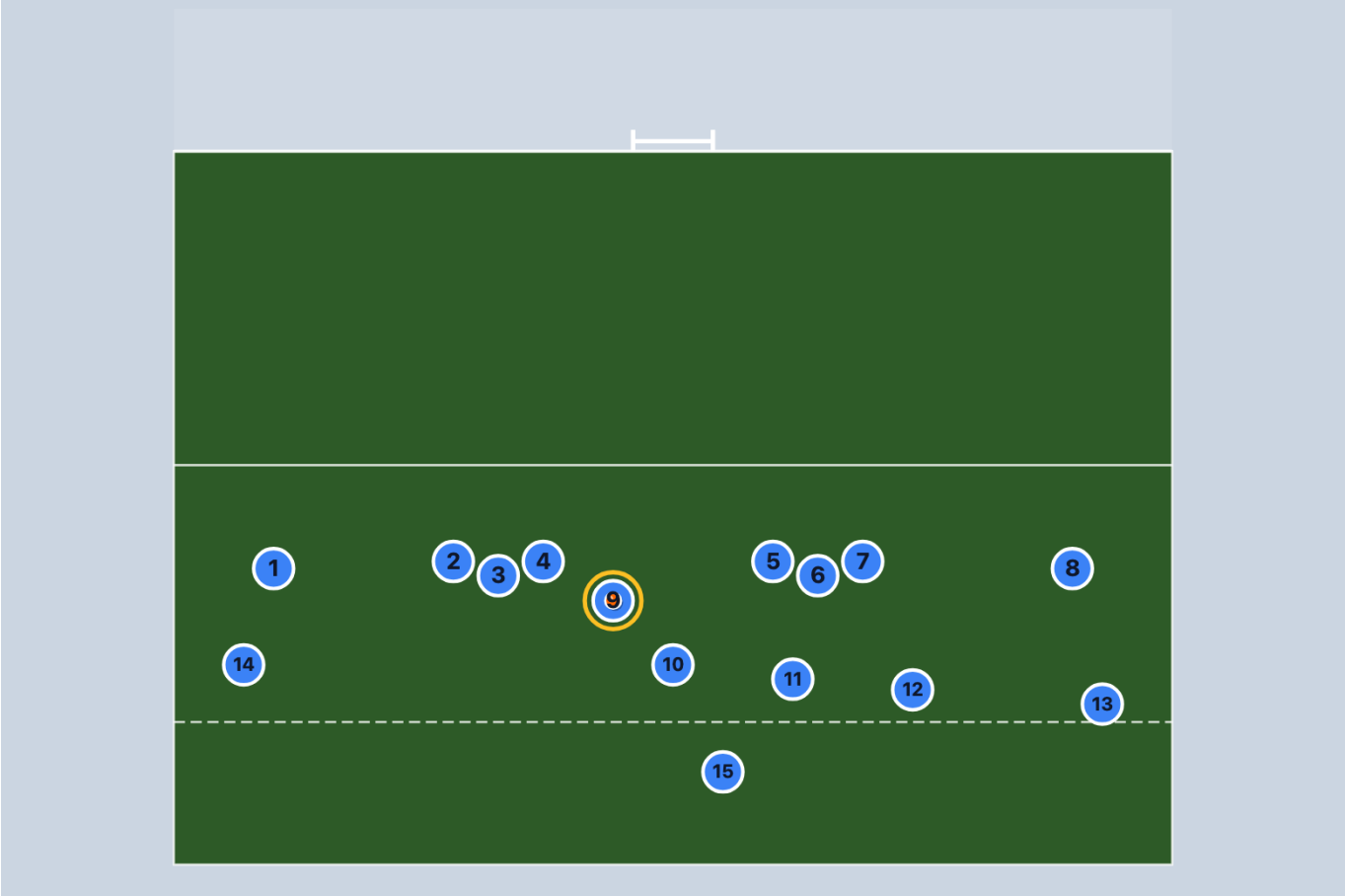
Rugby playbook

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Attacking pods 1-3-3-1

Rugby · Call 1 · 3.0 s



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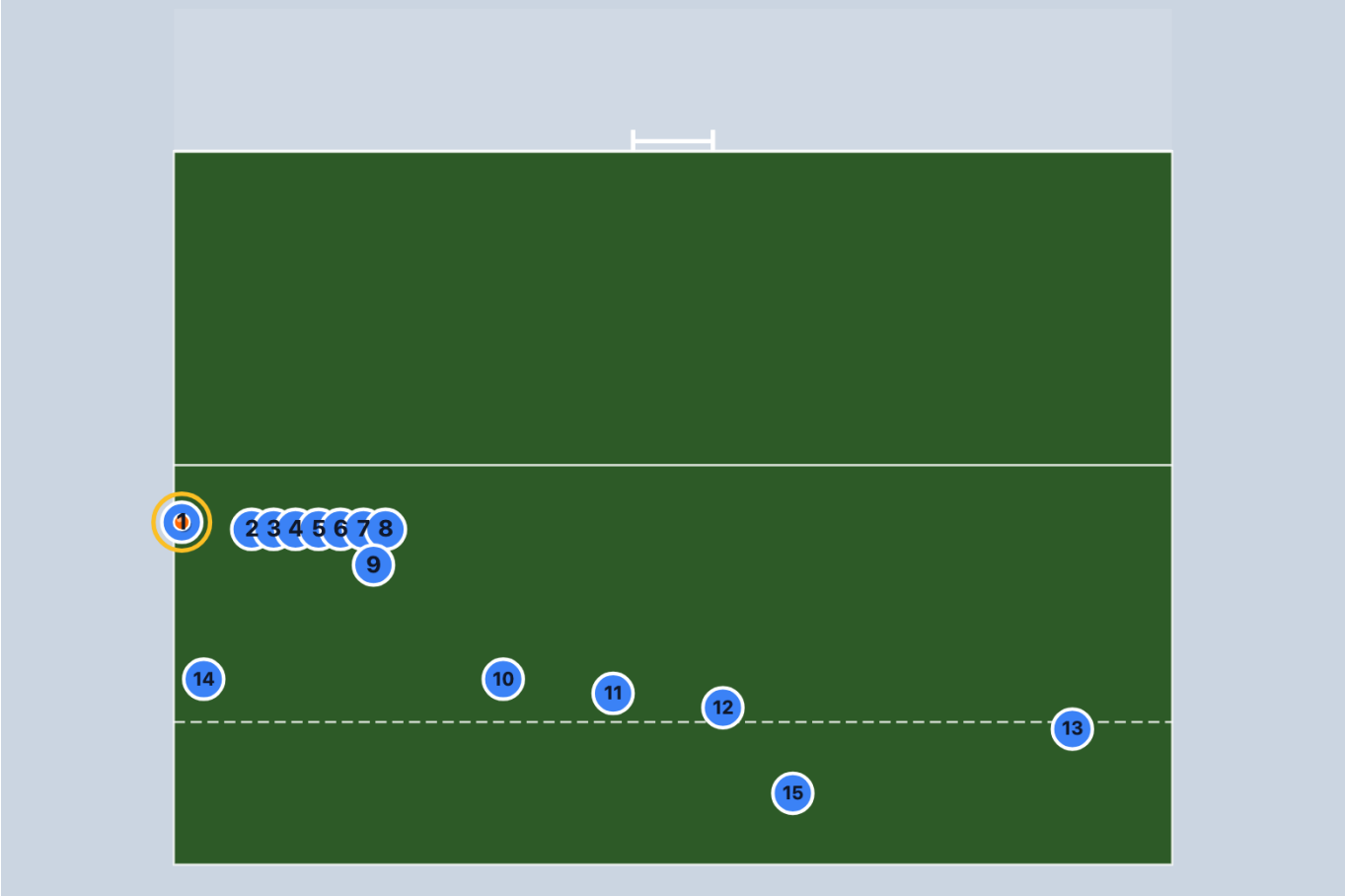
When to call it: Your attacking shape in open play, and where your forwards go after every set piece.

Who does what: One forward in each 15 m channel and two pods of three between them, with the halves, centres and back three behind. There is always a pod on both sides of the ruck to carry the next phase.

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Lineout, seven-man

Rugby · Call 2 · 3.0 s



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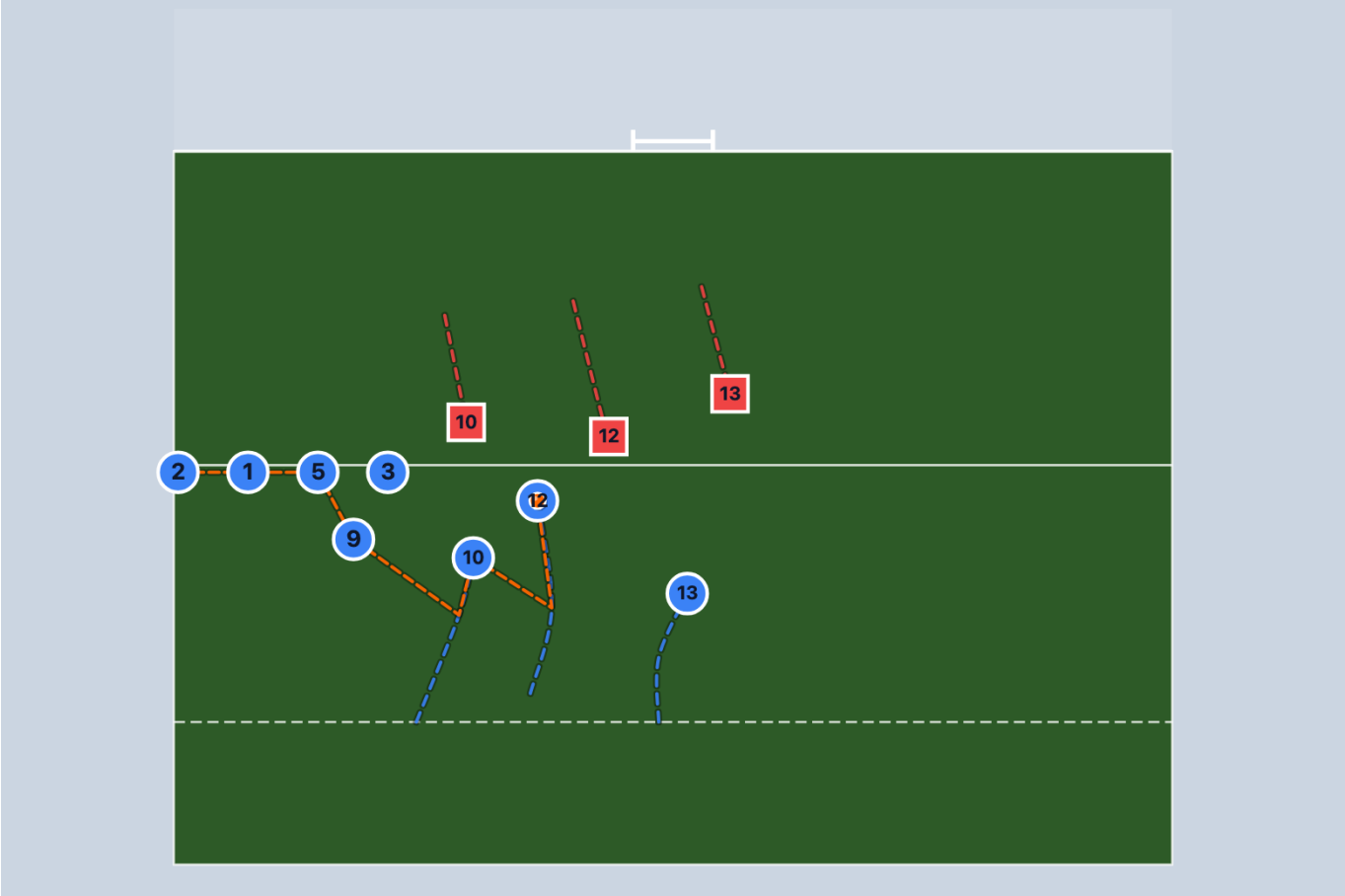
When to call it: Every attacking lineout. This is where everyone stands before the throw.

Who does what: The hooker throws in from the touchline. Seven forwards stand between the 5 m and 15 m lines, the scrum-half two metres behind the tail, and the backs at least 10 m back from the line of touch.

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Lineout off the top

Rugby · Call 3 · 8.0 s



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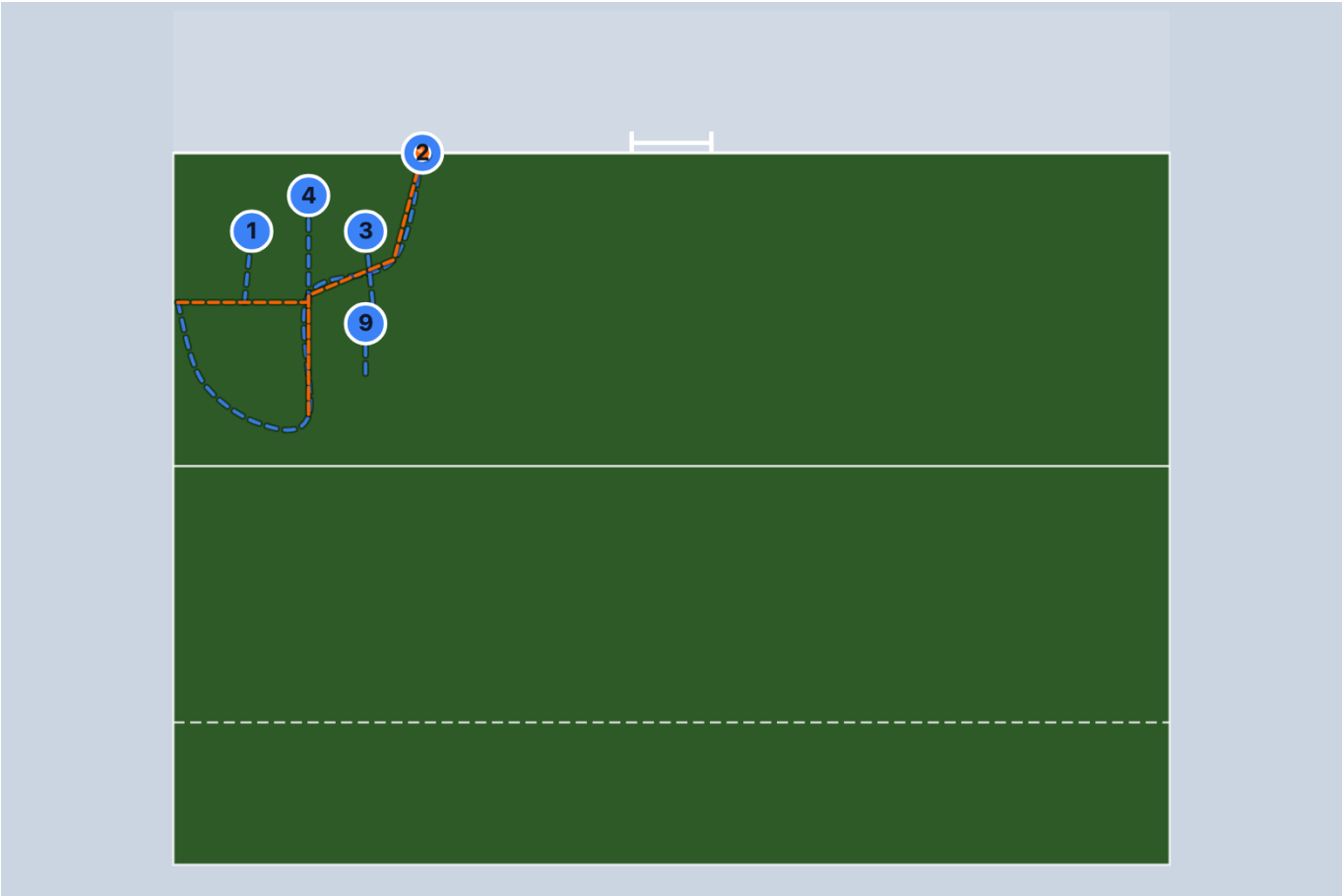
When to call it: A lineout in their half, when you want quick ball for the backs.

Who does what: The jumper in the middle taps the ball straight down to the scrum-half. The fly-half runs onto it flat from ten metres back, and the inside centre arrives on a short line behind him. Every pass goes backwards.

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Lineout maul and peel

Rugby · Call 4 · 9.0 s



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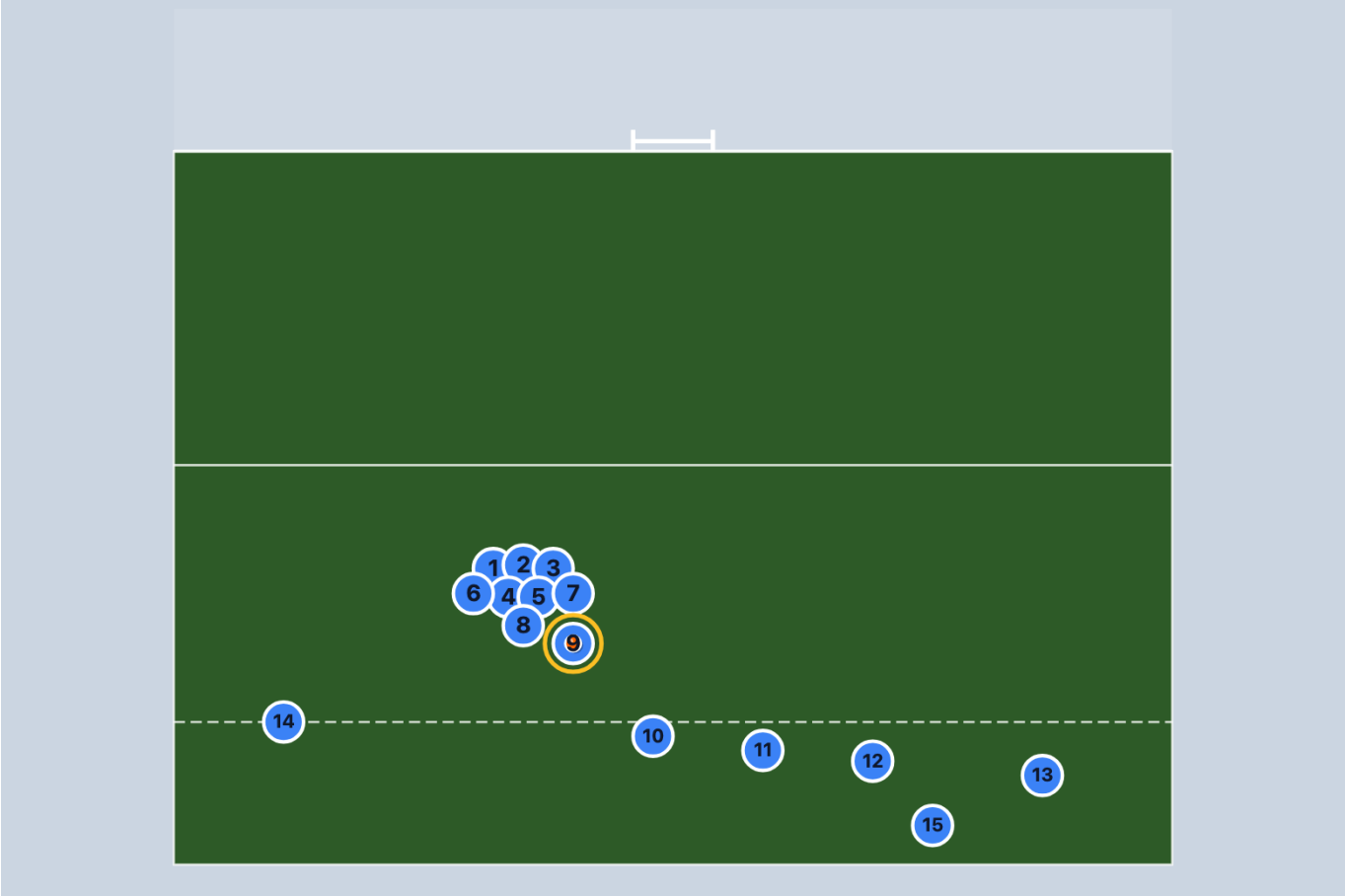
When to call it: A lineout inside their 22, when your pack is stronger than theirs.

Who does what: The jumper takes the throw and the lifters drive in round him to set the maul. The hooker joins at the back and takes the ball, the maul drives, and the hooker peels off the side to score.

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Scrum backline

Rugby · Call 5 · 3.0 s



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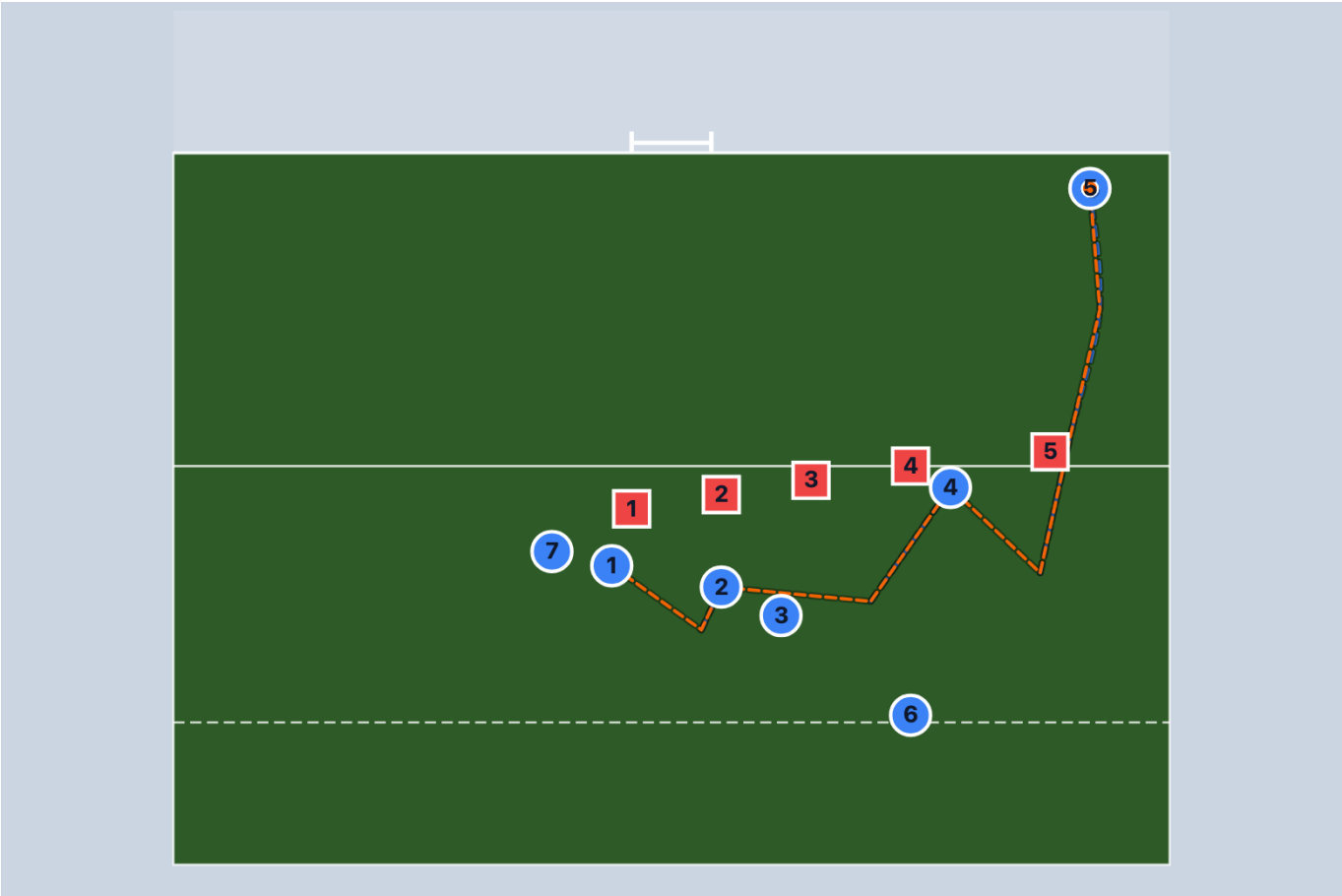
When to call it: Every attacking scrum. This is where the backs stand before the ball comes out.

Who does what: Eight forwards bound into the scrum and the scrum-half at the base. The backline fans out to the open side about 8 m apart, the fly-half 10 m off the gain line, with the blindside wing and the fullback covering behind.

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Miss two

Rugby · Call 6 · 6.0 s



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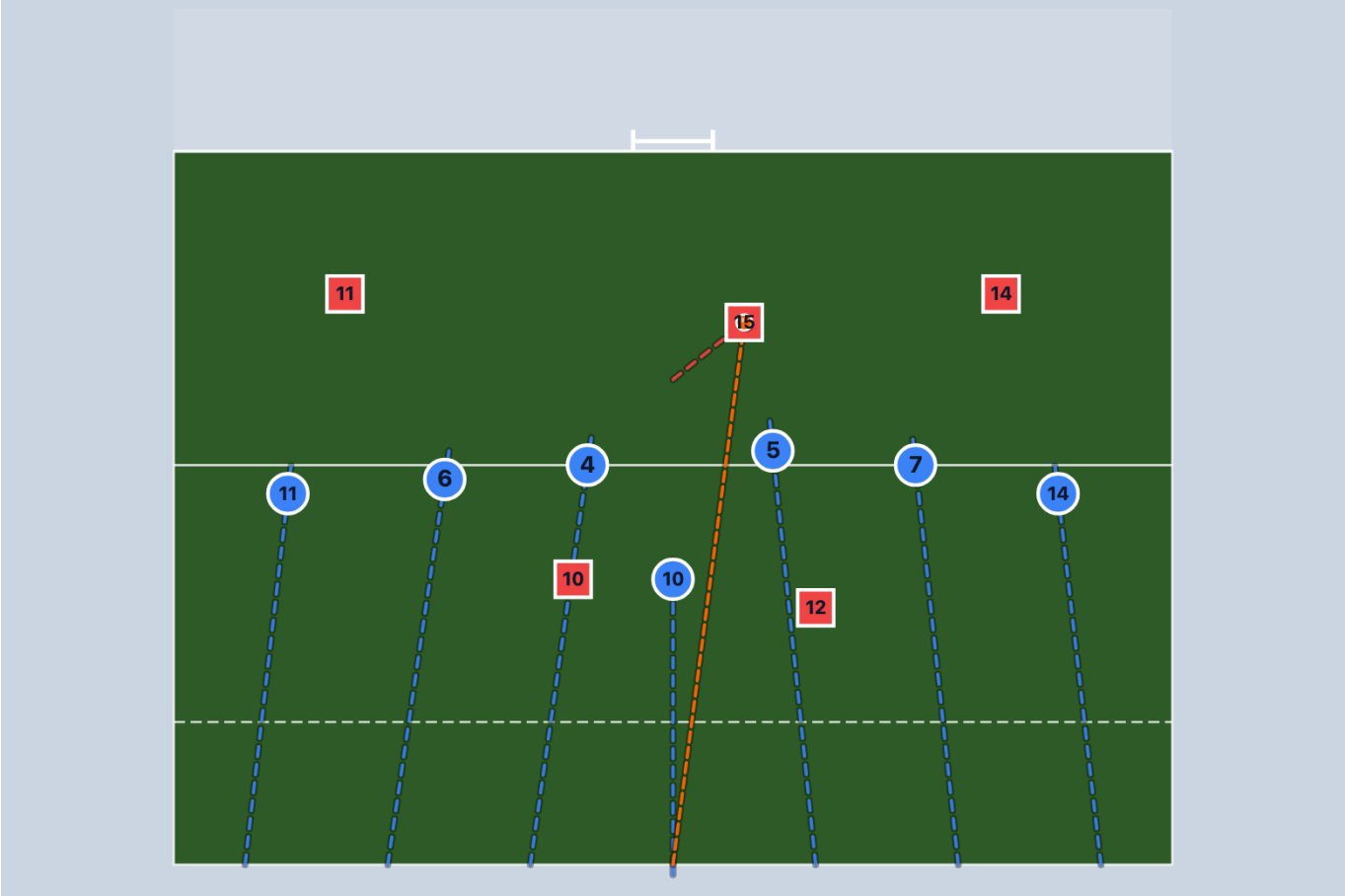
When to call it: A scrum in midfield, against a defence that drifts.

Who does what: The scrum-half passes to the fly-half. The fly-half throws the long pass two players out, behind the inside centre, to the outside centre. The outside centre draws the last defender and the winger arrives outside him.

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Long kick-off and chase

Rugby · Call 7 · 8.0 s



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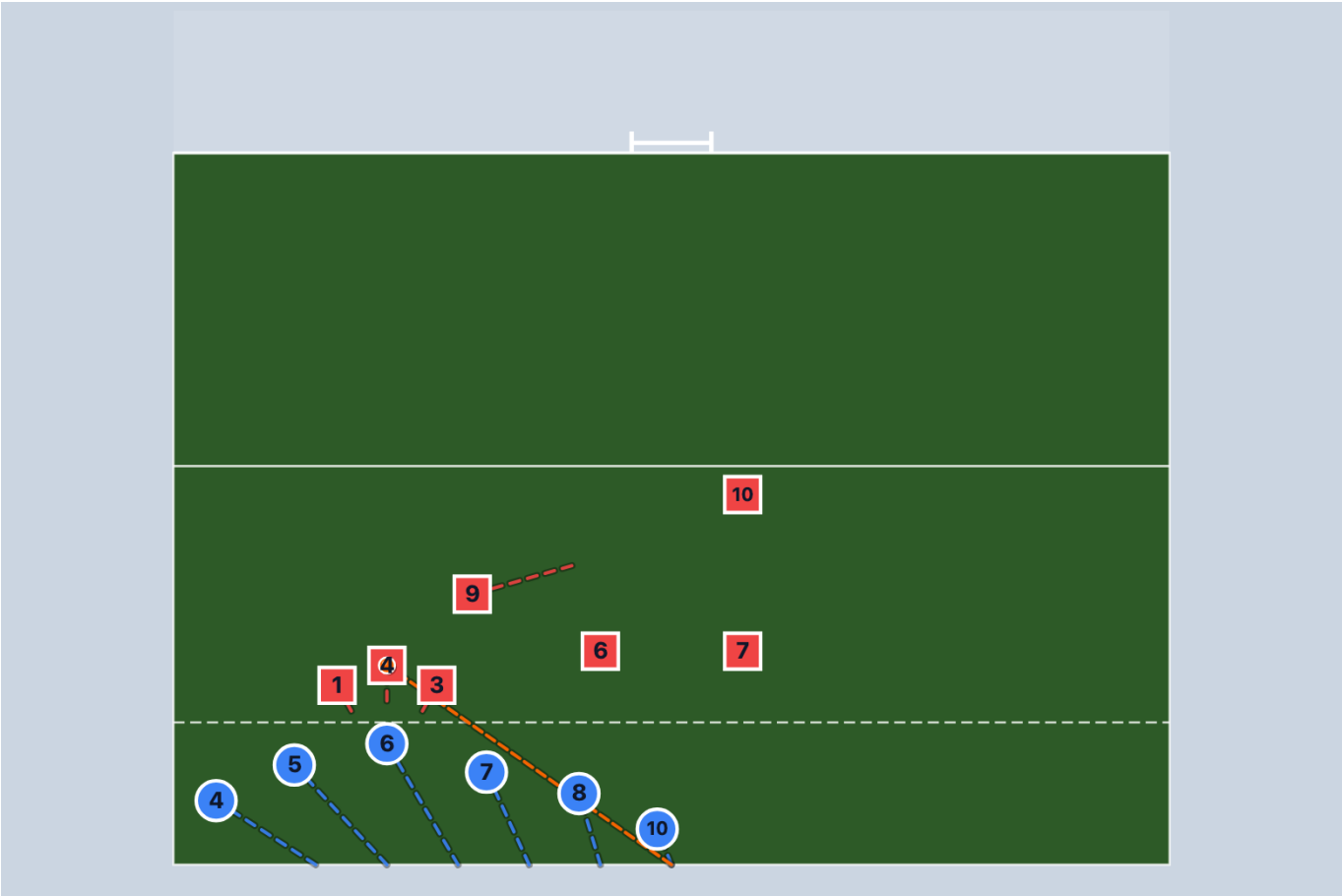
When to call it: Kicking off, when their back three are quick and you want them to kick it back from deep.

Who does what: The fly-half kicks long to their fullback inside the 22. The chase line goes up together and flat, the full width of the pitch, so the catcher has nowhere to run.

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Short kick-off

Rugby · Call 8 · 7.0 s



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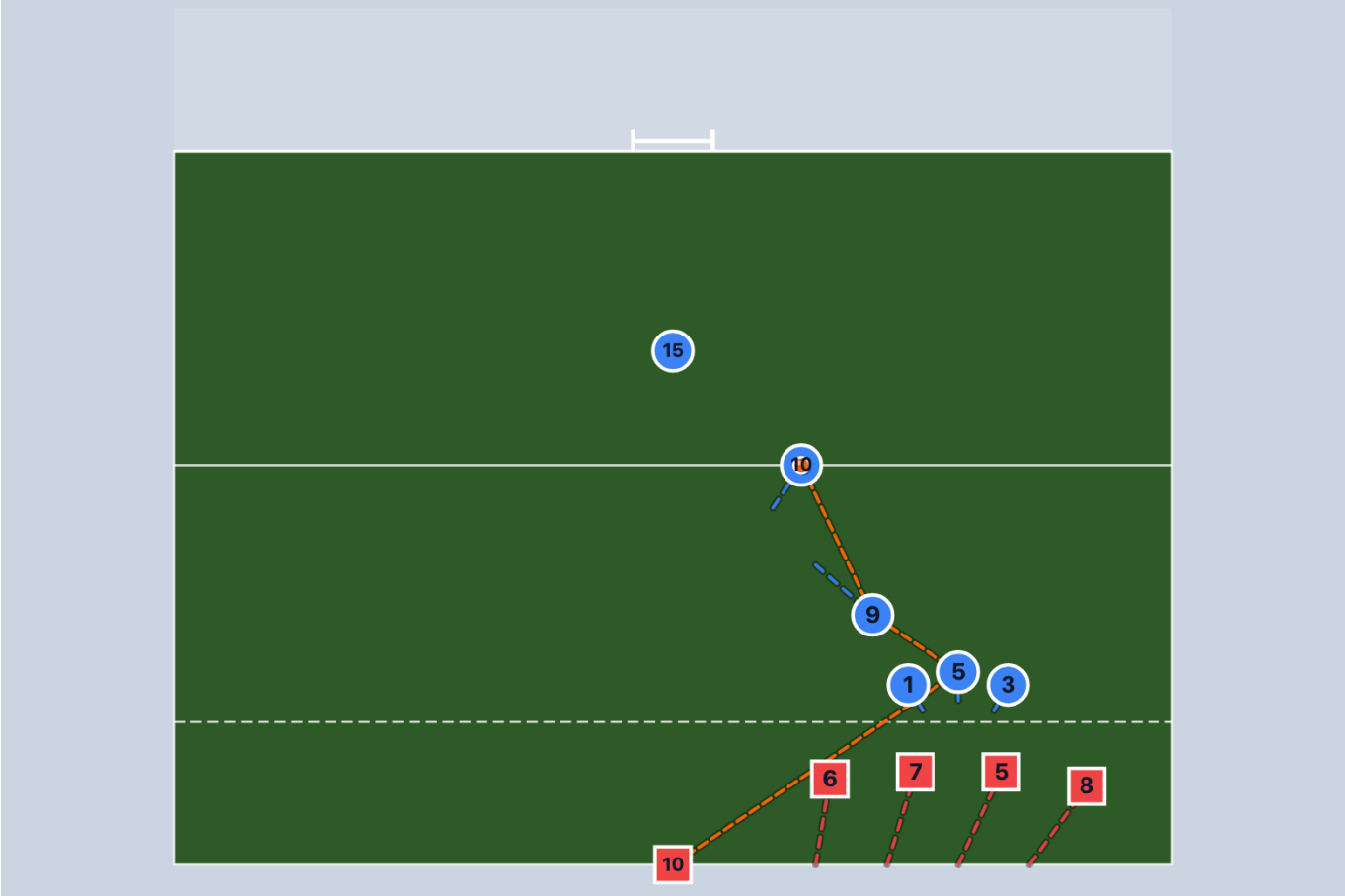
When to call it: Kicking off, when your chasers are quicker than their forwards.

Who does what: The fly-half kicks short to the left, just past the 10 m line, onto their forwards. Their jumper has to catch it going backwards with your chasers arriving, and the chase fans out so the catcher has nobody to pass to.

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Receiving: catch and clear

Rugby · Call 9 · 8.0 s



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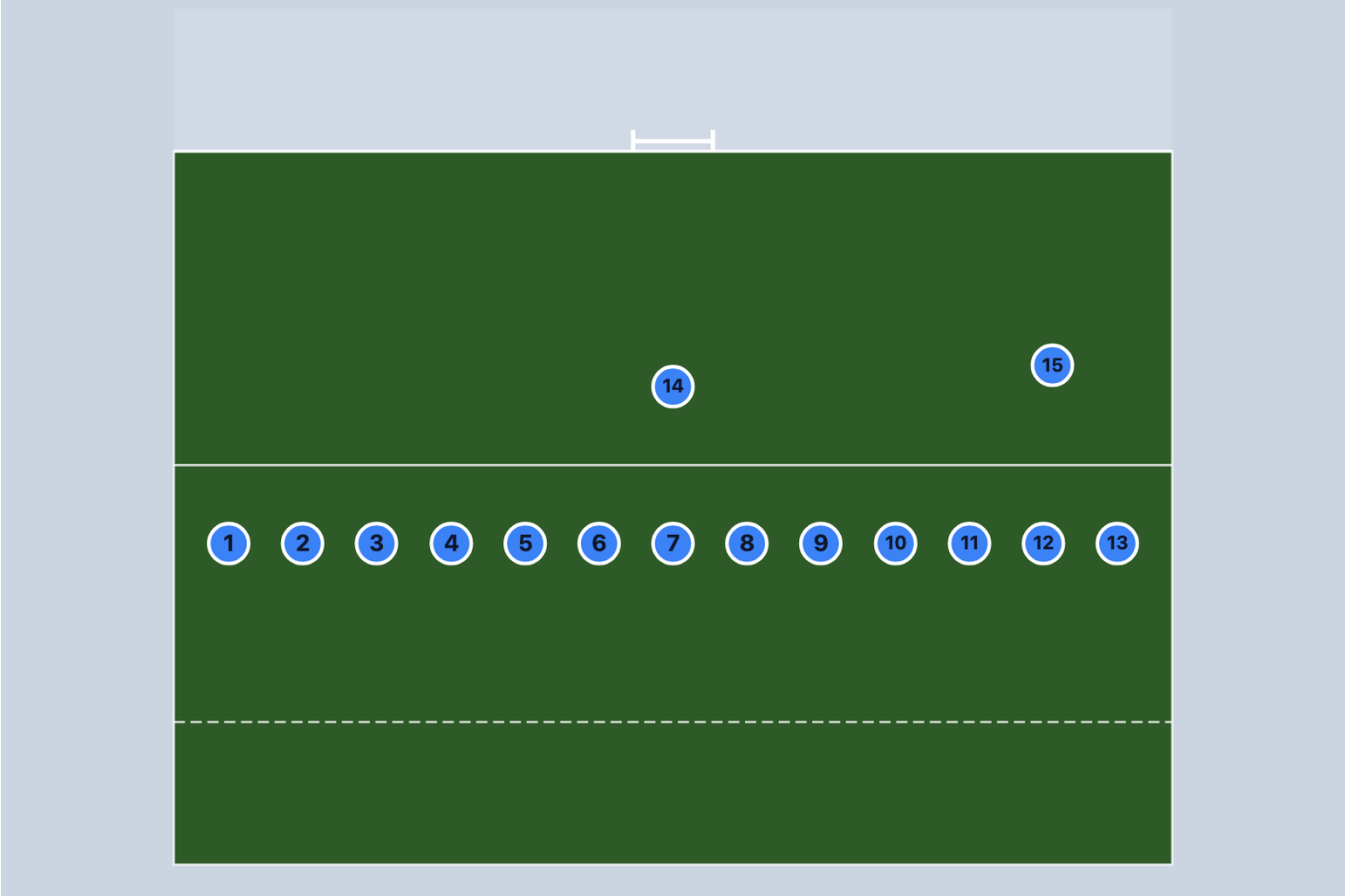
When to call it: Every kick-off against you.

Who does what: The pod lifts the jumper behind the 10 m line. The jumper takes the kick-off and gives it back to the scrum-half, and the scrum-half passes to the fly-half standing deep in the pocket, who kicks it out.

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Defensive line

Rugby · Call 10 · 3.0 s



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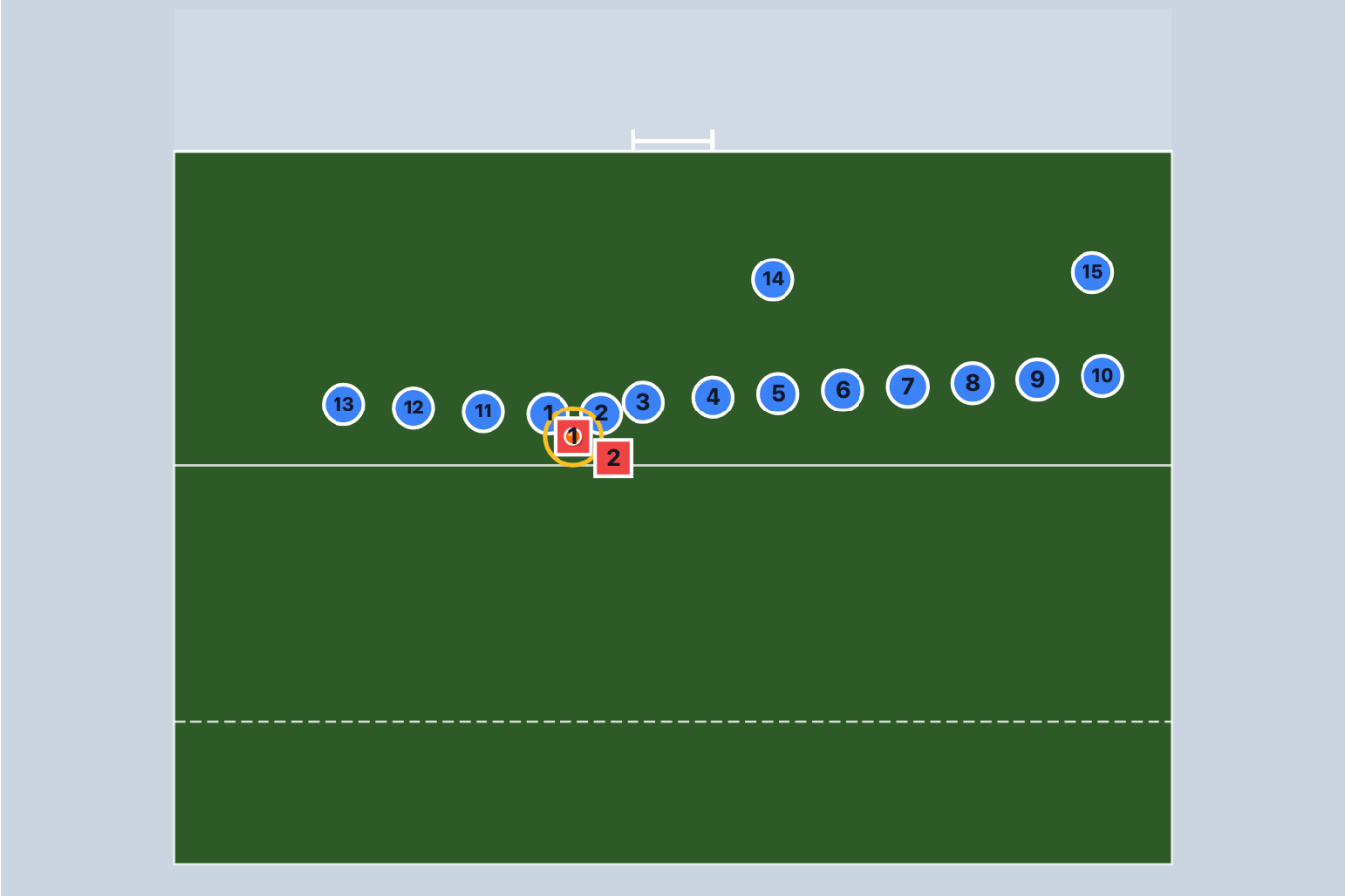
When to call it: Your defensive shape from any phase in the middle of the pitch.

Who does what: Thirteen players in the front line about 5 m apart, right across the pitch, with the fullback sweeping behind and the blindside wing holding the back field. Come up together, and nobody goes alone.

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Ruck defence

Rugby · Call 11 · 3.0 s



NOTES

When to call it: Every ruck you defend. Fill these jobs first, then the line.

Who does what: Two pillars either side of the ruck and the post defender next out. Seven spread across the open side, three cover the blind side, and the fullback and a wing sweep behind.

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