



BokSmart
WINNERS PLAY SMART



BOKSMART SERIES 06/11

CARRY LIKE A BOK

USE THESE TECHNIQUES TO LIMIT THE RISK OF INJURY TO THE BALL CARRIER

First option is to run into a space, not a face

When you have no choice...

1. Confront the contact!
2. Stay low, and step in close with a power step
3. Present your leading shoulder to the tackler, NOT your head!
4. Protect the ball
5. Keep your head up and forward, with eyes open
6. Do NOT drop the head
7. Once you have made contact, drive through with the legs

WITH SPRINGBOK SUPERSTAR
SIYA KOLISI

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PLAYERS FUND
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Rugby's Caring Hands

