

A COACHING PHILOSOPHY

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OUR AIM

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KEY AREAS FOR TRAINING & CONCENTRATION



- 1. Win Possession**

- 2. Retain Possession**

- 3. How to use what you get**

- 4. Regain Possession**

- 5. My Commitment**



WIN THE BALL

Scrum

The Scrum should be looked upon as an attacking weapon!

The Scrum should provide the team with quality possession with which to launch a variety of attacking plays and moves.

Attack

- To present the ball from all of three channels with quick or slower service.
- To utilise all eight players in different scrum plays in order to place extreme pressure on the opposing scrum with a view to winning a “tight head” or at least making the opposition possession untidy.
- To utilise a system of plays and moves from which to launch attacks on the opposing defence systems.

Defence

Always contest opposition scrum! Devise calls for all defensive plays.

Lineout

The Lineout is the best place to start a try making sequence of plays. It is not a phase of the Rugby game that is to be considered as one....but the start of many phases.

Attack

- To be able to deliver possession from various sections of the lineout...either from the top or bringing the ball down.
- From this position we must be prepared, and have practised various plays, from various angles to achieve a multi phase attack on the opposition goal line.

Defence

Always contest opposition throws...again with practiced plays and moves.

Kick-Off**Attack**

We must be able to reduce the opposition's options from a kick-off receipt.

This can be done from running pressure, at the ball, on the ground or in the air.

Receipt

Communication, timing, support and options once in possession... are the key elements to good kick-off retention and go forward.



RETAIN THE BALL

PHILOSOPHY

Retaining possession should always be a PRIMARY FOCUS for Rugby coaches.

Retaining possession should not be over complicated by too many factors....
we should focus only on key elements.



Key Elements

- 1 Ball player should be alert and strong in the tackle.
- 2 Primary support players must be on time.
- 3 Clean out...rip...ruck...maul.
- 4 Go forward.
- 5 Presentation.
- 6 Intensity is a key element.
- 7 Delivery from 9.
- 8 Attack options.



USE THE BALL

The most important aspect of the Rugby game is scoring. Everything we do, all that we train to do, our secret individual desires, are about scoring a try.

Therefore, what we do when we are in possession is vitally important to the end result. How we react to being in possession and what we do with possession, all has a bearing on the end result and on how we enjoyed this latest experience.

To most players, it is important to win..... it is also important to enjoy the game.

To use the ball effectively, the team should have at it's disposal a wide and varied range of options for using the ball.

Again, these can be broken down to "Key Elements".



Key Elements

- 1 Win the impact
- 2 Go forward
- 3 Support
- 4 Continuity
- 5 Options
- 6 Intensity
- 7** Training



REGAIN THE BALL

PHILOSOPHY

When a team is not in possession, it is important that the structure is in place, within the team unit, to know the correct things to do, in order to regain possession.

If there has not been enough team discussion and practice on how to regain possession, then the team will struggle to win the ball back and therefore find it hard to score.

We can not rely, entirely, on set piece possession to conceive our scoring opportunities. Statistics show that turnover ball is some of the best possession to score from.

We must learn how to regain possession.

Key Elements

- 1 Pressure
- 2 Go Forward
- 3 Continuity
- 4 Intensity
- 5 Urgency
- 6 Defence Systems (Individual & Unit)

MY COMMITMENT

PHILOSOPHY

If you want to win...then you have to train to win

To train to win means you need to train with an attitude for success at training...and to succeed at training means...no mistakes.

With somewhere between 90 and 120 minutes per training session to practice ball handling, speed, timing, scrums, lineouts, moves, plays etc.....all for individuals and teams....there is no time for mistakes and especially the time it takes to clean up after mistakes.

So we must train with an attitude towards error free training and a sense of intensity that almost matches that of the game itself.

Key Elements

- 1 Punctuality
- 2 Preparedness
- 3 Planning
- 4 Competition
- 5 Intensity
- 6 Respect

