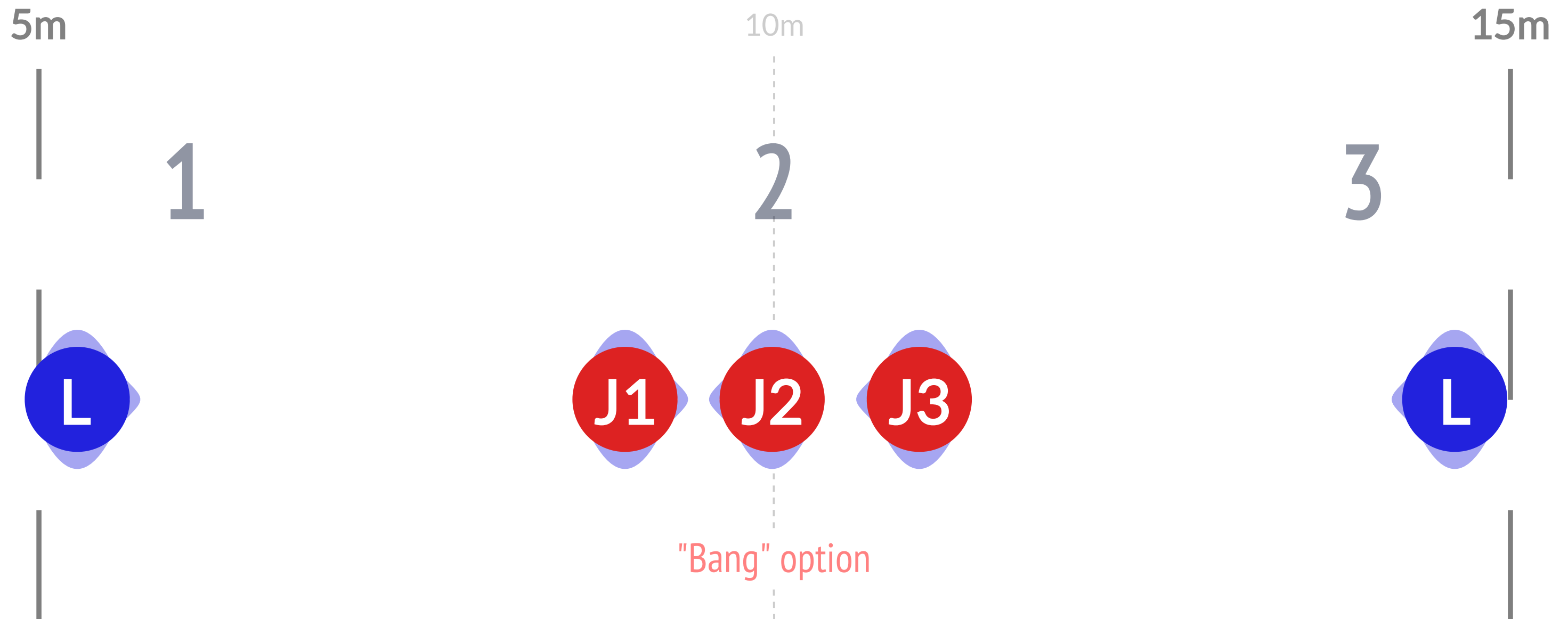


5-man Squeeze

1-3-1 formation



- Caller is the middle (2) or back (3) jumper
- No walk-in - everyone sets up as shown, in position to jump/lift in the middle
- Caller joins the line last to make the call
 - "BANG" - quick throw to the middle
 - "SET" - run the pre-called move

5-man Squeeze

Simple options

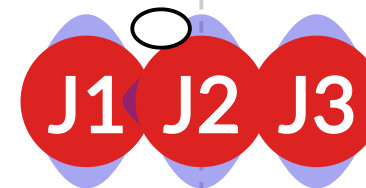
"Bang"

Middle jumper

5m



10m

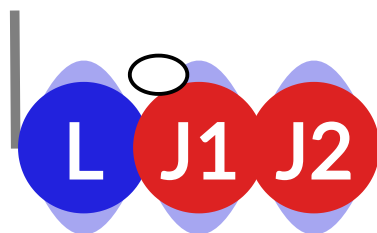


15m



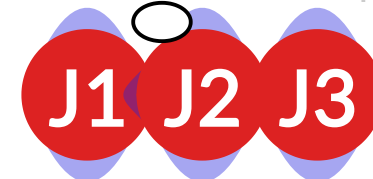
1

Front jumper



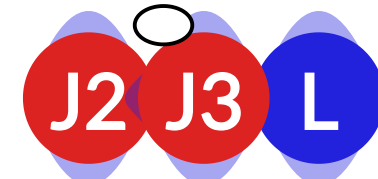
2+

Middle jumper
with a step forward



3

Back jumper



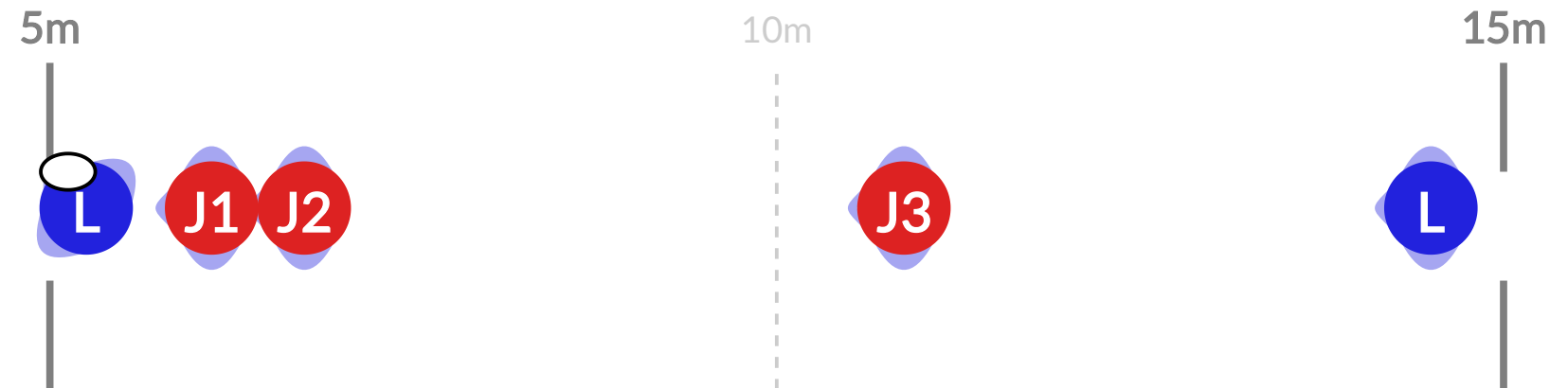
5-man Squeeze

Dummy options

All moves start with a dummy jump to the front (1)

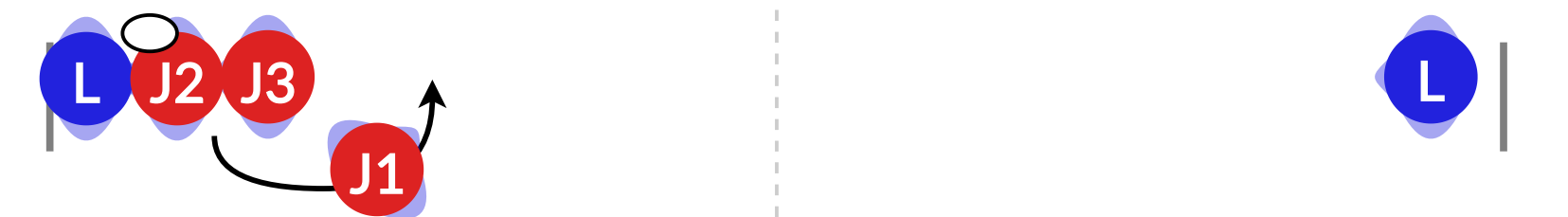
10

Front lifter turns to take the ball on the ground



11

Dummy jumper leaves the line while back lifter steps forward into jump position



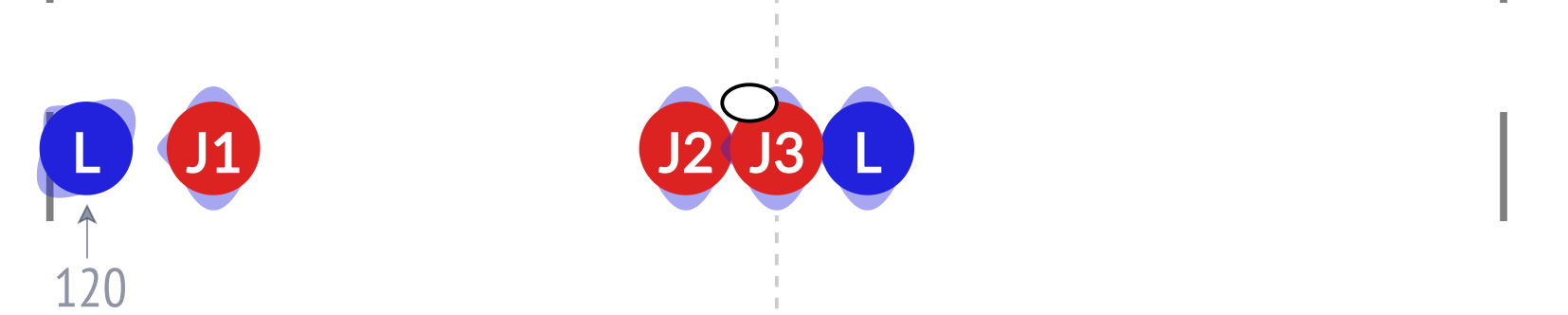
11-

Front lifter slips past dummy jumper to lift middle jumper just behind



12

Dummy back lifter turns back to lift the back jumper coming forward to the middle



13

Dummy back lifter turns back to lift the back jumper at the back



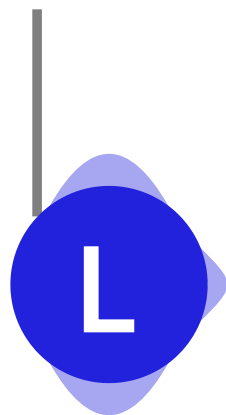
4-man Squeeze

1-3 (or 3-1) formation

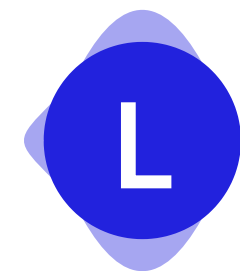
5m

10m

15m

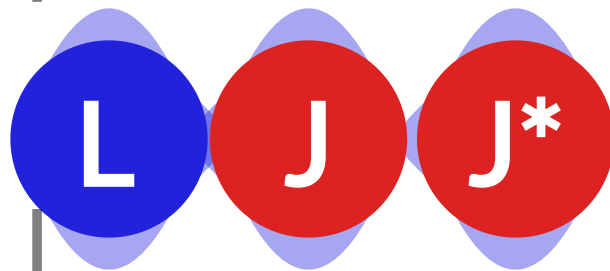


- No pre-determined calls
- Pod forms on the caller towards the back, ready for a throw-jump if unmarked
- Non-verbal triggers (e.g. nod or wave from caller)



- Otherwise, pod moves to the front and sets in a pre-loaded position (lifters bound on)

"Bang" option



- "BANG" can be called during this transition, before setting at the front, or afterwards.
- Otherwise, caller taps the front jumper to turn and move with him towards the back

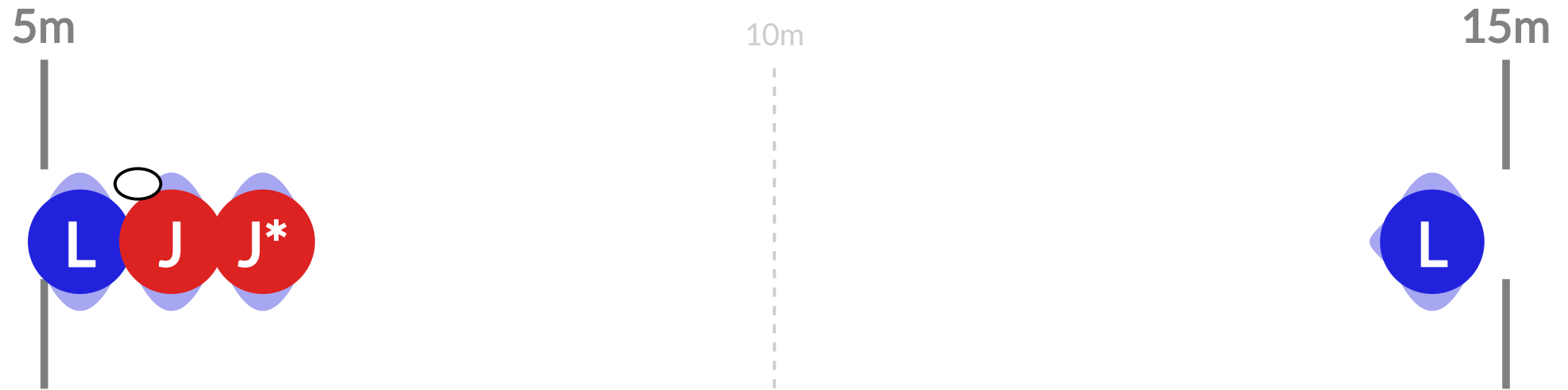


4-man Squeeze

Options

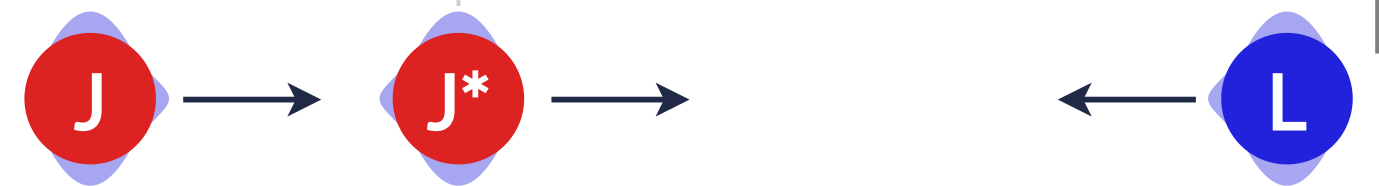
"Bang"

Quick throw to the pre-loaded front pod



Otherwise the caller taps the front jumper to silently tell him to turn towards the back

While retreating, the caller decides which option to take:



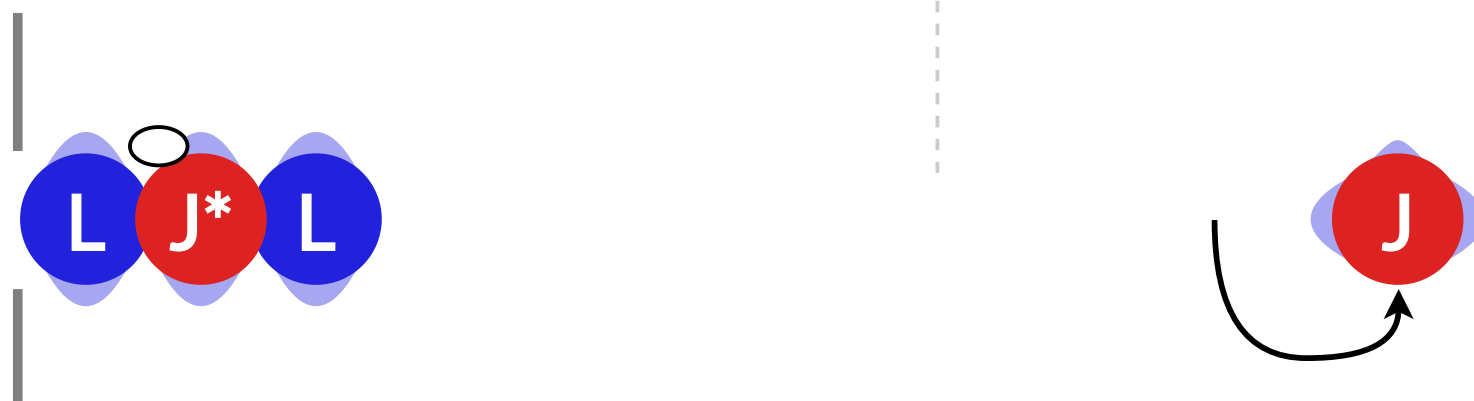
Yes

Throw to the middle/back (between the 2 and 3 position)



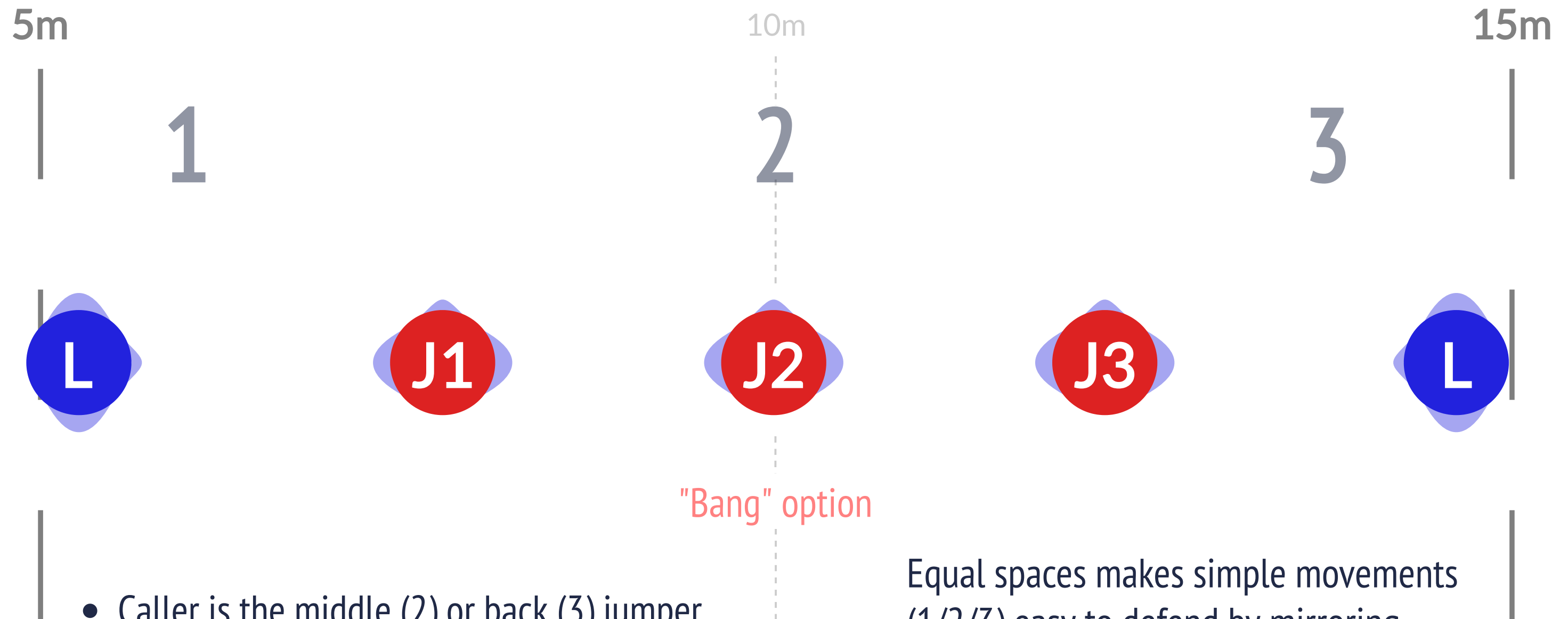
No

Dummy at the back, slip forward to jump at the front



5-man Spread

Equal spaces formation



- Caller is the middle (2) or back (3) jumper
- No walk-in - everyone sets up as shown, waiting to see how the defence sets up
- "BANG" - quick throw-jump to the middle

Equal spaces makes simple movements (1/2/3) easy to defend by mirroring.

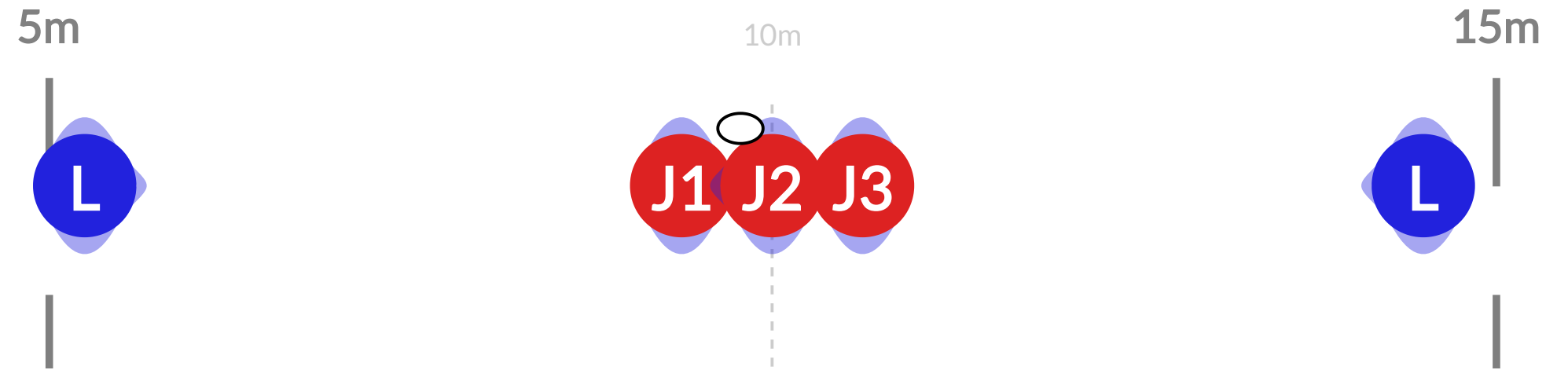
So we use decoy movements to challenge the defence
(i.e. **J1** acts as a decoy for a jump at 1)

5-man Spread

Simple options

"Bang"

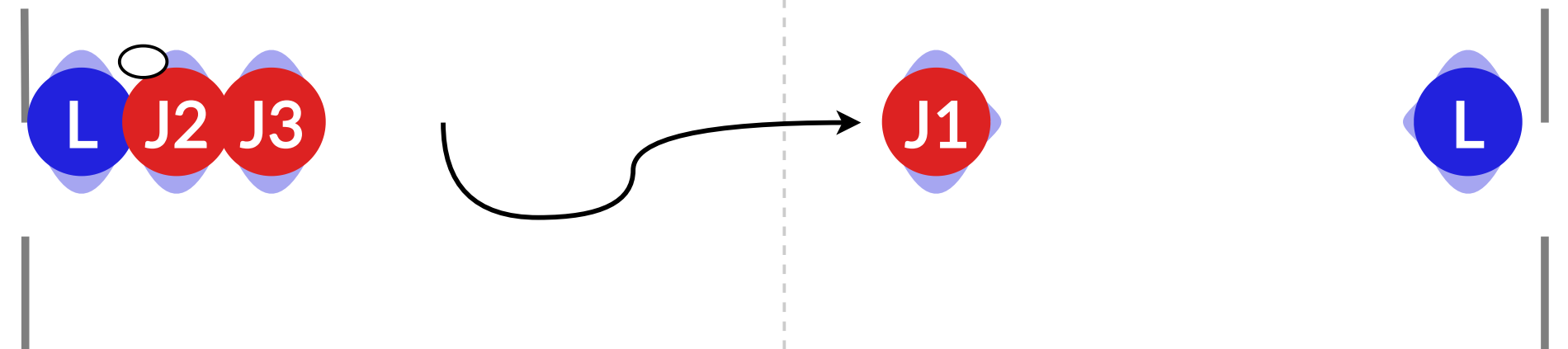
Throw-jump to middle



Jumpers moving directly to their zone is easy to defend → create uncertainty in defence by changing positions in the line:

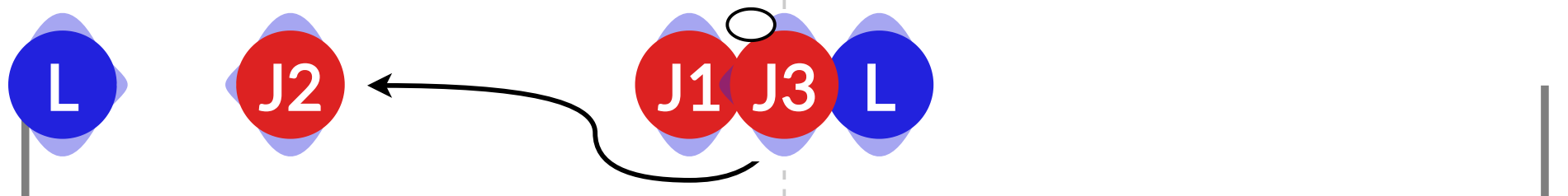
1

Front jumper slips to the back as a decoy



2

Middle jumper slips to the front as a decoy



3

Back jumper slips to the front as a decoy

