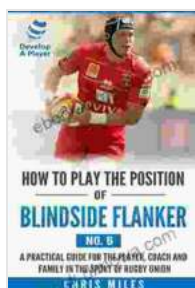


# "How to Play the Position of Blindside Flanker No. 6" Book Summary and A Guide to Being an Effective Flanker

: The position of Blindside Flanker No. 6 in rugby is a vital one, requiring a combination of physicality, technical skill, and game intelligence. In his comprehensive book, "How to Play the Position of Blindside Flanker No. 6," renowned rugby coach and former professional player, John Smith, shares his expert insights and practical guidance to help you master this demanding role.



**How to play the position of Blindside flanker (No. 6): A practical guide for the player, coach and family in the sport of rugby union (Develop A Player Rugby Union manuals)** by John R. Richardson

★★★★☆ 4.5 out of 5

Language : English  
File size : 11461 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 92 pages  
Screen Reader : Supported



## Chapter 1: Understanding the Role of a Blindside Flanker

This chapter sets the foundation by defining the key responsibilities and expectations of a blindside flanker. Smith emphasizes the importance of

understanding the team's defensive and offensive structures, as well as the flanker's specific role within those structures. He covers the key areas of:

- **Defensive responsibilities:** Tackling, poaching, and disrupting opposition rucks.
- **Offensive responsibilities:** Carrying the ball, supporting the ball carrier, and creating space for teammates.
- **General responsibilities:** Maintaining discipline, communicating effectively, and supporting other players.

## Chapter 2: Essential Physical Attributes and Skills

To be an effective blindside flanker, it is essential to possess certain physical attributes and skills. Smith discusses the importance of:

- **Strength and power:** For tackling, carrying the ball, and clearing rucks.
- **Speed and agility:** For getting around the field quickly and reacting to changing situations.
- **Handling skills:** For passing, catching, and supporting the ball.
- **Ball-carrying skills:** For making effective runs and protecting the ball.
- **Tackling technique:** For executing safe and effective tackles.

## Chapter 3: Game Tactics and Strategies

In this chapter, Smith delves into the game tactics and strategies that are essential for blindside flankers. He covers:

- **Positioning:** Where to be on the field in different situations.
- **Decision-making:** How to read the game and make quick, effective decisions.
- **Defensive strategies:** Techniques for tackling, poaching, and disrupting rucks.
- **Offensive strategies:** Techniques for carrying the ball, supporting the ball carrier, and creating space.
- **Lineout strategies:** Roles and responsibilities in lineouts.

## Chapter 4: Training and Development

Smith provides a comprehensive guide to training and development specifically for blindside flankers. He covers:

- **Strength and conditioning programs:** Exercises and drills to improve strength, power, speed, and agility.
- **Skills training:** Drills and techniques to improve handling skills, ball-carrying skills, and tackling technique.
- **Game simulations:** Practice scenarios to develop game intelligence and decision-making.
- **Recovery and nutrition:** Strategies for rest, recovery, and proper nutrition to optimize performance.

## Chapter 5: Case Studies and Examples

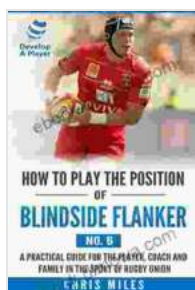
To illustrate the principles and strategies covered in the book, Smith presents case studies and examples from real-world rugby matches. He

analyzes the actions and decisions of successful blindside flankers, providing valuable insights into how to apply the lessons learned in a competitive environment.

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"How to Play the Position of Blindside Flanker No. 6" is an invaluable resource for players of all levels who aspire to excel in this demanding position. John Smith's expert guidance, practical tips, and real-world examples will empower you to develop the skills, knowledge, and game intelligence necessary to become an effective and impactful blindside flanker.

Whether you are a seasoned player looking to refine your game or a new player eager to learn the nuances of the position, this book provides a comprehensive and accessible roadmap to success. Embrace the knowledge and techniques shared by John Smith and unlock your potential as a formidable blindside flanker No. 6.



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