



# *Play*

## **Skills & Drills Manual**

Autumn 06



# Introduction

The TryRugby Program is a High-quality grass roots sport development initiative designed to introduce children to the skills of rugby union in a safe fun and welcoming atmosphere. It is also designed to provide parents with an understanding of pathway rugby. The program is focused on developing sports skills with an emphasis on Rugby specific skills. It is delivered by professionally trained instructors.

The program is designed to introduce and prepare the participants for Rugby Union through the Junior Player Pathway games of Walla, Mini and Midi, and the modified U19 game. TryRugby covers the development of non-negotiable core and individual skills spanning early entry 'Broad experiences – Fundamentals' stage at 5/6 years of age, through to 'Specialisation – Training to train' stage at 15/16 years of age.

Core skills are the basic skills required to play the game of Rugby. Individual skills are more position specific. They are critical to the effective development of players at **all** levels.

## **Core skills**

Catch/Pass

Evasion

Track-Tackle

Contact/Breakdown

## **Individual skills**

Stability, Balance, Agility, Speed & Core Stability

Running action

Handling

Jumping

Throwing

Catching

Kicking

Scrum

With this in mind drills and activities have been chosen that best represent the delivery of the core and individual skills for the players. These are by no means the only drills and activities that do. The documentation is not being developed to drive consistent coaching style across the country but more to ensure that the development of agreed core and individual skill in line with Wallaby Skill Progression principles is achieved with the highest level of quality. For players to be attracted to and remain in the Game, enjoy the experience and achieve their goals, core and individual skills must be developed and coached at the highest level possible.

As well as the development of skills players also must develop physically and tactically. Physical development of players not only ensures greater physical fitness, but also an increased ability to perform skills and a reduced risk of injury. An understanding of the game principles and tactical strategies ensures players increase their understanding of the game, make playing more enjoyable and interesting and assists them to see the relevance of particular skills that are required in the game. As such the technical and tactical aspects of Walla, Mini and Midi are developed during the 6 week program, in a safe and enjoyable environment. The age groups playing Walla, Mini and Midi are progressively introduced to the game elements involved in Rugby Union ensuring that participants are 'prepared to play'

It is important to recognise that this program has a degree of flexibility, and may need to be modified to suit each particular TryRugby group. For this reason the program often includes variations and/or two drills in each activity. Instructors can choose one or the other or progress through both according to their groups' skill level. A number of secondary activities have been included. These are fallback activities, which allow flexibility. It is up to each professionally trained instructor to tailor the program to his or her particular group.

Good luck with TryRugby

Developed by the ARU Community Rugby department in association with NSWRU.

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# TryRugby Play Activities

## Age 9 – 12

### **Session 1 (30/30)**

Warm up	Running Drills, Stability 1 v 1
Activity 1	1 v 1, 1 v 1 tracking
Activity 2	Ball Presentation (including foot speed), Ball Presentation (body position under force)
Activity 3	Tackle Technique (front on) Tackle Technique (side on)
Game	One out Defence Touch – Ruck Touch One out Defence Touch – Maul Touch

### **Session 2 (30/30)**

Warm up	Running Drills, Stability 1 v 1
Activity 1	Tackle and Ball Presentation
Activity 2	Contact and Maintain feet (support)
Game	Mini Game (no lineout or scrum)

### **Session 3 (30/30)**

Warm up	Running Drills, Stability 1 v 1
Activity 1	Tackle & Cleanout 1, Tackle & Cleanout 2
Activity 2	Attack v Defence – 2 v 1 Straight Running Attack v Defence – 3 Channel Drill
Game	Mini/Midi Game (no lineout or scrum)

### **Session 4 (20/40)**

Warm up	Running Drills, Core Stability
Activity 1	Lineout Technique Walk in and Movement Lineout Technique Move and Jump
Game	Challenge Game Mini / Midi (lineout focus)

### **Session 5 (20/40)**

Warm up	Running Drills, Core Stability
Activity 1	Scrum Body Shape / Mayday / Scrum Clusters Scrum Engagement – Timing & Position Scrum Body Shape-Moving under force (Midi only)
Game	Modified Mini/Midi Game

### **Session 6 (15/45)**

Warm up	Running Drills
Activity 1	Coaches choice
Game	Modified Mini/Midi Game

### *TryRugby Play. 9-16 years*

This new program option primarily involves playing rugby in a team-based competition (with some time spent on skills), but in a format based on the existing TryRugby model (same time, same location, short session duration, etc). It caters for all age groups and is more suited to players who have some Rugby and/or ball sports experience.

The appropriate modified games for these age groups are Mini (9-10 years) and Midi (11-12 years). Most importantly it introduces the young player to the contact elements of the game. They have been designed to teach the Game principles of Possession, Go Forward, Pressure with greater emphasis on the tactical principle of Support (Mini) and Continuity (Midi). They also teach the core and individual skills of Catching and Passing; Running and Evasion; Track to Tackle, Contact and Breakdown; Kicking; as well as the game elements of Ruck, Maul, Scrum and Lineout. Mini is played on a smaller field with 10 players in each team whereas Midi Rugby is played with 12 or 15 players on a standard field and is the final modified game before players reach U19 laws at 13 year of age.

# Session 1

## Evasion, Track to Tackle, Ball Presentation

# TRAINING SESSION FORMAT

## Session 1 – Evasion, Track to Tackle, Ball Group – TryRugby Mini/Midi

### Presentation

#### Session Objectives

- Develop an understanding of tracking / Walla tagging
- Develop an understanding of leg drive into contact while improving tracking skills
- Develop an understanding of Ball Transfer and Presentation
- Improve ball Presentation (ground) skills, particularly long place
- Develop an understanding of Tackle Technique
- Develop an understanding of clean out technique
- Use game elements of Ruck and Maul in a game situation

#### Equipment Required

- 24 Markers
- 4 Spare balls

### Session Plan.

#### Group Warm Up – Running Drills

- Run tall
  - Feet & limbs in straight path
  - High knee, toe up
  - Run smooth
- Stability 1 v 1

#### Key Points

- Don't cross feet
- Quick footwork
- Strong base
- Widen stance, sink at hips

#### Activity 1 – 1 v 1 Tracking

- Attack Defence - Double Grid

#### Key Points

- cut down time and space i.e. go forward and pressure (defender and attacker)
- get a foot forward as close to attacker as possible
- Head to the side
- Defender to stay on the inside shoulder of the attacker

#### Activity 2 – Ball Presentation (incl. Footspeed)

- Ball Presentation (under force)

#### Key Points

- Transfer ball to outside arm
- Change body position on the ground (turn core on)
- Go to ground with two hands on the ball

#### Activity 3 – Tackle Technique (front on)

- Tackle Technique (side on)

#### Key Points

- Nominate a shoulder
- Head to the side
- Maintain strong grip (stick) until attacker is on the ground
- Defender should finish on top of attacker

#### Game – Ruck touch

#### Key Points

- Long Place and change body position on ground in ruck touch
- Incorrect technique in long place will result in a turnover
- Maul touch
- Support players must be very close
- Support arriving too late in maul touch

#### Warm Down

### Evaluation

### Injuries

### Next Session – Coach

### Next Session – Players

Players to bring mouthguard (If possible)

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

### Description

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips-straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

### Variations/Progressions

- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

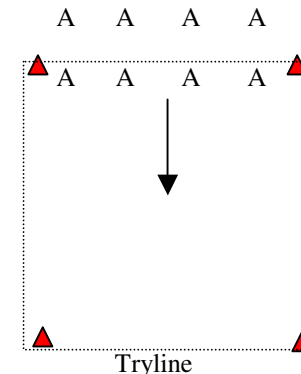
### Coaching Points

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)

### Diagram





<b>ACTIVITY NAME:</b>	<b>Stability 1 v 1</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

**Description**

- Balance & stability drills in pairs A v D
- Shadowing – sideways, backwards & forwards
- Free hands – attempt to slap partners knees
- Hands on shoulders – attempt to destabilise partner
- Wrist grip – attempt to slap partners face
- Push up arm pull wrestle – attempt to pull arm of opponent
- Arm fend, grip, ball, opposition brace – prevent partner from getting ball
- As above – Change hands every 5 seconds
- Turtle back wrestle - defender on hands & knees
- Big steps, Little steps – defender resists attackers run by placing hands on shoulders (from the front), release after 5 steps

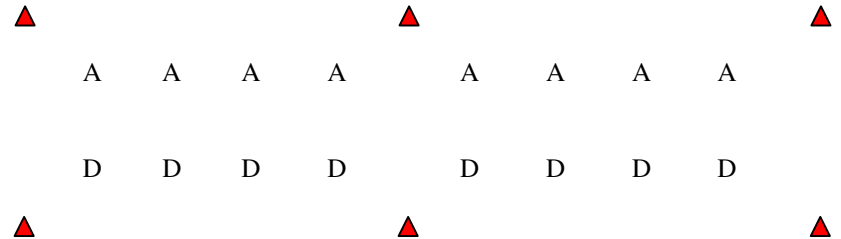
**Variations/Progressions**

- Vary start positions of players i.e Turtle back wrestle both start on backs

**Coaching Points**

- Maintain stability
- Don't cross feet
- Quick footwork
- Strong base
- Widen stance and sink at hips
- Change body position under force

**Diagram**



<b>ACTIVITY NAME:</b>	<b>1 v 1</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

### Description

- In a grid an attacker (**A**) begins at one end and a defender (**D**) begins in the middle opposite.
- (**A**) carries with the ball
- Grid should be relevant to the defenders normal position in a game. i.e. a prop should work in a smaller grid as they often defend in a smaller area (e.g. next to a ruck) compared to a winger who would have more area to defend
- Attacker should accelerate quickly to cross gain line
- Defender can only move laterally
- Attacker should attempt to fix the defender, forcing defender to make the tag from the side or behind
- Attacker should vary his/her starting position

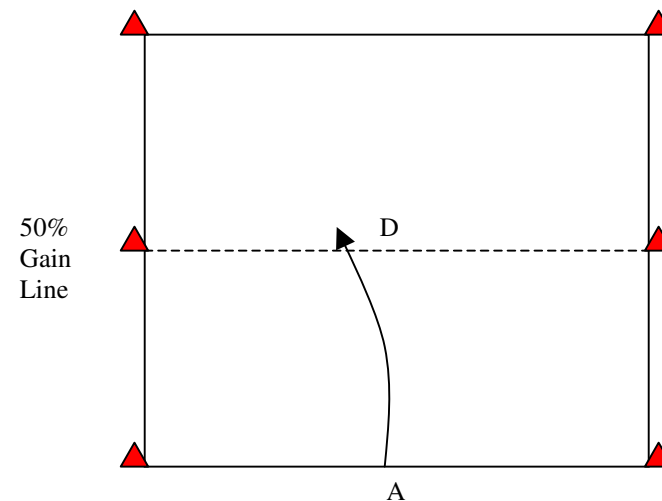
### Variations/Progressions

- D begins by passing the ball to A who catches and immediately attacks
- D begins at the end of the grid and can move in any direction
- Change the grid shape by opening the defenders end (making it wider than the attackers end). This will form a funnel shape.

### Coaching Points

- Attacker is trying to get over the 50% line
- Cut down time and deny space
- The attacker should start in a position with one foot forward ready to run
- The attacker will need to accelerate quickly and straight ahead to gain as much territory as possible.
- The attacker should initially run straight at the defender attempting to fix (commit) them allowing the attacker to continue to go forward.

### Diagram



<b>ACTIVITY NAME:</b>	<b>1 v 1 Tracking (51% Gain)</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

### Description

- In a grid an attacker (**A**) begins at one end and a defender (**D**) begins at the other end opposite.
- D begins by passing the ball to A who catches and immediately attacks
- Grid should be relevant to the defenders normal position in a game. i.e. a prop should work in a smaller grid as they often defend in a smaller area (e.g. next to a ruck) compared to a winger who would have more area to defend
- Defender aiming to cut down time and space
- Defender must get a two handed tag on the attacker while the attacker is trying to gain as much territory (over 50%) and avoid being tagged.
- Attacker should vary his/her starting position

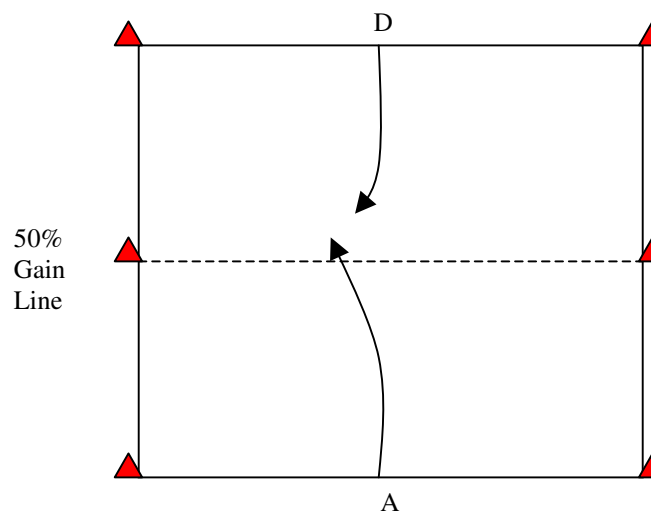
### Variations/Progressions

- Make the defender attempt to push the attacker out of the grid
- Add in an attacking supporter
- Concentrate on the tracking element
- Change the grid shape by opening the defenders end (making it wider than the attackers end). This will form a funnel shape.

### Coaching Points

- Attacker and defender are both trying to get over the 50% line
- Cut down time and deny space
- Defender should attempt to control the attacker by moving forward towards one shoulder, aiming to push the attacker towards the sideline
- The attacker and defender should start in a position with one foot forward ready to run
- The attacker and defender will need to accelerate quickly and straight ahead to gain as much territory as possible.
- The attacker should initially run straight at the defender attempting to fix (commit) them allowing the attacker to continue to go forward.

### Diagram



<b>ACTIVITY NAME:</b>	<b>Ball Presentation (including footspeed)</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

### Description

- Players (A) and (D) begin activity lying on their stomach facing the cones waiting for coach to say go,
- On the go call, both players jump up, (A) spins and runs at (D), Using the correct foot work, avoids full contact and hits ground just past player (D) who is running straight at the cones (does not change line).
- A goes to ground and changes body shape making a long place

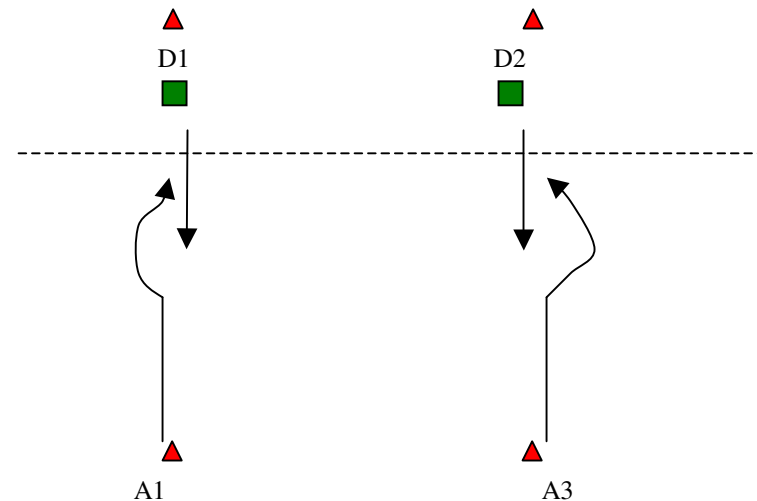
### Variations/Progressions

- A goes into contact with a second defender who lies on top of the ball carrier making it difficult for the ball carrier to execute a long place

### Coaching Points

- Ball carrier to keep ball in two hands, transfer ball to outside arm to palm the defender then go to ground with the ball in two hands (don't stick arms out to break fall)
- A1 must turn abs on and change body position to get the ball as far away from the defenders as possible.
- Strong dynamic movements on the ground
- Ball carrier mustn't roll onto their backs when going to ground (turning abs on and changing body position should change this)

### Diagram



<b>ACTIVITY NAME:</b>	<b>Ball Presentation (body position under force)</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="text" value="2"/> Footballs <input type="text" value="4"/> Markers <input type="text"/> Shields <input type="text"/> Tackle bags <input type="text"/> Contact suits <input type="text"/> Agility poles    Other:		

**Description**

- Players (A) and (D) begin activity lying on their stomach facing the cones waiting for coach to say go,
- On the go call, both players jump up, (A) spins and runs at (D), Using the correct foot work, steps past the cone and hits ground
- A goes to ground and changes body shape making a long place
- D grabs A's jersey and attempts to upset D's body position

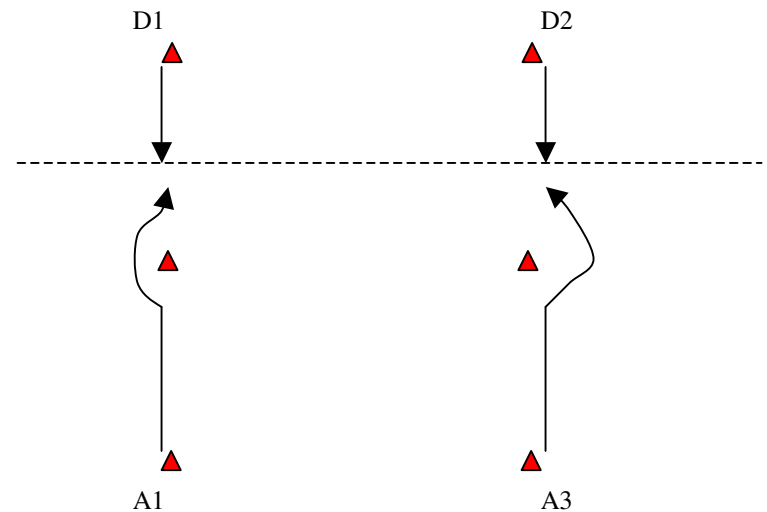
**Variations/Progressions**

- A goes into contact with a second defender who lies on top of the ball carrier making it difficult for the ball carrier to execute a long place

**Coaching Points**

- Ball carrier to keep ball in two hands, transfer ball to outside arm to palm the cone (defender) then go to ground with the ball in two hands (don't stick arms out to break fall)
- A1 must turn abs on and change body position to get the ball as far away from the defender as possible.
- Strong dynamic movements on the ground will stop the defender from upsetting A's body position
- Ball carrier must not roll onto their backs when going to ground (turning abs on and changing body position should change this)

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Tackle Technique – Front on Defence</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

**Description**

- D starts on both knees
- A moves forward towards D's right shoulder
- A carries the ball forward at D walking/jogging or running through contact
- D makes a tackle on A and immediately gets to feet and grabs the ball
- A attempts to long place the ball
- A and D then repeat the activity on D's left shoulder
- A and D then swap roles and repeat. This is continued as long as necessary
- Progress through to crouching (see Variations/Progressions)

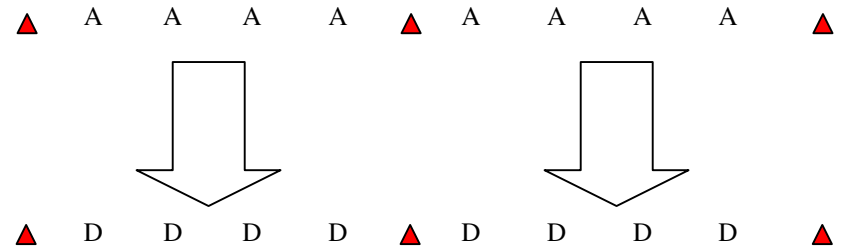
**Variations/Progressions**

- All progressions should start walking and progress to jogging and then running.
- Defender, on two knees, brings one leg up (opposite shoulder opposite leg)
- Crouching
- Full contact

**Coaching Points**

- Head up looking forward.
- Hands up
- Defender to position head to the side "Cheek to Cheek"
- Defender to make strong shoulder contact, stick
- Defender to maintain hold (stick) on attacker until attacker is on the ground
- Attacker to transfer the ball away from contact
- (After first progression progressions) Defender to get a lead foot as close to the attacker as possible "in the Hula Hoop"
- (After first progression progressions) Attacker to leg drive until defender is on ground
- Attacker must try to move through contact, not stop

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Tackle Technique – Side on Defence</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles <b>Other:</b>		

### Description

- A1 carries the ball forward to the first marker then changes direction diagonally across the grid to the next marker
- D1 moves forward to the first marker and then tracks A1 and makes a two handed tag. (Can progress to a tackle)
- A2 and D2 then repeat the activity from the other side
- Change the style of tackle by having D2 Tackle A1 for a front on tackle, or D1 tackling A1 for a cover tackle etc

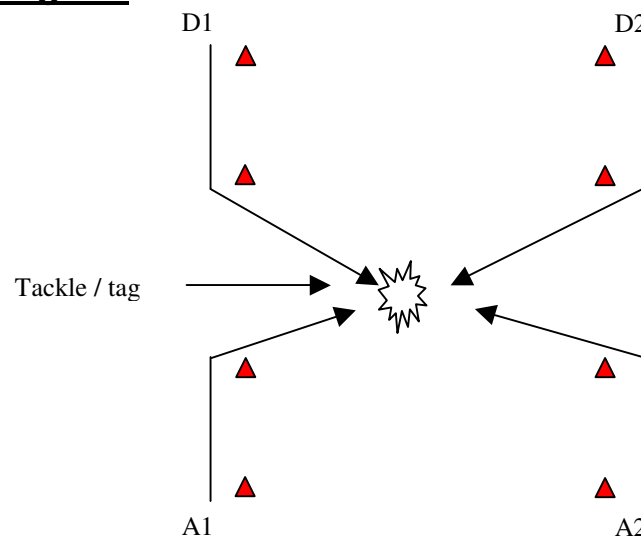
### Variations/Progressions

- Change the style of tackle by having D2 Tackle A1 for a front on tackle, or D1 tackling A1 for a cover tackle etc
- Full contact
- Attacker to make a 'long place' after being tackled
- Tackler to get to feet and attempt to recapture the ball

### Coaching Points

- Defender to lower body height by bending at ankles, knees and hips maintaining a straight back and head up looking forward.
- Defender to get a lead foot as close to the attacker as possible "in the Hula Hoop"
- Defender to position head behind the Attacker "Cheek to Cheek"
- Two handed tag to be a firm push on the hips concentrating on the above points
- Defender to make strong shoulder contact, stick and leg drive
- Attacker to transfer the ball away from contact

### Diagram



<b>ACTIVITY NAME:</b>	<b>One Out Defence Line – Ruck Touch</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

### Description

- A field is set up to accommodate the number of players.
- If teams are uneven the coach may elect to run a defensive sweeper (S) to create even numbers in the attack v defence.
- Defenders ( ● ) effect a tackle with a two handed tag. Once the tag has been made, the defender (A) must turn and run around the middle cone before re joining the defensive line.
- Upon being tagged the ball carrier goes to ground and places the ball (Long place).
- A turnover occurs when the attacking team knocks on and there is no advantage to the opposition.
- A turnover can also occur if the player does not place the ball correctly.

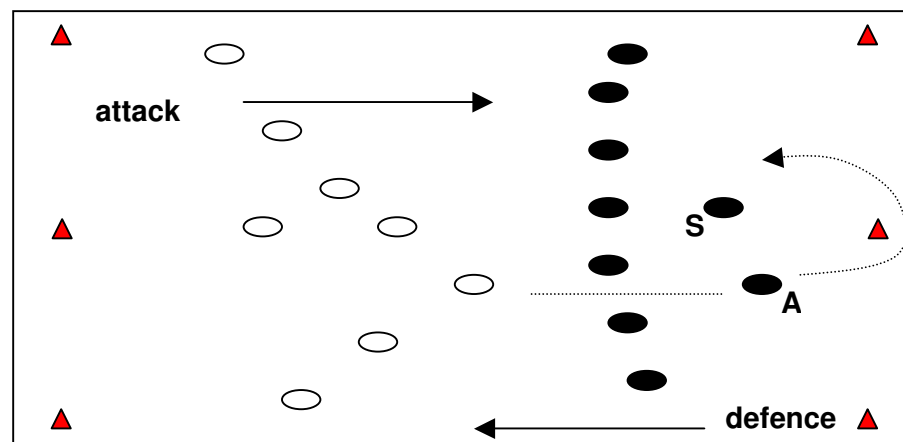
### Variations/Progressions

- The game can work and training objectives can be met using as little as three players on each team.
- Alternative techniques for ball presentation by the ball carrier once tagged can be used before game continues eg. turn and pop, go to ground and place, go to ground and roll back.
- Coach may dictate a number of players to be involved in the breakdown situation and count down ball delivery.
- Various degrees of contact could be incorporated once techniques have been coached and effectively demonstrated by the players eg. one on one tackles, breakdown situation at the tag (a support player and second defender may challenge for possession).

### Coaching Points

- With the defender effecting the tag having to run around the back marker, the defensive team will have one less player thus creating extra numbers for the attack. The defensive team must communicate and understand a general defensive pattern/structure to combat this miss match in numbers effectively.
- The attacking team will need to understand and implement key factors of using the ball to most effectively capitalise on the miss match. Key factors are alignment, angle, speed, support and penetration. Depth of quick re alignment is critical.
- The nature of the game does not mean that the attack must attempt to score off every phase. Control, patience and positive attacking attitudes are required.

### Diagram





<b>ACTIVITY NAME:</b>	<b>Two Out Defence Line – Maul Touch</b>			<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>		

### Description

- A field is set up to accommodate the number of players.
- If teams are uneven the coach may elect to run a defensive sweeper (S) to create even numbers in the attack v defence.
- Defenders (●) effect a tackle with a two handed tag. Once the tag has been made, the defender (A) must grab the closest defender and they both must run around the cone at the end of the field
- Upon being tagged the primary supporter (closest player to the ball) must immediately bind on to the tagged player (latch) forming a maul and drive forward 3 or 4 steps
- The primary supporter then passes the ball to restart play
- A turnover occurs when the attacking team knocks on and there is no advantage to the opposition.
- A turnover can also occur if the primary support player is too slow in supporting the tagged player

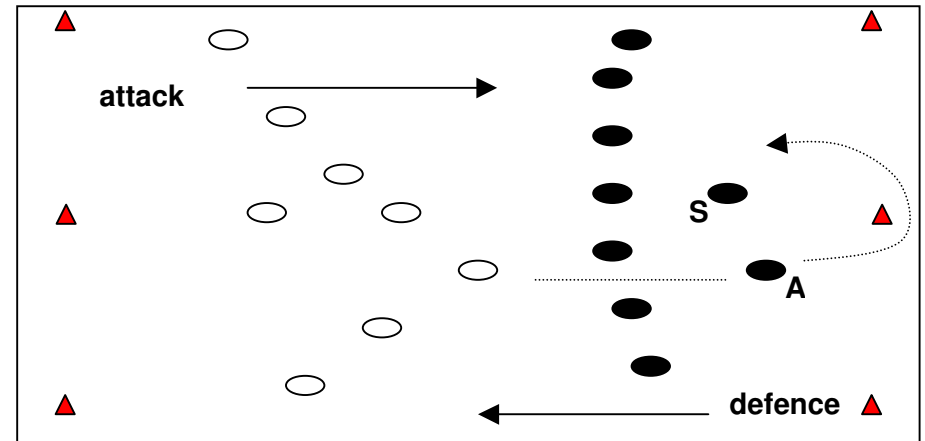
### Variations/Progressions

- The game can work and training objectives can be met using as little as three players on each team.
- Coach may dictate a number of players to be involved in the breakdown situation and count down ball delivery.
- Various degrees of contact could be incorporated

### Coaching Points

- The attackers should align in pairs so that one player can receive the ball and go forward and the primary supporter can immediately latch on to the ball carrier
- The best way to attack is through very quick runs through the middle with the primary support latching immediately
- The nature of the game does not mean that the attack must attempt to score off every phase. Control, patience and positive attacking attitudes are required.
- Quick play will mean a number of defenders are out of the play and therefore gaps will open up
- Defenders must realign to cover the holes created by the players who have made the tag and the second defender

### Diagram



# Session 2

## Track to Tackle Contact/Breakdown

# TRAINING SESSION FORMAT

## Session 2 – Track to Tackle,

## Group – TryRugby Mini/Midi

### Contact/Breakdown

#### Session Objectives

- Develop an understanding of leg drive into contact while improving tracking skills
- Develop an understanding of Ball Transfer and Presentation
- Improve ball Presentation (ground) skills, particularly long place
- Improve and Progress tackle technique
- Develop an understanding of tackle contest (Ruck and Maul)
- Develop an understanding of clean out technique
- Use game elements of Ruck and Maul in a game situation

#### Equipment Required

- 24 Markers
- 4 Spare balls

### Session Plan.

#### Group Warm Up – Running Drills

- Run tall
  - Feet & limbs in straight path
  - High knee, toe up
  - Run smooth
- Stability 1 v 1

#### Key Points

- Don't cross feet
- Quick footwork
- Strong base
- Widen stance, sink at hips

#### Activity 1 – Tackle and Ball Presentation

##### Key Points

- Defender must maintain strong grip (stick) until attacker is on the ground
- Defender immediately get to feet and contest ball
- Attacker must change body position on the ground

#### Activity 2 – Contact and Maintain feet (support)

##### Key Points

- Transfer ball away from contact
- Support player to bind (latch) immediately after contact
- Both players maintain feet and continue leg drive

#### Game – Challenge Game Mini / Midi

##### Key Points

- Allow each team to attack for a period of time
- Stop and explain when people are using poor technique or are outside the laws of the game

Comment on good play and technique

#### Warm Down

### Evaluation

### Injuries

### Next Session – Coach

### Next Session – Players

Players to wear Rugby jersey (if possible)  
Players to bring mouthguard (If possible)

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

**Description**

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips-straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

**Variations/Progressions**

- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

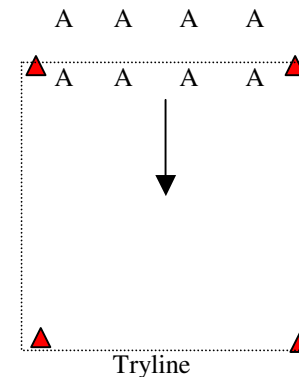
**Coaching Points**

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Stability 1 v 1</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

**Description**

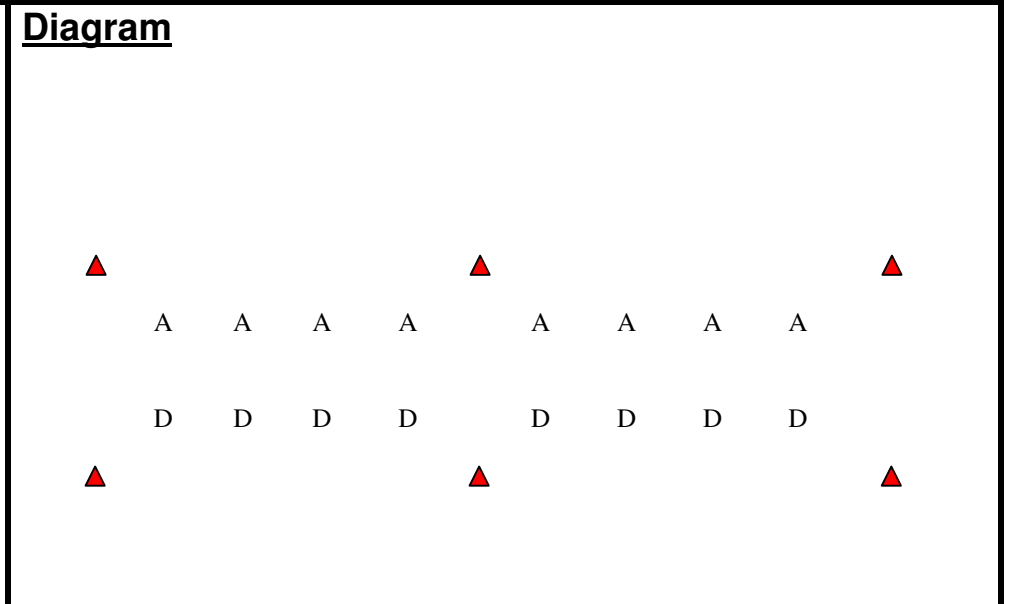
- Balance & stability drills in pairs A v D
- Shadowing – sideways, backwards & forwards
- Free hands – attempt to slap partners knees
- Hands on shoulders – attempt to destabilise partner
- Wrist grip – attempt to slap partners face
- Push up arm pull wrestle – attempt to pull arm of opponent
- Arm fend, grip, ball, opposition brace – prevent partner from getting ball
- As above – Change hands every 5 seconds
- Turtle back wrestle - defender on hands & knees
- Big steps, Little steps – defender resists attackers run by placing hands on shoulders (from the front), release after 5 steps

**Variations/Progressions**

- Vary start positions of players i.e Turtle back wrestle both start on backs

**Coaching Points**

- Maintain stability
- Don't cross feet
- Quick footwork
- Strong base
- Widen stance and sink at hips
- Change body position under force



<b>ACTIVITY NAME:</b>	<b>Tackle and Ball Presentation</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Tackle bags	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles
	Other:		

**Description**

- A1 carries the ball forward, steps the cone then is tackled by D1
- D1 starts on one knee and nominates a shoulder for A1 to run at
- Once A1 is brought to ground D1 attempts to immediately get to feet and contests the ball
- A1 attempts to change body shape and long place while D1 is contesting the ball
- This will happen simultaneously

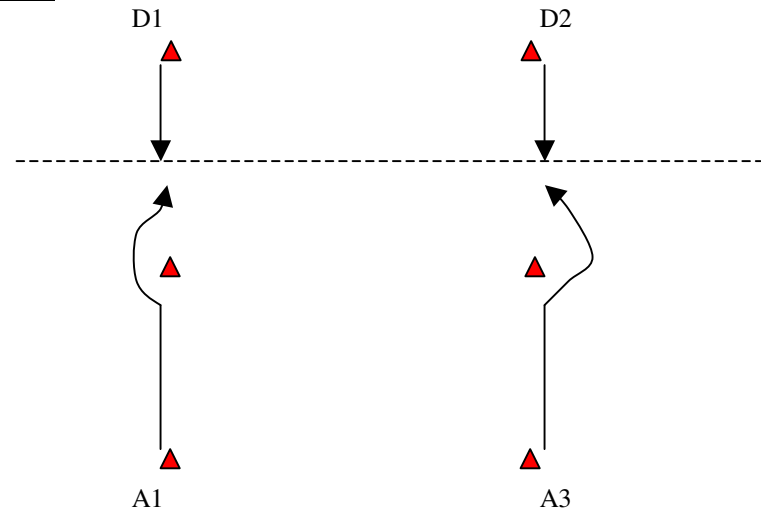
**Variations/Progressions**

- D1 attempts to steal the ball and A2 must effectively clean out before the ball is stolen

**Coaching Points**

- Ball carrier to keep ball in two hands, transfer ball to outside arm to palm the cone (defender) then go to ground with the ball in two hands (don't stick arms out to break fall)
- A1 must turn abs on and change body position to get the ball as far away from the defender as possible.
- Defender must get to feet immediately after the tackle has been made
- Attacker must try to move through contact, not stop at contact and fall over.

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Contact and Maintain feet (support)</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 3 Footballs	<input type="checkbox"/> 9 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

### Description

- A1 takes the ball forward and steps and palms the Defender (D1) and takes the ball into contact with D2
- D1 and D2 must move forward into contact
- D2 should effect a grab immediately after D1 has been stepped
- A2 must attempt to latch (hammer) as soon as D2 grabs A1
- The whole grid then moves to the next grid and repeats
- After the last grid they move to the first grid and A1 swaps with A2 and D1 with D2. Repeat then swap defence with attackers

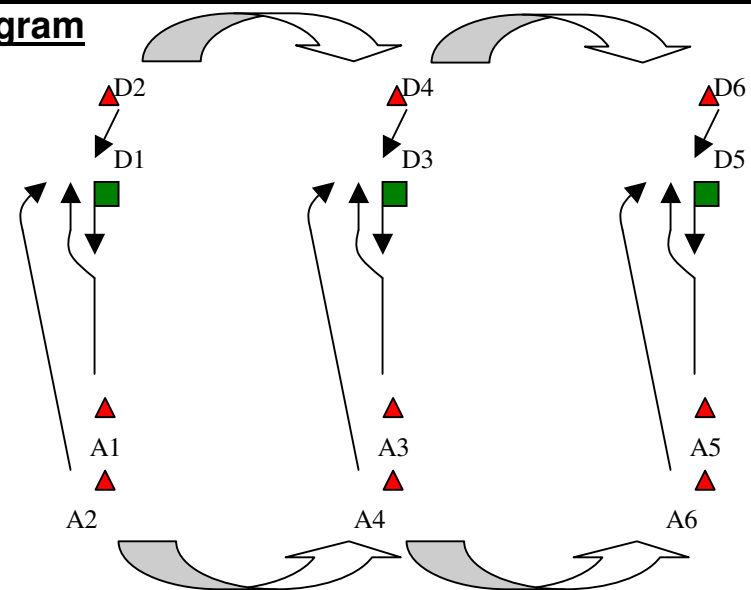
### Variations/Progressions

- Add a 3<sup>rd</sup> attacker to form a dynamic maul and drive in like a No. 8
- Make D1 make heavy contact with A1 to unbalance runner and make A2's impact more significant

### Coaching Points

- A1 must take the ball away from contact, ie steps D1 to the left and moves ball to left arm
- A2 to latch onto the ball carrier as contact is made
- A2 tries to secure ball with one arm
- A2 must make as much body contact with A1 as possible and should make a significant impact; hence go forward
- If A1 goes to ground A2 should attempt to stay on feet and clean out D2
- Players should work hard to get to next grid and restart

### Diagram



<b>ACTIVITY NAME:</b>	<b>Challenge Game Mini / Midi</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

### Description

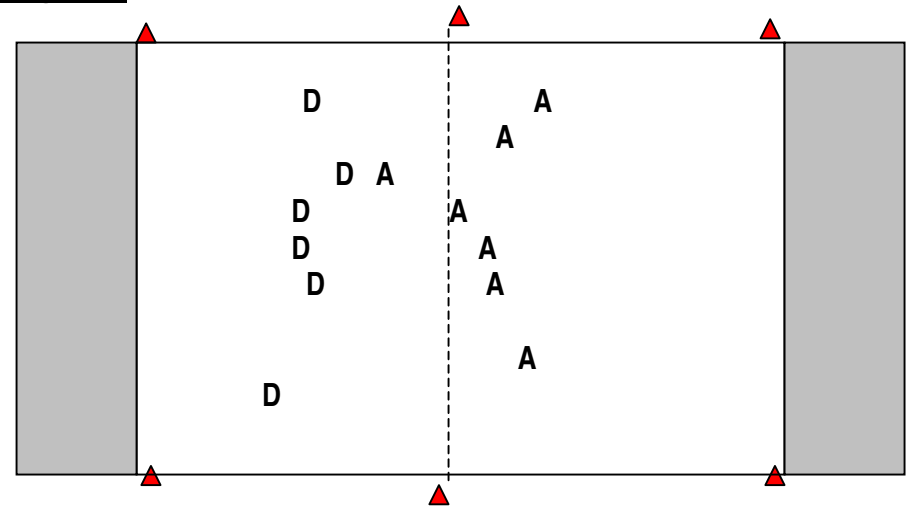
- This is similar to a game of Mini / Midi without scrums & lineouts
- Each team should be allowed to attack for an equal period of time
- If the team in possession loses the ball or infringes then play that team will get the restart from a tap penalty
- All changeovers of possession and restarts will start with a tap penalty
- The coach / referee stops the game for short explanations, to comment on good and poor play, and explain laws that are being constantly infringed upon

### Variations/Progressions

### Coaching Points

- Encourage good tackle technique
- Allow the game to flow (don't stop to talk too often)
- Communicate while refereeing i.e. 'hands off blue' etc

### Diagram





# Session 3

## Tackle Contest, Game Preparation

# TRAINING SESSION FORMAT

## Session 3 – Tackle Contest, Game

## Group – TryRugby Mini/Midi

### Preparation

#### Session Objectives

- Improve and Progress tackle technique
- Develop an understanding of tackle contest (Ruck and Maul)
- Develop an understanding of clean out technique
- Introduce pressure by incorporating contact and catch and pass
- Improve confidence in contact through open activities
- Use game elements of Ruck and Maul in a game situation

#### Equipment Required

- 24 Markers
- 4 Spare balls

### Session Plan.

#### Group Warm Up – Running Drills

- Run tall
  - Feet & limbs in straight path
  - High knee, toe up
  - Run smooth
- Stability 1 v 1

#### Key Points

- Don't cross feet
- Quick footwork
- Strong base
- Widen stance, sink at hips

#### Activity 1 – Tackle & Cleanout 1

- Tackle & Cleanout 2

#### Key Points

- Decelerate and set before cleaning out
- Set low and drive up (plane taking off)
- Maintain feet during cleanout

#### Activity 2 – 2 v 1 Straight Running

#### Key Points

- Cut down space
  - Commit the defender
  - Support player to maintain depth
- 3 Channel Drill

#### Key Points

- As above
- Use the width when available

#### Game – Challenge Game Mini / Midi

#### Key Points

- Allow each team to attack for a period of time
- Stop and explain when people are using poor technique or are outside the laws of the game
- Comment on good play and technique

#### Warm Down

### Evaluation

### Injuries

### Next Session – Coach

### Next Session – Players

Players to wear Rugby jersey (if possible)  
Players to bring mouthguard (If possible)

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

### Description

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips- straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

### Variations/Progressions

- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

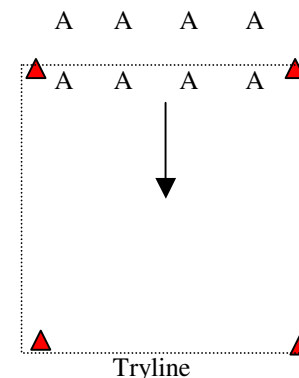
### Coaching Points

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)

### Diagram



<b>ACTIVITY NAME:</b>	<b>Stability 1 v 1</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

### Description

- Balance & stability drills in pairs A v D
- Shadowing – sideways, backwards & forwards
- Free hands – attempt to slap partners knees
- Hands on shoulders – attempt to destabilise partner
- Wrist grip – attempt to slap partners face
- Push up arm pull wrestle – attempt to pull arm of opponent
- Arm fend, grip, ball, opposition brace – prevent partner from getting ball
- As above – Change hands every 5 seconds
- Turtle back wrestle - defender on hands & knees
- Big steps, Little steps – defender resists attackers run by placing hands on shoulders (from the front), release after 5 steps

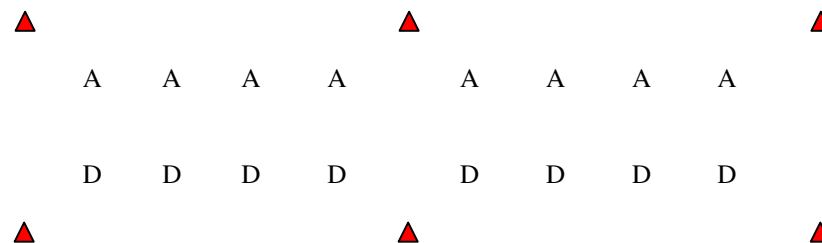
### Variations/Progressions

- Vary start positions of players i.e Turtle back wrestle both start on backs

### Coaching Points

- Maintain stability
- Don't cross feet
- Quick footwork
- Strong base
- Widen stance and sink at hips
- Change body position under force

### Diagram



<b>ACTIVITY NAME:</b>	<b>Tackle and Cleanout 1 (dig)</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

### Description

- A1 carries the ball forward, steps the cone then is tackled by D1
- D1 starts crouched ready to tackle A1
- Once A1 is brought to ground D1 remains on the tackled player (or rolls on top)
- A1 attempts to change body shape and long place while D1 is lying on top
- A2 starts lying on the ground
- A2 gets up and follows A1 into contact and attempts to clean out D1
- This will happen simultaneously

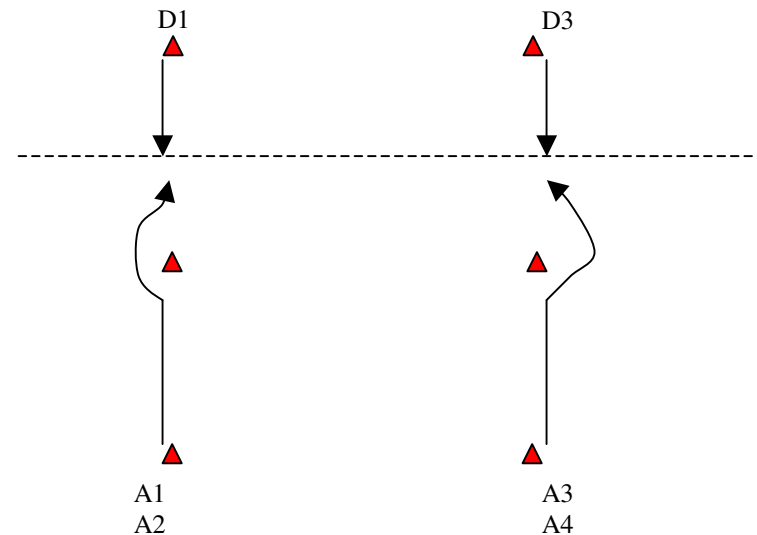
### Variations/Progressions

- Add a second defender who immediately contests the ball, forcing A2 to be closer to A1 to be able to effect the cleanout
- Add a second phase with more attackers and defenders

### Coaching Points

- A2 must decelerate by taking small steps (paddle) and lowering body height as he/she moves into contact
- A2 to make contact (shoulders to wrists) under D1 and lift D1 off the ball carrier (A1)
- A2 must set low then drive up (plane taking off, shoulders above hips)
- A2 must maintain his/her feet by chasing the lift
- Initially A2 should push D1 out of the tackle area then progress to contact with shoulder making an effective cleanout

### Diagram



<b>ACTIVITY NAME:</b>	<b>Tackle and Cleanout 2</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

### Description

- A1 carries the ball forward, steps the cone then is tackled by D1
- D1 starts crouched ready to tackle A1
- Once A1 is brought to ground D1 attempts to immediately get to feet and contests the ball
- A1 attempts to change body shape and long place while D1 is contesting the ball
- A2 starts lying on the ground
- A2 gets up and follows A1 into contact and attempts to clean out D1
- This will happen simultaneously

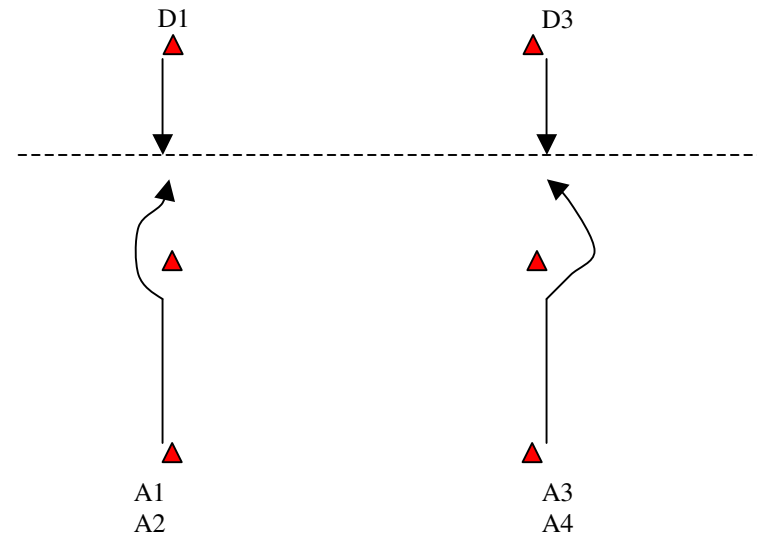
### Variations/Progressions

- Add a second defender who immediately contests the ball, forcing A2 to be closer to A1 to be able to effect the cleanout
- Add a second phase with more attackers and defenders

### Coaching Points

- Ball carrier to keep ball in two hands, transfer ball to outside arm to palm the cone (defender) then go to ground with the ball in two hands (don't stick arms out to break fall)
- A1 must turn abs on and change body position to get the ball as far away from the defender as possible.
- Defender must get to feet immediately after the tackle has been made
- A2 must decelerate by taking small steps (paddle) and lowering body height as he/she moves into contact
- A2 must set low then drive up (plane taking off, shoulders above hips) making contact with A1 and driving A1 away from the tackle
- Initially A2 should push D1 out of the tackle area then progress to contact with shoulder making an effective cleanout

### Diagram



<b>ACTIVITY NAME:</b>	<b>2 v 1– Straight Running /Cutting Down the Space</b>	<b>NUMBERS:</b>	<b>5+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
		<b>Other:</b>	

### Description

- Start with 2 v 1
- A1 Accelerates at full pace straight through agility poles, A1 is not allowed to change angle of run until after the agility poles
- A2 Accelerates at full pace and can't change angle of run until he/she has passed the middle cones
- The defender (D1) starts on the cone
- D1 cannot move forward until A1 has reached the agility poles
- Attackers can run hands or progress to plays familiar to the team

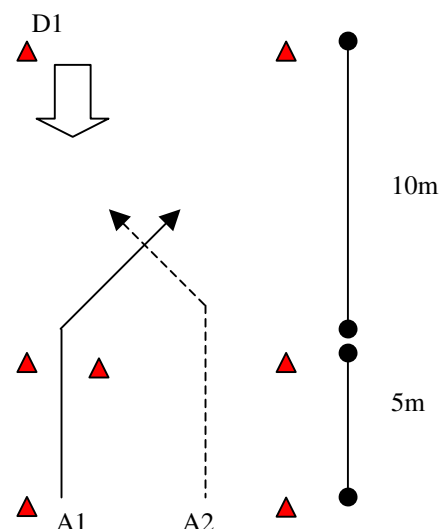
### Variations/Progressions

- Increase or decrease the size of the grid
- Attackers only allowed to run a set move (ie. Switch) and A1 must hit the open runner
- Increase the contact ie. Tackle

### Coaching Points

- A1 should be accelerating through the agility poles
- D1 and D2 must move forward quickly to cut down the Attackers space
- Hands should be able to beat the defenders
- Defenders must stay on the attackers inside shoulders
- A1 aim to commit at least one defender
- Defenders should aim to force the Attackers wide to beat them
- Two handed grab to start
- Activity should be worked on from both sides so the players are working on passing L to R and R to L
- Attackers should be committing defenders by attacking shoulders

### Diagram



<b>ACTIVITY NAME:</b>	<b>3 Channel Contact with Decision Making</b>	<b>NUMBERS:</b>	<b>4 min</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 3 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
		<b>Other:</b>	

### Description

- § Players to be fully warmed as 100% intensity is required, preferably all defenders in suits.
- § Start with 3 v 1.
- § Channels are named 1, 2 and 3, the coach should randomly call a channel in no particular order.
- § Players are to attack the nominated channel and score the try at the other end by best means possible.
- § After each try is scored, players are to jog back down the same channel placing the ball at the original starting point.
- § The coach will then nominate another channel, the defender(s) must also react to the coaches call.

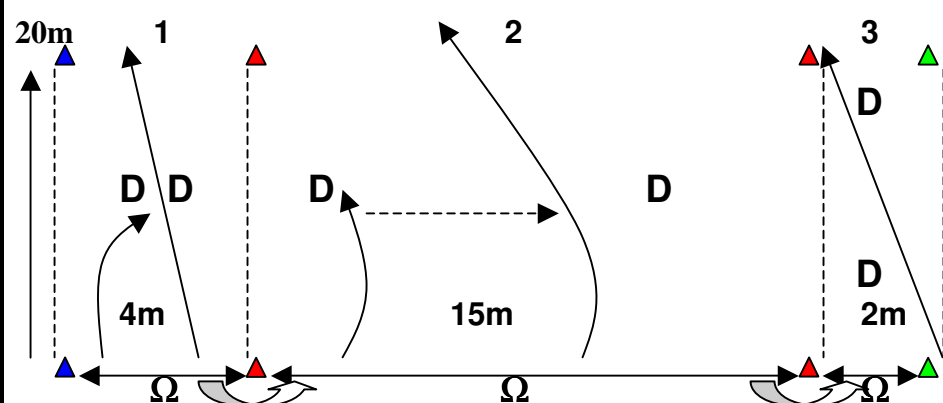
### Variations/Progressions

- § Players should only progress from a 3 v 1 to a 4 v 2 situation when they have a full appreciation of the three different scenario's and what they trying to achieve.
- § Suits make the activity more realistic to game situation, but shields are an alternative to lessen contact.
- § Channel width can be altered depending on the number of attackers and defenders being used and coaching objective.

### Coaching Points

- § Players should be encouraged to run at space (channel 2) or attack defenders shoulder (channels 1 & 3).
- § Channel 1 contact is usually inevitable with a 4m width, encouraged players to attack weak points and maintain leg drive through contact.
- § Channel 2 focuses on running at space to commit a defender, supporters should look at a change of running angle.
- § Channel 3 relies on moving defenders by attacking a shoulder; and depth of the support runner.
- § All three scenario's rely on both ball carrier and the support players ability to react to the situation.

### Diagram





<b>ACTIVITY NAME:</b>	<b>Challenge Game Mini / Midi</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

**Description**

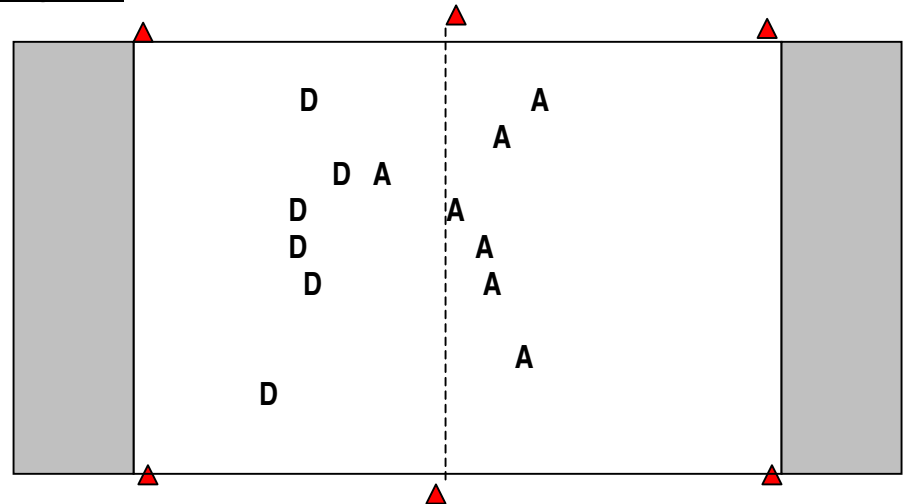
- This is similar to a game of Mini / Midi without scrums & lineouts
- Each team should be allowed to attack for an equal period of time
- If the team in possession loses the ball or infringes then play that team will get the restart from a tap penalty
- All changeovers of possession and restarts will start with a tap penalty
- The coach / referee stops the game for short explanations, to comment on good and poor play, and explain laws that are being constantly infringed upon

**Variations/Progressions**

**Coaching Points**

- Encourage good tackle technique
- Allow the game to flow (don't stop to talk too often)
- Communicate while refereeing i.e. 'hands off blue' etc

**Diagram**



# Session 4

## Lineout, Game Application

# TRAINING SESSION FORMAT

<b>Session 4– Lineout, Game Application</b>	<b>Group – TryRugby Mini/Midi</b>
<b>Session Objectives</b> <ul style="list-style-type: none"><li>- Develop an understanding of lineout skills</li><li>- Introduce pressure by incorporating contact and catch and pass</li><li>- Improve confidence in contact through open activities</li><li>- Use game elements of Ruck and Maul in a game situation</li></ul>	<b>Equipment Required</b> <ul style="list-style-type: none"><li>- 24 Markers</li><li>- 4 Spare balls</li></ul>
<b>Session Plan.</b>	
<b>Group Warm Up – Running Drills</b> <ul style="list-style-type: none"><li>- Run tall</li><li>- Feet &amp; limbs in straight path</li><li>- High knee, toe up</li><li>- Run smooth<ul style="list-style-type: none"><li>– Core Stability</li></ul></li></ul> <b>Key Points</b> <ul style="list-style-type: none"><li>- Abdomen &amp; lower back stable with contraction of deep postural muscles</li><li>- Head up</li><li>- Breath &amp; relax</li></ul> <b>Activity 1 – Lineout Walk in and Movement</b> <ul style="list-style-type: none"><li>- Lineout Move and Jump</li></ul> <b>Key Points</b> <ul style="list-style-type: none"><li>- Jump must be explosive</li><li>- Jumpers inside foot forward</li><li>- Hands up making a target</li></ul>	<b>Game – Challenge Game Mini / Midi (lineout focus)</b> <b>Key Points</b> <ul style="list-style-type: none"><li>- Allow each team to attack for a period of time</li><li>- Stop and explain when people are using poor technique or are outside the laws of the game</li><li>- Comment on good play and technique</li></ul> <b>Warm Down</b>
<b>Evaluation</b>	<b>Injuries</b>
<b>Next Session – Coach</b>	<b>Next Session – Players</b> <p>Players to wear Rugby jersey (if possible) Players to bring mouthguard (If possible)</p>

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

**Description**

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips-straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

**Variations/Progressions**

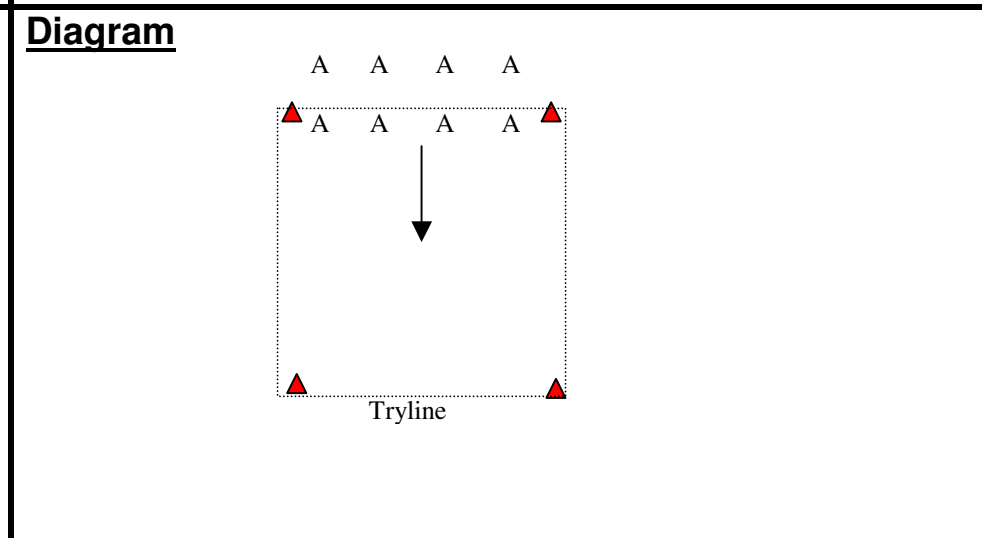
- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

**Coaching Points**

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)



<b>ACTIVITY NAME:</b>	<b>Core Stability</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 6 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

<p><b><u>Description</u></b></p> <ul style="list-style-type: none"> <li>• Players sit with legs out straight opposite each other in pairs A &amp; D</li> <li>• Player A passes ball to player D outside line of legs, D returns pass on opposite side</li> <li>• As above add extra ball</li> <li>• As above except one ball goes under, one goes over</li> <li>• Player A with ball throws pass at various heights to D who catches and returns at waist height to A</li> <li>• Sit back to back and transfer ball around waists</li> <li>• Sit opposite side on and pass ball to feet, alternate sides after set number of passes</li> </ul>	<p><b><u>Variations/Progressions</u></b></p> <ul style="list-style-type: none"> <li>• Increase speed, distance and force of throws.</li> </ul>
<p><b><u>Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>• Abdomen and lower back stable with contraction of deep postural muscles</li> <li>• Head up</li> <li>• Breath and relax</li> </ul>	<p><b><u>Diagram</u></b></p> <p>The diagram illustrates the player arrangement for the activity. It consists of two horizontal rows of players. The top row contains ten players labeled 'A' and the bottom row contains ten players labeled 'D'. Red triangles are positioned at the far left and far right of both rows, and one red triangle is placed in the middle of each row, serving as markers for the players' positions.</p>

<b>ACTIVITY NAME:</b>	<b>Lineout – Walk in and Movement</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

**Description**

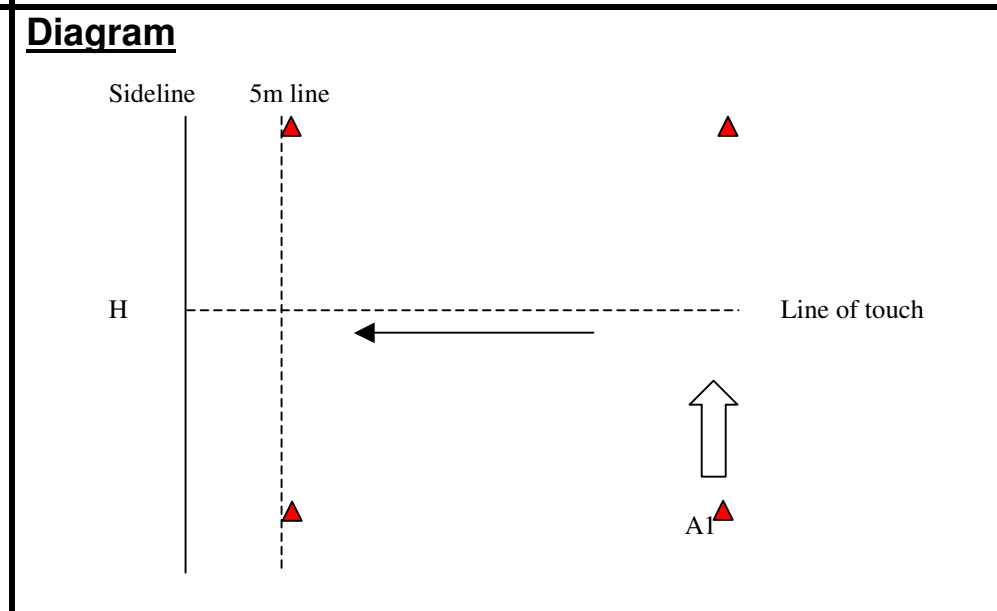
- A1 starts in line with the cone, runs in, moves forward call ‘set’ then ‘up’ and jumps to receive the ball
- Hooker throws the ball to A1 when ‘up’ call is made
- When A1 receives the ball he/she turns and sets the ball for the Hooker to come and rip
- After each lineout the attacker and hooker switch roles

**Variations/Progressions**

- Add a defender who starts opposite A and competes for the lineout

**Coaching Points**

- Jumper must call “set, up”
- Throw Technique- Square on, driven through the hips & abdominals, handgrips, ball flight path- be consistent.
- Jumping technique- Inside foot forward, hands up in front of face, weight on balls of feet, sharp spring jump, stomach sucked in, chest open, hand eye co-ordination to catch the ball, bring ball to ground quickly holding it low.
- Jumpers to start, concentrating on explosive jump, and dynamic movement



<b>ACTIVITY NAME:</b>	<b>Lineout – Walk in and Movement</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

**Description**

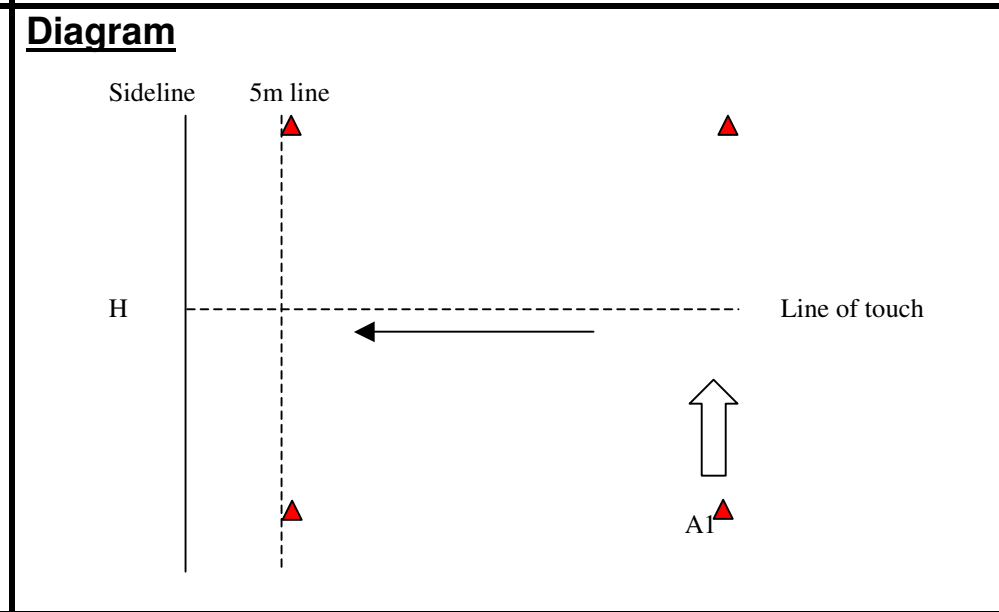
- A1 starts in line with the cone, runs in, moves forward call ‘set’ then ‘up’ and jumps to receive the ball
- Hooker throws the ball to A1 when ‘up’ call is made
- When A1 receives the ball he/she turns and sets the ball for the Hooker to come and rip
- After each lineout the attacker and hooker switch roles

**Variations/Progressions**

- Add a defender who starts opposite A and competes for the lineout

**Coaching Points**

- Jumper must call “set, up”
- Throw Technique- Square on, driven through the hips & abdominals, handgrips, ball flight path- be consistent.
- Jumping technique- Inside foot forward, hands up in front of face, weight on balls of feet, sharp spring jump, stomach sucked in, chest open, hand eye co-ordination to catch the ball, bring ball to ground quickly holding it low.
- Jumpers to start, concentrating on explosive jump, and dynamic movement



<b>ACTIVITY NAME:</b>	<b>Junior Lineout – Move and Jump</b>	<b>NUMBERS:</b>	<b>8+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

**Description**

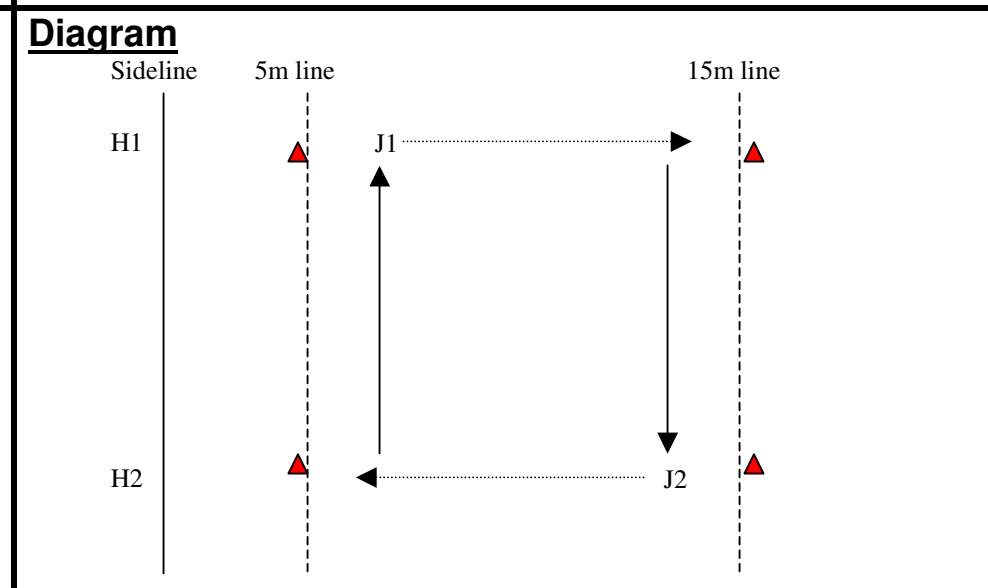
- H1 (hooker) throws the ball in to J1 Jumper
- J1 starts at the 5m line and moves back
- J1 calls ‘back, back, back, set, up’
- H1 throws the ball in
- J1 catches and sets the ball
- Hooker runs in and rips or receives a pop pass
- J1 then moves across to become J2, H1 moves across to become H2 and the process repeats, moving forward from the 15m line
- This is a continuous drill

**Variations/Progressions**

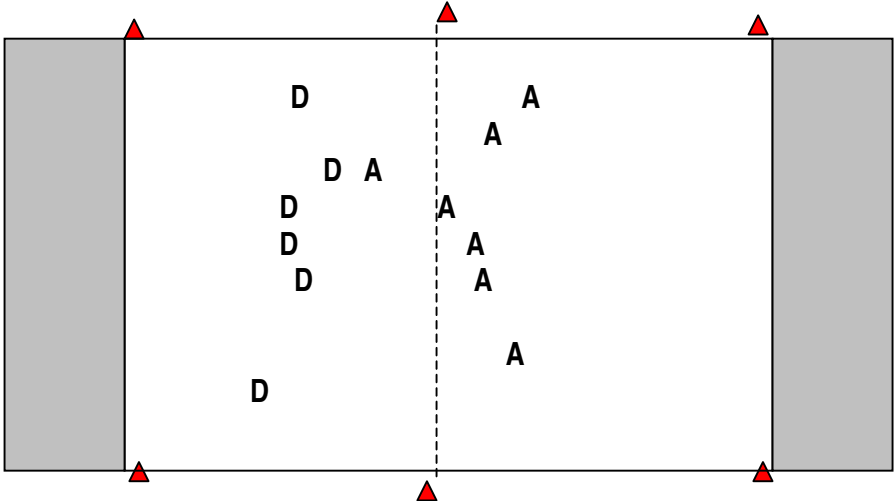
- Two Jumpers competing
- Jumper can deliver off the top ball

**Coaching Points**

- Jumpers must set before jumping
- Jumpers make sure inside foot is up, hands are up and sighting the target
- Jumper to communicate movement (back, set, & up)
- Jump must be explosive
- Catch and then set for a maul
- Make the players run hard to work them under fatigue





<b>ACTIVITY NAME</b>	<b>Challenge Game Mini / Midi (lineout focus)</b>	<b>NUMBERS:</b>	4+
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		
<u><b>Description</b></u> <ul style="list-style-type: none"> <li>• This is similar to a game of Mini / Midi without scrums</li> <li>• Each team should be allowed to attack for an equal period of time</li> <li>• If the team in possession loses the ball or infringes then play that team will get the restart from a lineout</li> <li>• All changeovers of possession and restarts will start with a lineout</li> <li>• The coach / referee stops the game for short explanations, to comment on good and poor play, and explain laws that are being constantly infringed upon</li> </ul>	<u><b>Variations/Progressions</b></u>		
<u><b>Coaching Points</b></u> <ul style="list-style-type: none"> <li>• Encourage good tackle technique</li> <li>• Allow the game to flow (don't stop to talk too often)</li> <li>• Communicate while refereeing i.e. 'hands off blue' etc</li> </ul>	<u><b>Diagram</b></u> 		

# Session 5

## Scrum Body Shape, Game Application

# TRAINING SESSION FORMAT

**Session 5– Scrum Body Shape, Game**

**Group – TryRugby Mini/Midi**

**Application**

## Session Objectives

- Develop an understanding of Scrum Body Shape
- Improve contact skills through Attack v Defence

## Equipment Required

- 24 Markers
- 4 Spare balls

## Session Plan.

### Group Warm Up – Running Drills

- Run tall
- Feet & limbs in straight path
- High knee, toe up
- Run smooth
  - Core Stability

### Key Points

- Abdomen & lower back stable with contraction of deep postural muscles
- Head up
- Breath & relax

### Activity 1 – Scrum Body Shape / Scrum Clusters

#### Key Points

- Head up
- Shoulders Back
- Straight back

- Scrum Engagement – Timing and

#### Positioning

- As above
- Learn “Crouch, Touch and Hold, Engage” sequence

- Scrum Body Shape – Moving under force (Midi Only)

### Activity 3 – Modified Game

#### Key Points

- Allow each team to attack for a period of time
- Stop and explain when people are using poor technique or are outside the laws of the game
- Comment on good play and technique

### Warm Down

## Evaluation

## Injuries

## Next Session – Coach

## Next Session – Players

Players to wear Rugby jersey (if possible)  
 Players to bring mouthguard (If possible)

# Effective Scrummaging

The purpose of the scrum is to restart play quickly & safely. This section deals with the Midi scrum as it is a physical contest for possession. However, certain aspects should also be taught to Walla & Mini players.

The following will look closely into the technical components of building a scrum, including foot placements, bindings, assembly sequence, engagement, roles and responsibilities, and most importantly the SAFETY aspects to be considered when coaching the scrum.

The scrum has a number of LAW variations between Senior Rugby (20yrs and older), the Under 19's Rugby (U13's – U19's) and Junior Player Pathway Rugby (U7's – U12's).

	<b>Walla</b>	<b>Mini</b>	<b>Midi</b>	<b>U19</b>
<b>Contested</b>	No	No	Yes	Yes
<b>Numbers</b>	3 players	5 players	6-8 players	8 players
<b>Push</b>	Non-push	Non-push	1 meter	1.5 meters
<b>Offside line</b>	5m from last feet	5m from last feet	Last feet	Last feet

All the up to date laws of Rugby Union can be found on the ARU Website at [www.rugby.com.au](http://www.rugby.com.au). The laws are enforced to assure the safety of all players involved in the contest.

## Body Shape

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The scrum is a technical component of rugby union where forces are generated and transferred through your body into other player's bodies. All participants need to understand the correct techniques involved in generating and resisting these forces. The starting point for coaching the scrum is to understand the individual body shape required to achieve this.

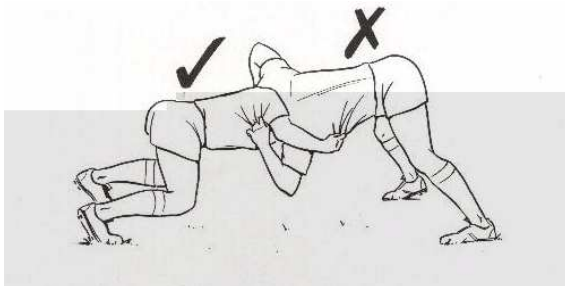
Body Shape is the absolute essence of good scrummaging. It allows you to use your force and the force of the rest of the scrum, more efficiently. It is believed that almost 99% of all scrummaging problems can be related directly to the body shape of the participant(s). It is therefore in the interest of all concerned and especially those players looking to improve their scrummaging, that attention be focused on this key element.

Body shape should remain consistent for all participants involved in the scrum; no matter what position they hold, from front row through to number 8.

**A number of coaching points to consider when instructing the correct body shape include:**

- ∇ A strong, balanced and stable base, which can be achieved by placing the feet approximately shoulder-width apart and toes level (this only differs for the Hooker). This will ensure stability if the scrum moves sideways while also allowing an excellent platform to generate power. If the feet placement greatly exceeds shoulder-width, there would be a substantial reduction to the capacity to generate and resist force, increasing the risk of injury. Toes, knees, hips and shoulders should be square and ALL facing forward.
- ∇ Knee bend (100 – 110° approx) directly beneath hips will assist in generating and transferring weight. Knees should remain directly in line with toes and hips.
- ∇ High, steady hips will allow those players behind to apply force through a near vertical surface. The hips should NOT at anytime be higher than the shoulders.
- ∇ Straight back (parallel to the ground) will allow the transfer of forces generated by the lower body directly ahead through to the opposition scrum. Pull the shoulders back drawing the shoulder blades together and push out the chest, this will ensure you do not have a humped back.
- ∇ Keep the head up and thrust the chin forward (off chest) so that the spine is in a straight line from the head. ***“Look where you are going, not where you have been”***
- ∇ Activate the Abdominal muscles and breathe at a slow even pace. DO NOT hold your breath.

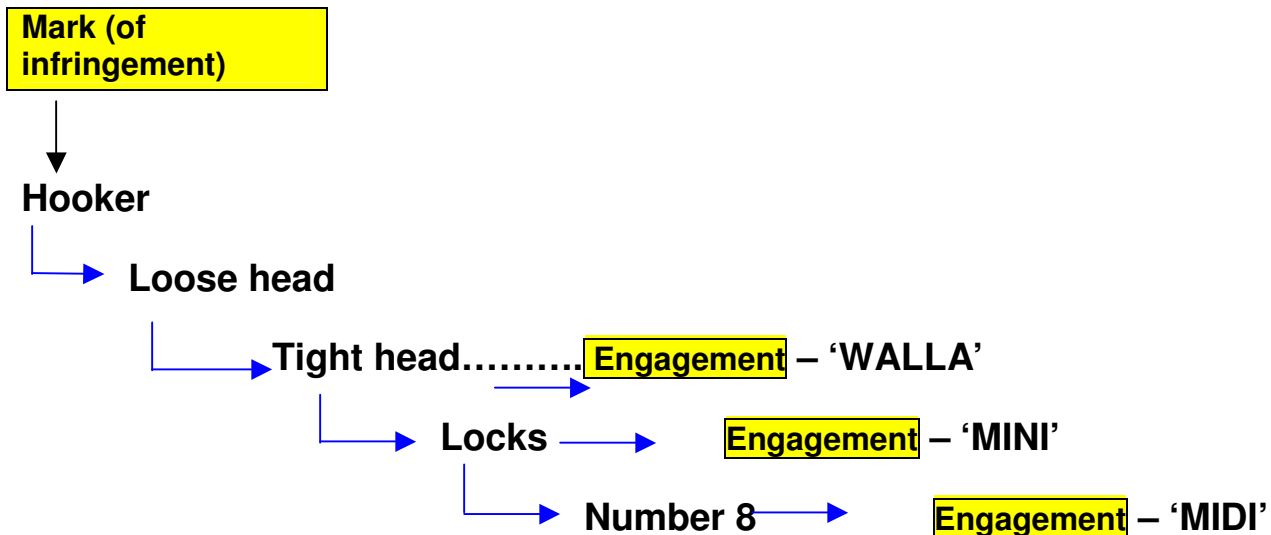
All players will need to be able to adopt the correct body shape and maintain it for the duration of the scrum activity (including the assembly and engagement) involving generating force, resisting force, movement sideways, forward and backwards.



# Scrum Assembly

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A team should have a set procedure for assembling the front row and scrum. The following order is recommended and the coaching points are clearly listed below. Once the mark is established, the hooker should be the first in position, followed by the loose head, tight head, locks, and finally the number 8 (Midi Only).



## Building the Front Row

---

Front row players should not assemble directly opposite their opponent, but opposite the slot that they will move into on the engagement. This is referred to as 'Offsetting' and will ensure that the majority of force generated will be absorbed through the shoulders rather than the head or neck.

### **Hooker (No2)**

The Hooker is the centre of the scrum and consequently the organiser (captain) who through action and instruction builds the scrum around him or herself. They are the first to the 'mark of infringement' and should take ownership by placing the strike foot just back from the mark. Listed below are a number of coaching checkpoints to consider:

1. Hooker assumes the leadership role of the scrum activity.
2. Takes ownership of mark – strike foot on mark and do not move.
3. Adopt a narrow stance (feet close together) with strike foot slightly (10cm) in front of rear foot. This narrow stance will not only allow the props to anchor but will also leave enough room for the locks to secure their heads between the hooker and props.
4. Place hands on head, chin off chest and looking forward.
5. It is recommend that this age group build the scrum standing up and allow the referee to call the crouch.

## Hookers' call for scrum formation:

- "Props In"* - Props bind in.
- "Seconds In"* - Second row binds on.
- "Back row on"* - Back row binds on. (only in MIDI)

**NB:** The hooker should be vocal and positive with his scrum assembly instructions

### Loose Head Prop (No1)

The loose head prop is the first to join the hooker in assembling the scrum. This prop is referred to as 'Loose' because their head placement is outside that of the opposition prop opposing them and consequently impact is only on their right shoulder. Listed below are a number of coaching points to consider:

1. Approach from behind the hooker.
2. Plant right (inside) foot adjacent to the hookers back foot. This foot does not move and all adjusting should be done with the left foot.
3. Feet pointing directly forward, square up hips and outside foot.
4. Feet shoulder width apart and adjacent to each other.
5. Take a chest high bind on hooker and close off all space between loose head and hooker.
6. DO NOT hide shoulder, remain square with toes, knees, hips and shoulder all facing forward.

**NB:** Hooker to bind over the shoulders and under the armpit of the Loose Head Prop

### Tight Head Prop (No3)

The Tight Head Prop is the next player in the scrum assembly process and binds onto the other side (right) of the hooker. This prop is referred to as 'Tight' as their head placement on engagement is between the opposing prop and hooker. It is the Tight Head Prop that receives the most amount of force from the opposition scrum. Listed below are a number of coaching points to consider:

1. Approach from behind the hooker.
2. Plant left (inside) foot adjacent to the hookers front foot. This allows the angle for the tight head to lead the scrum into engagement and gain a good body position to provide a stronger anchor for the scrum (This 'off set' angle also ensures that each front row player will have a slot to put their head). The inside foot should not move once planted and all adjusting should be done with the right foot.
3. Toes pointing directly forward, square up hips and outside foot.
4. Feet shoulder width apart and adjacent to each other.
5. Take a low bind (waist / shorts) on hooker and close off all space between tight head and hooker.
6. DO NOT extend further than is comfortable. Remain Square with toes, knees, hips and shoulders all facing forward.

## **Building the Second Row (locks)**

---

It is the primary focus for the locks to obtain a solid contact on the backside of the prop directly in front of them, and a secondary objective to get a tight grip on the adjacent lock partner. This can be achieved by binding onto the prop prior to the lock partner. Listed below are a number of coaching checkpoints to consider:

### **Locks (4 & 5)**

1. Locks to approach from the outside of the prop in front of them.
2. The lock must first take a grip on the top and the front of the props shorts then rotate around to the shoulder support, allowing the grip to slide if need be. This should eliminate the locks applying pressure and movement onto the prop by reaching forward in an attempt to close the gap.
3. It is important that there is no gap between the shoulders, arm, head of the lock and the prop.
4. Once the locks have bound onto the prop in front and the shoulder position is achieved, they bind onto one another and place their head between the hips of the hooker and prop.
5. Toes should be pointing directly forward and inside knee on the ground.
6. Look forward at all times and **DO NOT** lean on front row until engagement.

**NB:** Locks might want to go to one knee in the assembly process, but should attempt regain feet prior to engagement.

## **Building the Number 8 (MIDI RUGBY ONLY)**

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The number 8 in 'Midi Rugby' binds onto and provides support behind the locks. It is crucial that those playing number 8 understand the importance of actively assisting in the generating and resisting of forces within the scrum activity as apposed to merely binding on and providing no or little resistance.

### **Number 8**

It is important that the number 8 provides a solid shoulder contact to support the locks and assist in driving forward after engagement. Once the locks have assembled ready for engagement, it is the responsibility of the Number 8 to correct and deficiencies in the scrums shape and to ensure all body shapes are correct and in a strong position ready for engagement. The Number 8 should assume the same body position as that of the locks with a strong base and flat back. Listed below are a number of coaching points to consider.

1. The Number 8's primary focus is to provide a solid shoulder support to the backside of the locks similar to that of the locks main objectives.
2. The body shape of the number 8 should be identical to that of the locks in front of them. Hence, toes, knees, hips and shoulders all square and facing forward.
3. The number 8 bind around the waist of the locks.
4. The Number 8 must ensure that all players in the scrum are in the correct position and have assumed the correct body shape prior to engagement.



# Engagement Sequence

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The Engagement is the most important feature in the scrum when dealing with safety and injury prevention. It is for this reason that all players MUST follow the referee's calls and apply all the correct techniques. When engaging, the head should be looking forward for the spot to engage and should be 'off set' (head in line with shoulder) and not directly in line with the opposition players. The chest should be pushed through, and the shoulders square.

The engagement sequence includes:

## **WALLA & MINI Rugby:**

**CROUCH** → **TOUCH** → **HOLD** → **ENGAGE SLOWLY**

## **MIDI Rugby:**

**CROUCH** → **TOUCH** → **HOLD** → **ENGAGE SLOWLY**

**Crouch** - This means that each player in the front row bends at the hips & knees while positioned opposite their opposing player's left shoulder (offset). It is important to note that shoulders should NEVER become lower than hips. All members involved tighten their grips (drawing the binds) and weight is on the balls of their feet.

**Touch** – The props must touch their opponent's upper arm to judge the distance before lowering their arm and prepare for engagement. Heads are up and looking forward, concentrating on their target for engagement. Referees will ensure that distance is correct and safe.

**Hold** – This refers to holding the crouch position still, thus ensuring that the scrum is stable prior to engagement. The front row concentrate on their targets and head and chin is up.

**Engage** – Each member of the front row place their head under the left shoulder of their opposing player and looks up. This will ensure that the spine remains straight.

Unless the scrum is securely bound prior to contact, the engagement will have a concertina effect. That is, the front row will engage, and then the second row followed by the back row. This can be quite dangerous in that the scrum becomes totally unstable with participants relying on each other to remain on their feet.

## **Mayday Scrum**

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The "MAYDAY" call is a safety technique put into operation when a scrum is considered by a player to be collapsing, or has collapsed, or when a player believes that he/she is in a potentially dangerous position.

It was considered necessary to have a recognised call Australia wide which would allow people to have an understanding of what actions they should take when one of the above mentioned situations occurs in a scrum.

The following is a description of the process to be followed by players, when the "Mayday" call is heard. Referees should be acutely aware of the process, as they may well be the person who can talk the players through the correct disengagement sequence. Before each game you should check that the referee is aware of the mayday scrum procedures.

The injured player should not be moved after the "Mayday" call. All other players should follow the sequence on the following page.

## MAYDAY SCRUM PROCEEDURE

- The player makes a loud call, "MAYDAY". **The referee should immediately blow the whistle.**
- The back 5 (locks, flankers and No. 8) should immediately stop pushing to release pressure on the front row.
- All players should then lower to their knees in a controlled manner. This takes the majority of the weight off.
- There is then a pause.
- The second movement is to lower the top half of their body.
- The front row then softly land on their face, which is termed a "face plant".
- Having collapsed into this position and taken the weight off, none of the parties should look sideways. Rotation and flexion is the cause of many injuries.
- For example if the hooker is injured, neither front rower should look sideways to see how the hooker is, because that will also expose them to the same or similar injuries.
- Don't look sideways, just collapse straight to the ground.
- The call is then made by the referee, "DOES ANYONE HAVE A PROBLEM?"
- **Certainly do not try and move the player. Leave them exactly where they are.**
- If there is no reply the referee asks the players to number off; 1, 2, 3, 4, etc
- The props should release their bind on the opposition
- **On the referees instruction:-**
  1. The number 8 then moves back and away.
  2. The flankers then release their binds and move outwards and away.
  3. The locks then release their binds and move outwards and away.
  4. The prop forwards then release their bind on the hooker and move outwards and away.
- As the hooker is in the centre of the scrum, this will leave the two hookers on the ground.
- This leaves everyone released and free.
- If everybody moves free of another player, then there will be no further injury to any player in trouble.
- The player left on the ground is then left in that stable and still position, until medical assistance arrives.
- **Certainly do not try and move the player. Leave them exactly where they are.**

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

### Description

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips- straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

### Variations/Progressions

- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

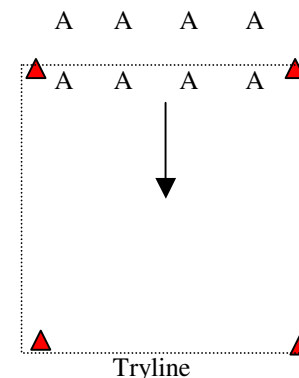
### Coaching Points

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)

### Diagram



<b>ACTIVITY NAME:</b>	<b>Core Stability</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 6 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

**Description**

- Players sit with legs out straight opposite each other in pairs A & D
- Player A passes ball to player D outside line of legs, D returns pass on opposite side
- As above add extra ball
- As above except one ball goes under, one goes over
- Player A with ball throws pass at various heights to D who catches and returns at waist height to A
- Sit back to back and transfer ball around waists
- Sit opposite side on and pass ball to feet, alternate sides after set number of passes

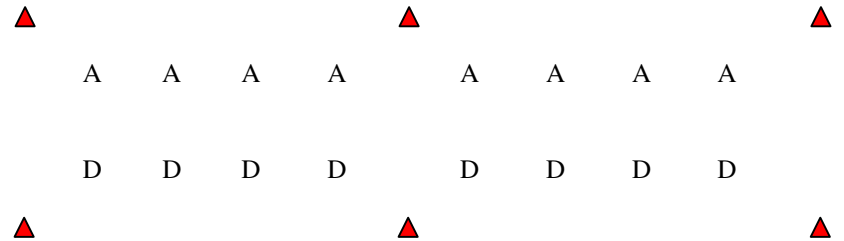
**Variations/Progressions**

- Increase speed, distance and force of throws.

**Coaching Points**

- Abdomen and lower back stable with contraction of deep postural muscles
- Head up
- Breath and relax

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Scrum Clusters</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

### Description

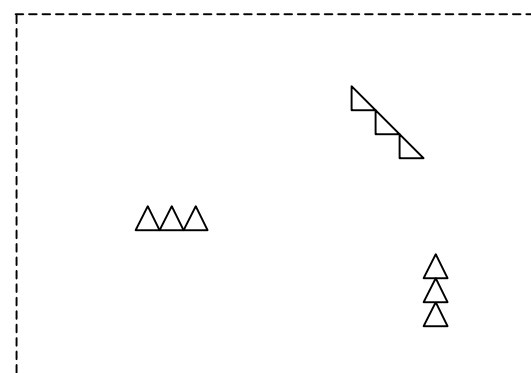
- In a grid 10m x 10m players continually perform an activity (i.e. ball tag or Paddo's simple).
- The coach will randomly call out numbers 1, 2 or 3 which indicates how many players need to assemble in a scrum formation
  - 1 = Hooker in set position
  - 2 = Hooker & Loosehead bound in set position
  - 3 = Front row bound and set ready for engagement.

### Variations/Progressions

### Coaching Points

- The head should be in a fully extended position (chin off chest) with no rotation.
- The back (spine) should be straight while toes, knees, hips and shoulders remain square.
- Chest should be open with shoulders back.
- The feet should be shoulder width apart (except hooker who should have feet together with strike foot slightly forward) and knees bent.
- Hooker binds over prop's shoulders taking a grip under their arm pits.
- Left hand (loosehead) prop binds on hooker first and takes a chest high bind.
- Tight head prop binds on second and takes a waist (shorts) bind the assist with the hooker strike.

### Diagram



### **Coach Calls:**

**1,  
2 or  
3**

<b>ACTIVITY NAME:</b>	<b>Scrum Engagement – Timing and Positioning</b>	<b>NUMBERS:</b>	<b>6+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

### Description

- Players (P) begin in the middle of the grid and run around passing the ball between each other running at pace
- The Coach blows the whistle and the players sprint to the edge of the grid
- Players line up against each other in pairs
- The coach then calls 'Crouch, Touch, Hold, Engage' ('Slowly' for Mini and Walla)
- The players then engage each other and apply a small amount of force
- The coach blows the whistle and the activity begins again

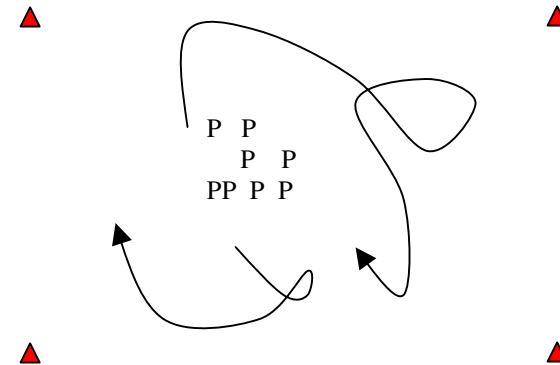
### Variations/Progressions

- Players form groups of 3 and two players engage, one engages last player feeds the ball in (scrum half)
- Ensure the hooker strikes for the ball with the right foot in a sweeping motion
- Ensure the scrum half feeds the ball in from the left

### Coaching Points

- The coach should walk around ensuring the players are in good body position and are listening to the engagement sequence
- Heads should always go to the left
- Head should be in a fully extended position (chin off chest) with no rotation. Looking forward, not down
- The back (spine) should be straight while toes, knees, hips and shoulders remain square
- Chest should be open with shoulders back
- Feet should be shoulder width apart and knees bent
- High hips, but not below shoulders

### Diagram



<b>ACTIVITY NAME:</b>	<b>Scrum Body Shape – Moving Under Force</b>	<b>NUMBERS:</b>	<b>3+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> Footballs <input type="checkbox"/> 4 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles <b>Other:</b>		

**Description**

- S1 and S2 begin Scrummaging against S3 (S3 in between S1 and S2)
- S1 represents a hooker, S2 the loose head prop and S3 the tight head prop
- All players begin on their knees and once comfortable can progress to getting to their feet (once engaged an on knees)
- The coach then calls the colour of a marker and S1, S2 & S3 must push each other to that mark in a controlled manner
- Coach ensures correct body position is maintained

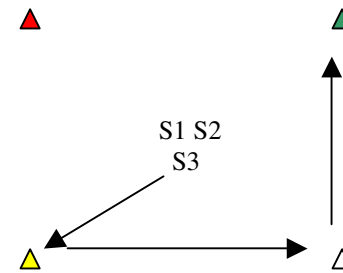
**Variations/Progressions**

- Start in a crouched position and call engagement sequence “crouch, touch and hold, engage”

**Coaching Points**

- Small controlled steps
- Head should be in a fully extended position (chin off chest) with no rotation. Looking forward, not down
- The back (spine) should be straight while toes, knees, hips and shoulders remain square
- Chest should be open with shoulders back
- Feet should be shoulder width apart and knees bent
- High hips, but not below shoulders

**Diagram**



<b>ACTIVITY NAME:</b>	<b>Modified Mini / Midi Game</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

**Description**

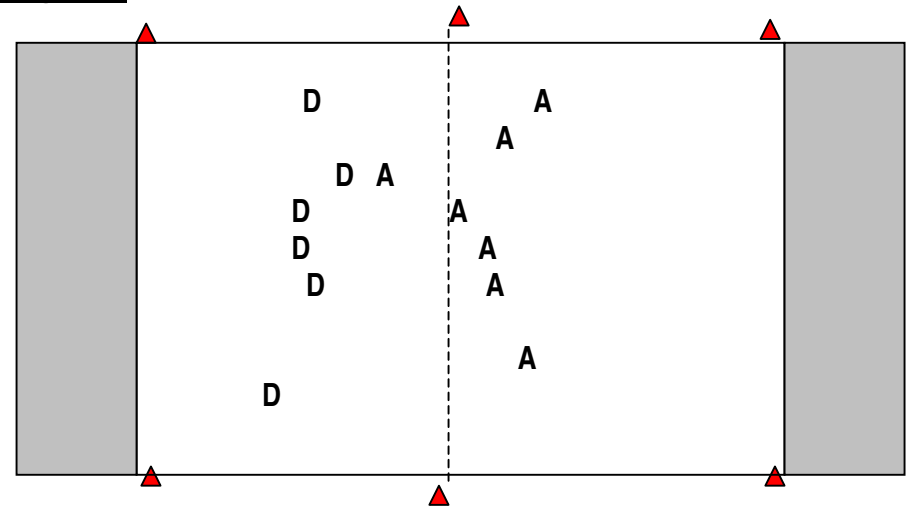
- This is a game of Mini / Midi with the coach stopping the game to point out key areas, problems and laws
- The game is essentially the same as Mini / Midi

**Variations/Progressions**

**Coaching Points**

- Encourage good tackle technique
- Take time to set the scrum and lineouts, ensuring good technique
- Allow the game to flow (don't stop to talk too often)
- Communicate while refereeing i.e. 'hands off blue' etc

**Diagram**





# Session 6

# Game Application

# TRAINING SESSION FORMAT

<b>Session 6– Game Application</b>	<b>Group – TryRugby Mini/Midi</b>
<b>Session Objectives</b> <ul style="list-style-type: none"><li>- Play Games</li></ul>	<b>Equipment Required</b> <ul style="list-style-type: none"><li>- 24 Markers</li><li>- 4 Spare balls</li></ul>
<b>Session Plan.</b>	
<b>Group Warm Up – Running Drills</b> <ul style="list-style-type: none"><li>- Run tall</li><li>- Feet &amp; limbs in straight path</li><li>- High knee, toe up</li><li>- Run smooth</li></ul>	
<b>Activity 1 - Coaches choice</b>	
<b>Key Points</b> <ul style="list-style-type: none"><li>- Choose one of the activities that needs further revision and is appropriate to your group</li></ul>	
<b>Game – Mini / Midi Game</b>	
<b>Key Points</b> <ul style="list-style-type: none"><li>- Go Forward</li><li>- Keep tackles low</li><li>- Reward positive play</li><li>- Have fun</li></ul>	
<b>Warm Down</b>	
<b>Evaluation</b>	<b>Injuries</b>
<b>Next Session – Coach</b>	<b>Next Session – Players</b>

<b>ACTIVITY NAME:</b>	<b>Running Drills</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<b>Other:</b>

### Description

- In a 10m x 10m grid attackers (**A**) begin at one end of the grid
- All A's are in banks of runners
- On coaches call they complete a series of walks, plyometric and sprint drill activities
- Focus on glute walks, lunges – various directions, skips-straight/in/out, pitta-patter, hurdle walks, laterals, bummies, cycles, fast leg & bounding
- Drills progress from simple to more complex

### Variations/Progressions

- Introduce ball
- Vary start positions of feet and body
- Add run throughs after every few drills (70-100%)

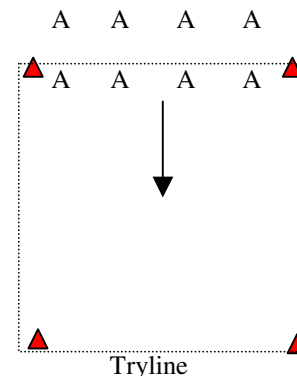
### Coaching Points

- Upright head & trunk “run tall”
- Feet & limbs in straight path
- High knee & toe up
- Extend back leg
- Run smooth & fast

Emphasis of all drills is to improve running technique and efficiency by:-

1. Straightening support leg to activate glutes (strongest muscle in legs and promote hip height)
2. Decreasing contact time (focus of all drills except bummies is to obtain dorsi flexed position before striking the ground)
3. Reducing rear side mechanics (as the leg comes under the body the heel should lift no higher than knee of the support leg, when running you can only control what is front of you)

### Diagram



<b>ACTIVITY NAME:</b>	<b>Modified Mini / Midi Game</b>	<b>NUMBERS:</b>	<b>4+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
		Other:	

### Description

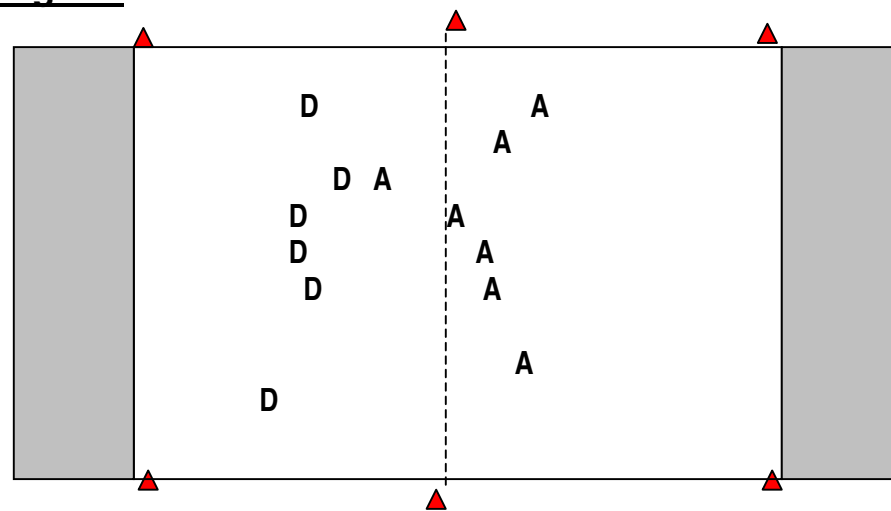
- This is a game of Mini / Midi with the coach stopping the game to point out key areas, problems and laws
- The game is essentially the same as Mini / Midi

### Variations/Progressions

### Coaching Points

- Encourage good tackle technique
- Take time to set the scrum and lineouts, ensuring good technique
- Allow the game to flow (don't stop to talk too often)
- Communicate while refereeing i.e. 'hands off blue' etc

### Diagram



# Secondary Activities

The following activities are to be used as a fallback to allow flexibility in the set program. It is up to each professionally trained instructor to tailor the program to his or her particular group.

<b>ACTIVITY NAME:</b>	<b>Challenge Game – Bugs and Spiders</b>	<b>NUMBERS:</b>	<b>10 + players</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 14 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Tackle bags	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles
	Other:		

### Description

- Attackers (**A1-A4**) attempt to escape over the outside boundary line of the grid set out by the markers ( ▲ ). The attackers may attack any side of the grid.
- Defenders (**D1-D6**) must remain within the boarded area. Defenders perform 2 handed tags to stop attacker.
- Attacking players are to move the ball around in the aim to create / find a gap between the defenders to score a try.
- A point is scored when an attacker scores a try without being tagged.
- The Coach may put a time limit on how long the attackers have to score as many points as possible.

### Variations/Progressions

- With greater team numbers add an extra defender to each end (grid becomes a square approximately 10-15m) and add extra attackers.
- Begin with one ball then progress to two.
- Introduce contact with the aim to involve skills of switch, screen pass, circle ball to support player. If attacker is stopped and does not get away a pass immediately then the attackers must attack different side of the grid.
- Increase the number of defenders.
- Decrease size of grid to increase pressure.

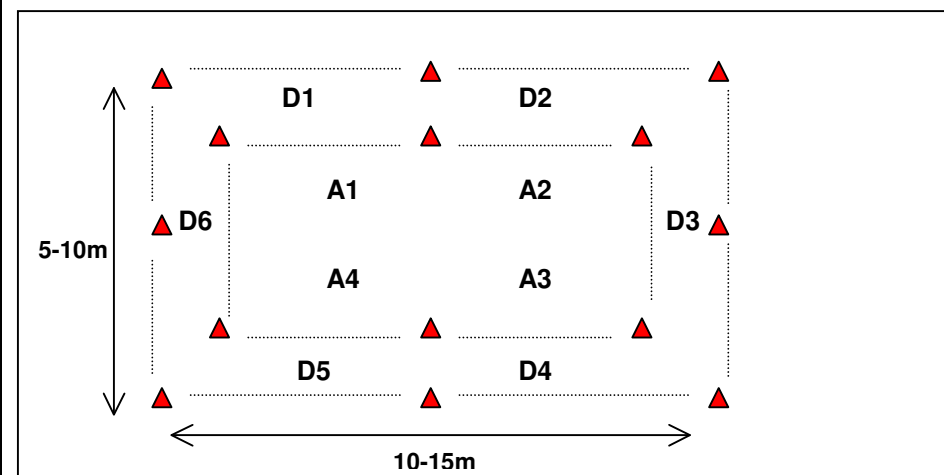
### Objectives

- Develop communication in defence
- Promote skills of committing a defender to create space
- Develop quick and effective decision making skills in attack.

### Coaching Points

- Ensure area is large enough for number of players.
- Stress importance of vision to avoid collisions.
- Communication in attack and defence very important.
- How is space / gaps created? Angle and speed of run and pass important.

### Diagram



<b>ACTIVITY NAME:</b>	<b>Footwork (coaches call)</b>	<b>NUMBERS:</b>	<b>2+</b>
<b>EQUIPMENT:</b>	<input type="checkbox"/> Footballs <input type="checkbox"/> 9 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles    Other:		

### Description

- In two (2) 10m x 10m adjacent grids the player commences in the centre at one end of the grid
- When instructed, players run down the centre of the first grid.
- As players approach the end of the first grid, coaches need to call out LEFT or RIGHT.
- On this call, players are to react quickly and change direction to run to the corner marker at the end of the grid that is on their LEFT or RIGHT (depending on coaches call)

### Variations/Progressions

- Introduce ball activities at the end of the grids (i.e. place, roll, pass etc)
- Increase the number of grids as so more players are working at once

### Coaching Points

- Initiate Running speed with short, quick steps
- Lean forward when running
- Maintain foot work (speed) when changing direction by shortening stride length
- Carry ball in 2 hands

### Diagram

