

Friday 29th July 2016

Rust en Vrede Wine Estate, Stellenbosch

1. Speed of the game is increasing

- The biggest change in the game is the speed and tempo due to the changes in the laws.
 - Any new law changes are directed towards speeding it up.
- Ball in play has largely remained unchanged (30-40min) however, law changes, conditioning and coaching has resulted in the speed increasing significantly.
 - 120m/min on GPS scores (Eng vs Aussies).
 - Aim for 1-2 sessions per week >120m/min.
- Due to the increased phase play and tempo fatigue kicks in quicker, resulting in a skill drop off.
 - Train the players under fatigue when laziness sets in to improve their skill.
- The biggest difference between Aus, SA and NZ is their m/min.
- All teams are equally fit but they don't all have mental clarity
 - The game is too quick to think.
 - Line-out (L/O) tempo is increasing.
- Players must be doing something positive for the benefit of your team/players at all times while the ball is in play.
- Games are won in the last 20min and boils down to how we train.

2. Weekly Structure

- Weeks should not change in terms of structure or load, but in weeks with travel the load can be manipulated.
- Have smaller group meetings (attack, defence) regularly before team meetings, but keep team meetings short.
- Monday: Low intensity – learning session
 - AM: 40min core lifts, 20min skill / functional (Fusion)
 - Fw's – Power
 - Backs – Skill & Speed
 - PM: 5min unstructured game (sweat), 30min new installation work
 - More learning and organizational
 - No high decision making on a Monday
- Tuesday: 45min – high intensity contact (Numbers Game Day)
 - 30-32 players
 - AM: Weights & Units (45min)
 - Backs – 15min skill, 30min unstructured)
 - Fw's – Scrumming
 - a. Include mad minutes between scrums.
 - PM: Contact conditioning & breakdown
 - 75% Efforts on reload / reset <3sec
 - <75% in <3sec you are in trouble
 - 7 contacts per min (3min sessions)
 - Triple efforts
 - Get off the ground

- Count the % of guys that players put on the ground on D.
 - What percentage do we axe.
- Very little talking
- Games are 12 v 12
- Every session must be videod and have player feedback
- Wednesday – adaptation day
 - Balance the prep for the weekend that you have not done yet.
 - Recovery
 - Extra skills
- Thursday – 35min – high intensity (>120m/min).
 - 30-32 players
 - AM Gym: Power-up session before field (35min)
 - Mainly high speed games
 - 70% of the session is unstructured
 - Chaos
 - Work off the ball
 - Kicking game
 - Attack to defence & vice versa
 - Every session must be videod and have player feedback

3. Training & Coaching

- Make warm-up chaotic; not structured.
- In training you will see which players are ready to play or not.
- Train players to attack gaps (GAP Rugby)
 - Shift the ball into gaps and run into gaps.
 - No long passes, no more depth.
- Gap vs shape: quick bal vs slow ball.
 - Shape is finished; React to the speed of the ball. Can have a shape of 1-5-1.
 - The only structure you have is first phase.
 - Ensure your first phase is accurate and generates quick ball
 - Have attacking options on both side of the ruck after first phase
- Train more chaos and GAP rugby than structure
- Running lines and the skills to tip-on is crucial.
 - Short passes & running lines for fw's & backs.
- Improve player individual skill level
 - Change their mindset in terms of skill development...they are going to have to do BD to get better at it.
- Set early/quickly
- Must be square
 - Can change running lines when square.
- Go forward
- Skill development 10-15min post every field session.
- How do you stop line speed?

- **Attack**
 - Figure out where the opposition is weak
 - Wide / Middle
 - Accelerate into contact and the 2nd man is key.
 - Choose the best plays for the players; keep it simple
 - Have one starter per LO / scrum with variations.
 - Train with 12 players on attack in opposition half.
 - Running outside shoulders is out on quick ball, only on slow ball; small footwork drills to run unders lines and then outside shoulder.
 - Coach attacking formation (who plays off 9 and who plays off 10)
 - In own half train attack against less numbers (attack -)
 - Attack –
 - Their half
 - Unstructured, chaos rugby, GAP rugby
 - In opponents half train attack against more numbers (attack +)
 - Attack +
 - Our half
 - Play off 10
 - Attacking wingers (bring them up)
 - More structured approach
 - Contestables vs long
 - 13 must be bold
 - Attack either side of the ruck in general and set piece (Options)
 - Scrums – Channel 1 ball important
 - From LO – slider options from short man LO
 - From 5-man...good attacking LO with return plays
 - Block Plays
 - Get quick ball
 - 2nd Runner is leading
 - Unders lines and inside shoulder
 - Slow ball
 - 1st Runner is leading
 - First ruck is NB
 - Speed around the corner
 - Never allow the defence to recover – keep it dynamic and quick once you have the D on the back foot (ie momentum touch; GAP rugby, hard lines)
 - Shape is irrelevant.
 - Look at attacking NG with 9 and wing
 - Train unstructured play as much as possible – even in game day warm up
 - Don't have too many plays or maps – however each one should have 3 to 4 options
 - Kick before you have to kick
 - Must have good variation off a maul
 - Slider
 - Vacuum
 - Block
 - Only train starters 10min per week

- Make a habit of axing, mooses or estcourt
- Reload & reform (<3sec)
 - Pink jersey for slow players.
 - Reward workrate and make that part fun (chocolate)

- **Bingo**
 - From LO & scrums have a set play
 - 13 makes key decisions
 - Fw pass to a back

- **Breakdown**
 - BC running lines, footwork, fighting on the ground, 2nd fight.
 - 60% of rucks should be BC + 2
 - If we are doing this we are on the right track.
 - Train decision making of 3rd man in
 - 2nd man take away threat, 3rd man check opposition, brace, pass or loosen to keep it dynamic.
 - Must axe at every ruck
 - BD is all about numbers game...to clean, to axe and to stay on top
 - Body-height of BC is dependant on what D is doing.
 - If high, adjust height
 - If low, stay upright and use footwork.

- **Defence**
 - Smart line speed...don't keep going when it is not on.
 - Alignment and spacing on quick ball is out...stuff shape, just get off the line and make a decision; catch-up defence must work!
 - Make smart decisions
 - To have good line speed train the outside-in-tackle (harder tackle to make)
 - Train with 12 players in own half.
 - In opponents half
 - Attack the ruck and the kicker
 - Go hard at the breakdown
 - Find out if they kick off 9 or 10.
 - Shadow D; drop back 3
 - Use touch as extra defender
 - Pressure kicker
 - In our half
 - BD – make a decision
 - Crusader Rucks
 - All about no's on our feet; win the number game
 - Generate more line speed
 - Only poach if it is clear and obvious

- **Attacking Kicking Game**
 - Good development
 - 9, 13 & 15 crucial to this plan.
 - Kick on momentum
 - Must contest kicks in the air
 - Kick on the run
 - Up and under is back

4. Technical

- Game plan is targeted on 3 major points
 - 1 on something we identified in the opponent - threat
 - 2 on something we want to expose them on – opportunity
- Review post game is focussed on these 3 points
- Spine group of players involved in discussions
 - Monday – game plan
 - Wednesday – scenario's (yellow card, wet weather, chasing or defending a lead). Make this a relaxed meeting.
 - Fri – they present to rest of squad
- Measure intensity of effort
 - Accelerations per minute (Aim for >1/min)
 - Number of contact repeats
- Measure numbers after line breaks
 - **Choose the players that are in the screen!!**
 - On attacking line break – do we have more numbers than the opponents
 - Support and effort
 - On defensive line breaks – do we have more numbers than the opponents
 - Support and effort
- Biggest emphasis
 - Improve players individual skills
 - Improve players intensity of effort
 - Stress ability to reload or reform in 3 sec – on feet readiness

5. Culture

- Toughness – “make it a habit”.
 - If it doesn't suck then don't do it.
- Senior player must be role models. How they train? How they behave? How they play?
- More discipline in preparation
- Encourage socialization after the game during the week – get players to interact more; talk about rugby and life.
 - Coffee Wednesday
 - Beers after a game
 - Cell phone ban
- Meetings

- If a player is not prepared, kick him out of the meeting
- **Mindset: This is what it is, you are either in or out.**
 - **Ball-in-play is 35 minutes, >120m/min, >75% reload/reform <3sec, >1accel/min...can you do it?**
 - if the player answers yes then they need to start believing it.
 - Believing goes into training...it will suck!!
 - a. If you commit to all of the above then the trophy could follow.
 - If they answer no to any of the above then kick them out.

6. Future

- Hookers must train to hook – at low body position
- More integrated session
- Chiefs game + at least 10% for next year
- Focus on making your players better
- Train with CC players
- It is all about workrate...hammer on it; they won't like us for it but keep on going.
- Give u21's, CC players and Springboks feedback after every game
- Younger players don't really know how to prepare...senior players must give them direction and be an example
 - **Select workers!**
- Simplify and clarify everything
- Game plan is either wide or middle and needs to be determined by Monday PM

7. Conditioning

- a. Fusion sessions are the way to go.
- b. 3 v 3 Scrum in the gym to focus on hooking.
- c. To stay square and pass you have to conditioning it.