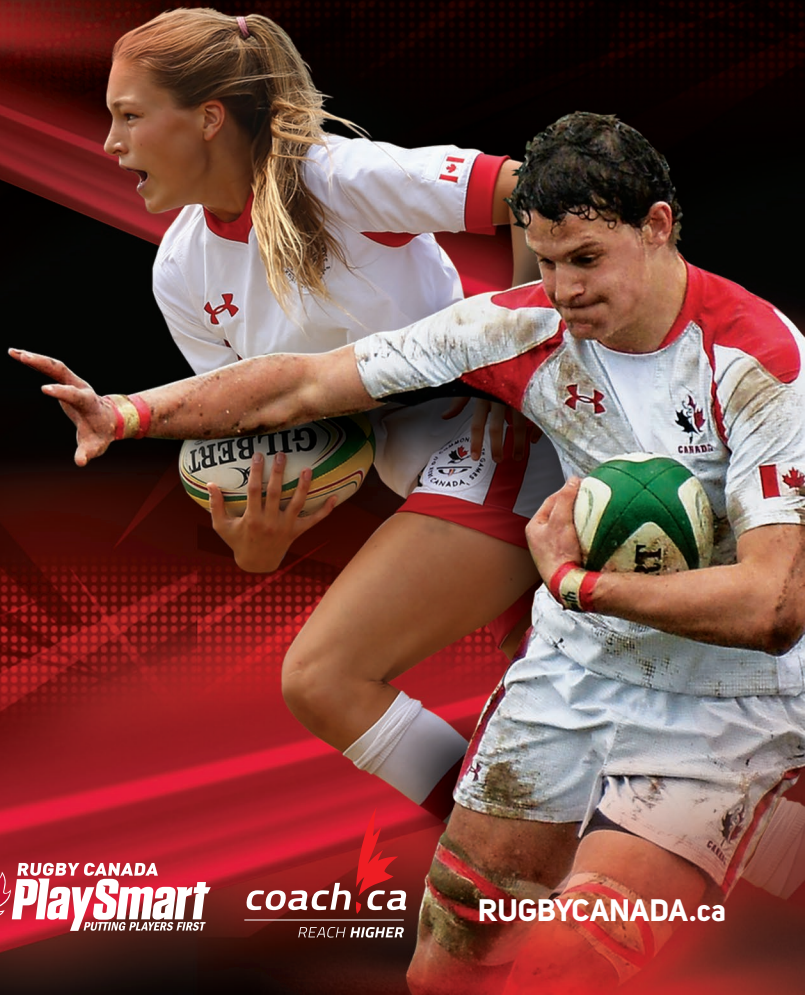




NATIONAL SKILLS COACHING RESOURCE

INTEGRITY, PASSION, SOLIDARITY, DISCIPLINE, RESPECT



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RUGBY CANADA'S LONG TERM RUGBY DEVELOPMENT

All of Rugby Canada's programs and documents are aligned with its Long Term Rugby Development model. All skills in this document are aimed at the following identified ages with the coach monitoring the competency of the player and adjusting any parameters (e.g. distance of pass) and progressions as needed. This Rugby Canada Skills Resource focuses on the following LTRD stages:

LTRD Stage 4 – Train To Train

Objectives:

- Develop endurance, strength, and speed
- Develop and consolidate rugby-specific skills, and tactics
- Identify rugby-specific talent

LTRD Stage 5 – Train To Compete

Objectives:

- Rugby Specialization and position specific
- Optimize the engine and learn to compete
- Identify position specific skills and individual preparation to identify strengths and weaknesses
- Integrate physical, mental, cognitive and emotional development





STEP 1: HAND POSITION (END-OVER-END KICK)

- Hold the ball vertically arms outstretched
- Tilt the ball slightly forwards
- Right hand as near to the bottom of the ball as possible, left hand near the top
- Opposite hands for left foot kickers



STEP 2: HAND POSITION (SPIRAL KICK)

- Hold the ball as straight as possible arms outstretched
- Right hand on bottom of the ball, left hand on top
- Opposite hands for left foot kickers



STEP 3: BODY POSTURE

- Split stance
- Stay tall
- Chest forward, arms outstretched in front
- Body weight towards target
- Correct hand position on the ball (see Hand Position)





STEP 4: BALL DROP

- Hold the ball as straight as possible arms outstretched
- Right hand on bottom of the ball, left hand on top
- Opposite hands for left foot kickers



STEP 5: CONTACT

- Maintain body posture
- Point toe of kicking Foot
- Drive kicking leg towards the ball
- Execute correct ball drop
- Maintain body posture
- Leg to target



STEP 6: BALL FOLLOW-THROUGH

- Maintain body posture
- Leg to target
- Body to target
- Finish three steps past the ball

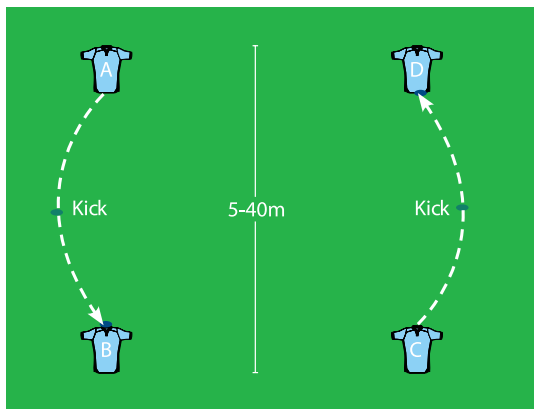


The ability to kick off both feet is extremely important, as kickers will be able to work more effectively under pressure (e.g. kicking to touch in their own 22). It is therefore important that sufficient time is spent practicing on the non-preferred/dominant foot.



KICKING IN PAIRS

ACTIVITY:



DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target
 - Kick on the move
- Player A kicks to player B – repeat

PROGRESSIONS:

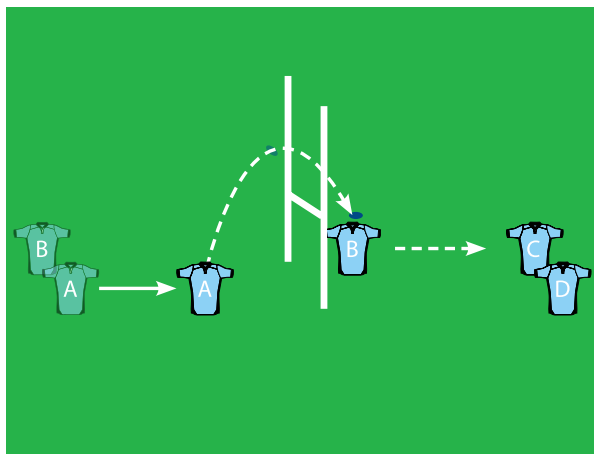
- Increase distance between players to increase distance of kick i.e. static through to kicking on the move as distance increases
- Players use variety of kicks (e.g. grubber)
- Kick Between:
 - Touchline and 15m line (15m)
 - 5m-15m (10m)
 - 5m-touchline (5m)





SINGLE FILE KICKING FOR PARTNER

ACTIVITY:



DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target
- Player A runs out
- Player A kicks over cross bar to partner (B)
- B then passes to C
- C and D repeat practice

PROGRESSIONS:

- Add players
- Players use variety of kicks (e.g. grubber)

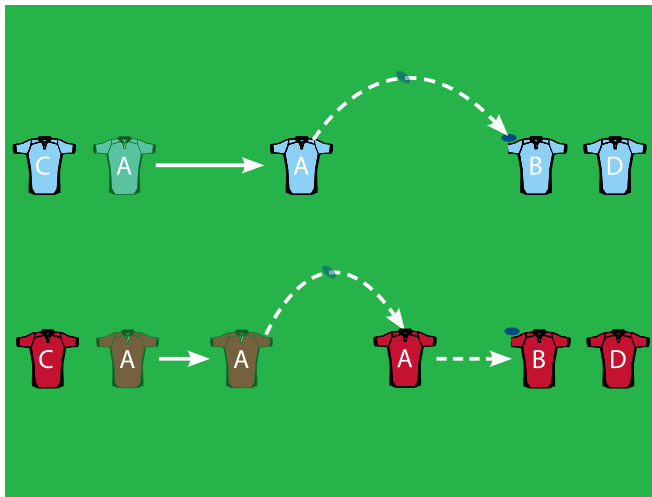






SINGLE FILE KICKING ON THE MOVE

ACTIVITY:



DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target

OPTION 1:

- Player A runs out and kicks ball to player B
- C and D then repeats

OPTION 2:

- Player runs out, kicks to catch, and passes
- Action repeats

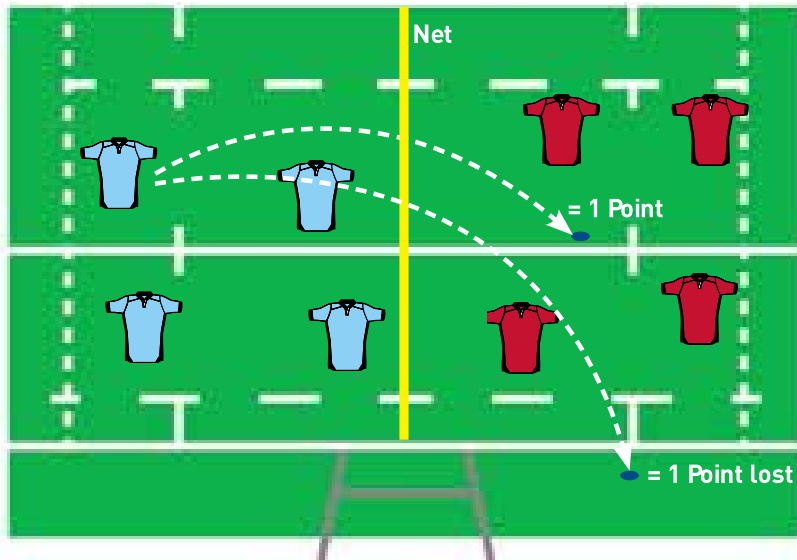
PROGRESSIONS:

- Add/remove players
- Players use variety of kicks (e.g. grubber)
- Increase distance between groups in option 1
- Add a player in to be chipped over in option 2



KICK TENNIS

ACTIVITY:





DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target
- Game played between 22m and goal line
- Players must pass backwards before kicking
- Point scored by landing ball in oppositions territory
- Points lost by kicking ball straight out
- Play on if ball is caught

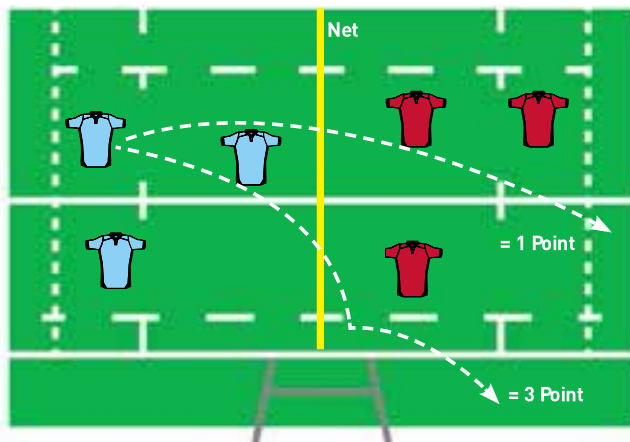
PROGRESSIONS:

- Add / remove players
- Increase / decrease size of area
- Increase number of passed before kick
- Use none dominant foot
- Time limit to get kick away
- On coaches whistle, team in possession counter attack with ball in hand



TACTICAL KICKING GAME 3 V 3

ACTIVITY:



DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target
- Game played between 22m and goal line.
- Players catch then pass before kick
- 3 point zone = posts nearest to catching team to the 15m line. Ball must bounce before going out
- 1 point zone = touch line (between goal line and 22m line). Ball crosses the line to score
- If ball is caught, then play on

PROGRESSIONS:

- Add / remove players
- Increase / decrease size of area
- Increase number of passes before kick

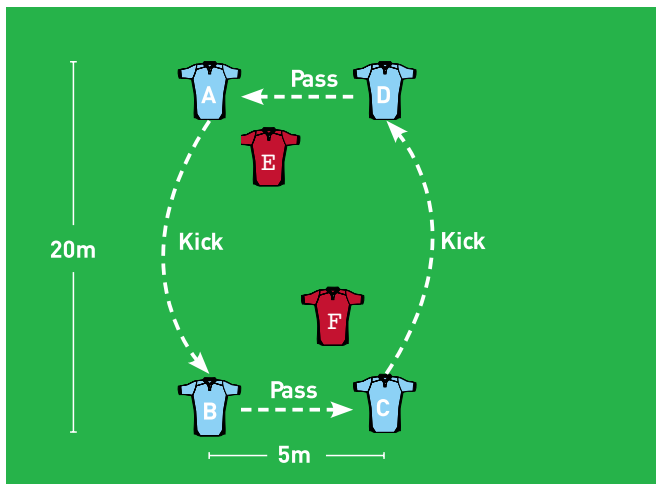






CATCH AND KICK IN 4'S

ACTIVITY:



DESCRIPTION:

- Remember to focus on kicking technique throughout each practice
 - Body posture
 - Ball drop
 - Leg to target
 - Body to target
- Player A kicks to player B
- Player B passes to player C
- Player C then kicks to D
- Player D then passes to player A – repeat
- After kick / pass - follow ball and circuit

PROGRESSIONS:

- Add pressure using players E and F to pressure the kickers
- Change direction of passes to work on catching from both sides
- Change positions to ensure all players kick- rotate in a circuit
- Increase size of area
- Players use variety of kicks (e.g. grubber)



GOAL KICKING - RATIONALE

Like other position specific skills, goal kicking technique will vary from player to player depending upon a player's physical attributes. Regardless of these variants, in order to succeed, all kickers must be able to adhere to the following disciplines:

- Hours of meaningful practice – working to targets and specific technical aspects. The player should practice when possible in game like scenarios (e.g. whilst under fatigue)
- The ability and knowledge to self-evaluate – evaluate the process of the kick (kicking action) not the outcome
- Focused approach to additional/extra training

GOAL KICKING – SET UP

- Ball Alignment – Use the seam of the ball to line up kick with the centre of the posts
- Tilt – The ball may be tilted forward to expose the sweet spot. How far forward is dependant upon personal style





STEP 1 – THE APPROACH

SETTING UP – THE APPROACH - This is very much up to the individual – it can be long or short, in line with the posts or at an angle – it depends on what feels comfortable. Players should experiment with different styles in order to find the most comfortable.

KEY POINTS:

- Focus on the sweet spot and don't take eyes off the ball until kick is complete
- Run up should be smooth and controlled, speeding up into the ball
- The instep of the non-kicking foot should be positioned level with the ball, roughly 6-8 inches to the side.
- The final stride of the approach should be long in order to propel the hips and body, as well as the kicking leg, toward the ball





STEP 2 - THE STRIKE

Key Points:

- Strike ball with boot laces
- Chest forward and stay tall (avoid bending at the hips)
- Non kicking side closed – (look how the player activates his left arm)
- Hips and kicking leg point towards target
- Keep head down throughout the strike





STEP 3 - FOLLOW THROUGH

Key Points:

- Drive kicking leg and hips towards the target
- Finish beyond the position where the ball was kicked, and in line with the target
- Lift head at the very end of the action





GOAL KICK - EVALUATION

It is vital in goal kicking that players engage in meaningful practice i.e. build a thorough understanding of their technique through repetition and experience.

It is therefore imperative that player and coach have the ability to evaluate each kick, even if the desired outcome is achieved.

Handy Tools - Video Analysis – A picture paints a 1000 words so to speak so having visual evidence of the technique will help the player to understand areas for improvement. There are a number of great apps and software packages that can help with this

COMMON FAULT – ‘WINDMILLING’

‘Windmilling’ – Occurs when the kicking leg swings around rather than finishing toward the target. Happens when non-kicking side of the body isn’t engaged or plant foot is too far from the ball





COMMON FAULT – HINGING

Hinging – Occurs when player doesn't have the sufficient core strength to keep chest forward throughout kicking motion.



COMMON FAULT – LEANING BACK

Players should focus on following through once they've kicking the ball. Learning back (like in the picture) will lead to inaccuracy.

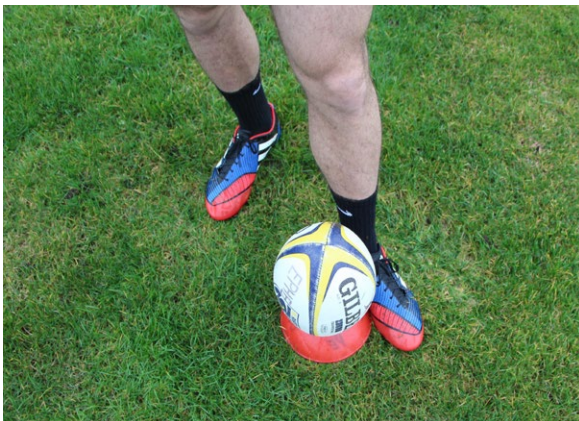




COMMON FAULT – FOOT PLACEMENT

Inconsistent foot placement will lead to poor accuracy and lead to some other faults developing, such as 'windmilling'.

Too close



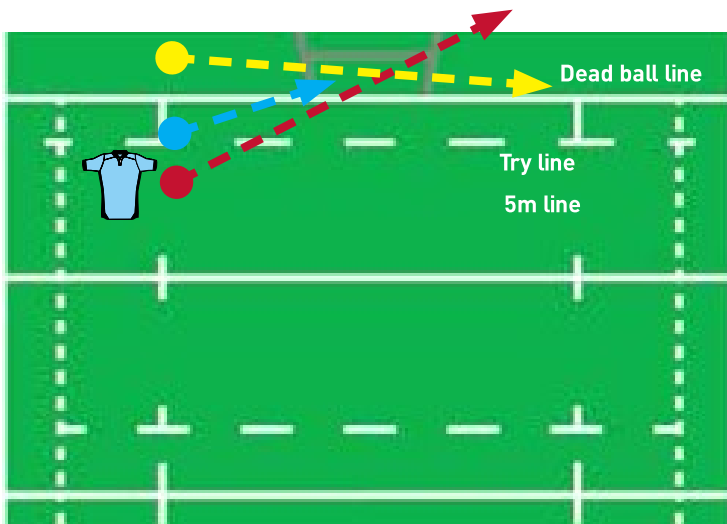
Too far away





KICKING CHALLENGE

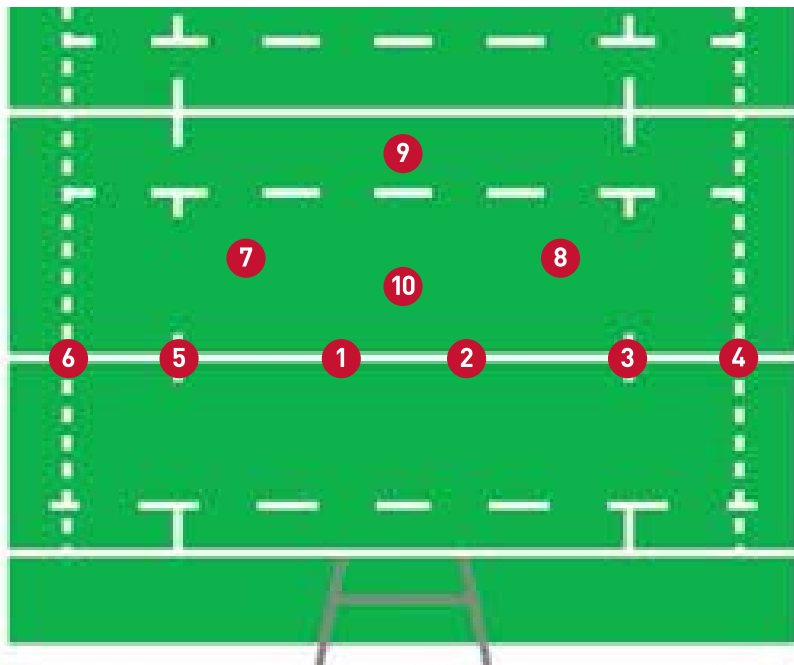
- Blue cone; 5 kicks aimed at hitting the post. Concentrate on technique. Small target - good way to focus
- Red cone; 5 kicks aimed to go through goal. Slight increase in angle
- Yellow Cone; 5 kick aimed to go through goal. Larger angle increase
- Practice both sides of the pitch
- Dashed lines represents direction of kick





GOAL KICKING TEST

- Number 1 is in line with right post, number 2 with left
- Number 7 and 8 are 3 strides from 15m and 10m lines
- Number 9 42m and number 10 35m out, straight in front
- Kick goals in order of 1-10 and record score
- Doing this repeatedly helps identify strengths and weaknesses







INTRODUCTION

The following scrum section provides a brief overview of front-row technique.

Side





INDIVIDUAL BODY POSITION BASIC SCRUM SET UP

- Shoulder blades back together
- Feet shoulder-width apart, weight on flat feet to give stability
- Lower top half of body by pivoting at hips
- Strong back with elbows tight to the body tensed.

Front





INDIVIDUAL BODY POSITION HOOKER/NO.8 SET UP: FRONT

- Feet split stance weight on flat feet to give stability
- Knees flexed
- Hips- tilted pelvis
- Strong back with elbows tight to the body tensed





SIDE

- Shoulder blades together, with head in a neutral position
- Push backside away from you into dead lift position
- Lower top half of body weight on front leg
- Chest in front of knees





FRONT-ROW SET UP

- Feet shoulder width stance weight on flat feet to give stability
- Knees flexed
- Hips- tilted pelvis
- Strong back with elbows tight to the body tensed
- Shoulder blades together with head in a “Neutral” position.
- Push backside away from you into dead lift position
- Lower top half of body
- Chest in front of knees







CORE DRILL - BALL BALANCE

AIMS:

Develop core strength and effective scrum position

EXPLANATION:

Player grips ball and balances maintaining good body shape for scrum position.

COACHING POINTS:

- Show good body position (See basic scrum shape)
- Shoulders and hips in line
- Good wide base
- Hold pressure for 3 seconds plus





CORE DRILL – PARTNER BALL BALANCE

EXPLANATION:

- Player grips ball and balances maintaining good body shape for scrum position
- Partner tries to push player off balance by pushing head/shoulders/hips
- Player pushes against the direction of the force

COACHING POINTS:

- Show good body position (See basic scrum shape)
- Shoulders and hips in line
- Good wide base
- Work against the push





CORE DRILL - BALL BALANCE

EXPLANATION

Player leans forearms on swiss-ball and balances maintaining good body shape for scrum position.

COACHING POINTS

- Good scrum posture
- Shoulders and hips in line
- Good wide base

GOOD SCRUM POSTURE

- Shoulders and hips in line
- Good wide base





CORE DRILL - TIRE PUSH

EXPLANATION

- Player balances on the tyre maintaining good body shape for scrum position holding pressure for 3 to 5 seconds
- Player pushes tire by extending legs powerfully then chasing feet to regain position
- Repeat

COACHING POINTS

- Show good Body position
- Shoulders and hips in line
- Good wide base.
- Maintain body shape as legs extend

PROGRESSION

- Increase the weight of tire
- Increase reps/sets of practice





CLEARING PASS FROM THE GROUND - TECHNIQUE

SCAN

- Identify where the receiver is and scan defence for gaps both sides
- Identify/locate ball.
- Communicate with team mates appropriately.
Type of ball from source
- Quick (good ball presentation/ruck technique and delivered effectively)
- Slow (Dealing with ball that is not accurately presented or delivered to the scrumhalf in a ineffective fashion)

LISTEN

- Communication from the 1st receiver.
Choose appropriate response:
- Run - The ability to recognise opportunities to break from set piece / phase and broken play
- Type of Pass- From Line-out / Scrum and Phase play (Ruck/Maul).
- Type of Kick-Box Kick / Punt





APPROACH

- Get low
- Don't get too close too early
- Approach ball from the opposite side that you want to pass
- Bend at hips (not at back) and knees, keeping back straight
- Keep ball in peripheral vision





FOOT PLACEMENT

- Adjust footwork on the way in to arrive in a balanced position
- Apply stance which allows weight transfer towards the receiver
- Wide base, bend at knees and hips
- Rear foot close to the back of ball
- Front foot slightly open towards target





HAND PLACEMENT

- Place power hand towards back 1/3 of ball and guiding hand towards the top of ball
- Keep upper body over ball
- Make hands “big” on ball





TRANSFERENCE OF WEIGHT

- On balls of feet, transfer weight from back foot in line with ball, to front foot
- With elbow bent, push ball across body using power hand (the hand towards the back of ball)
- Coordination of multi limb movement
- Push inside elbow to full extension on release





FOLLOW THROUGH

- Ball angle 10-45 degrees to help catch
- Hand and hips finish pointing towards Target (the receivers hands)
- Balanced finish, static at target or recycled into a run towards next break down, chase pass





OUTCOME

“Get the ball to the target as quickly and as accurately as possible to the receiver, using the correct speed of pass, where accuracy is not compromised”

Does the players phase play speed up or team achieve the required outcome?



Practices to develop Scrum-half Passing Techniques



AIMS: Develop the passes required to deliver the ball to the 1st receiver from difference sources of possession.

One hand and One Knee Practice

AIM: Develop correct hand position on the ball, strengthen forearms and develop follow through to target.

EXPLANATION:

- Player is in a split stance on one knee
- Player passes a static ball using wrists to a partner or at a target in one movement
- Repeat using both left and right hands





COACHING POINTS:

- Passing hand at the back of the ball with fingers spread.
- Ball in middle of stance.
- Strong grip and wrist flick.
- “Big hands” on ball.
- Introduce none passing hand to target.

PROGRESSIONS:

- Vary distance
- Weighted balls/elastics
- Vary size and type of ball
- Dry/Wet Balls
- Use both hands
- Standing
- Put into a practice to increase number of passes carried out.





THROUGH LEG PRACTICE

AIM: Develop correct hand position on the ball, strengthen forearms and wrist action.

EXPLANATION:

- Player is in a split stance on one knee
- Ball in middle of stance
- Player passes a static ball using wrists, through their legs to a partner or at a target
- Repeat using both left and right hands





COACHING POINTS:

- Passing hand at the back of the ball with fingers spread
- Strong grip and wrist flick
- Follow through into clenched fist.

PROGRESSIONS:

- Vary distance
- Weighted Balls
- Vary size and type of ball
- Dry / wet Balls





FIGURE OF EIGHT PRACTICE

AIM:

Develop footwork before passing movement and speed of pass. Awareness of position of ball using peripheral vision.

EXPLANATION:

- Player does a figure of 8 movement continuously around the red cones and ball. On command, passes a static ball to a partner or at a target. Repeat using both left and right hands.
- Target distance: As per ability of passer and age U14 -5m; U18+ - 12m

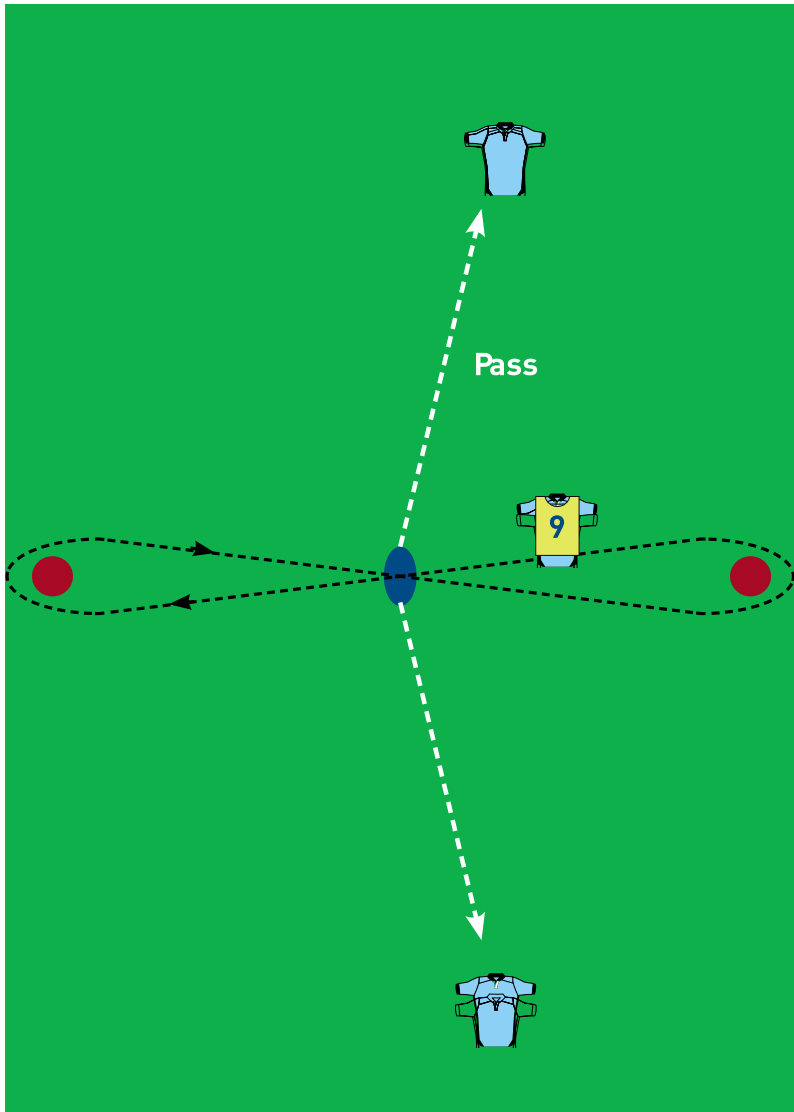
COACHING POINTS:

- On balls of feet
- Be aware of the ball
- Set feet effectively before passing
- Effective passing movement (see technique of passing)

PROGRESSIONS:

- Vary direction of figure of 8
- Vary distance of pass
- Weighted Balls
- Dry/Wet Balls
- Multi direction of target
- Add further movements pre pass

Practices to develop Scrum-half Passing Techniques





PASS REPEAT PRACTICE

AIM:

To develop footwork and speed to breakdown.

EXPLANATION:

- Scrum-half stands in front of tackle shield. On command, moves quickly to pass balls from red cone and blue cone, alternating between, until all balls have been passed. Scrum-half must run round shield between passes. Ensure passes are from both right to left and left to right.

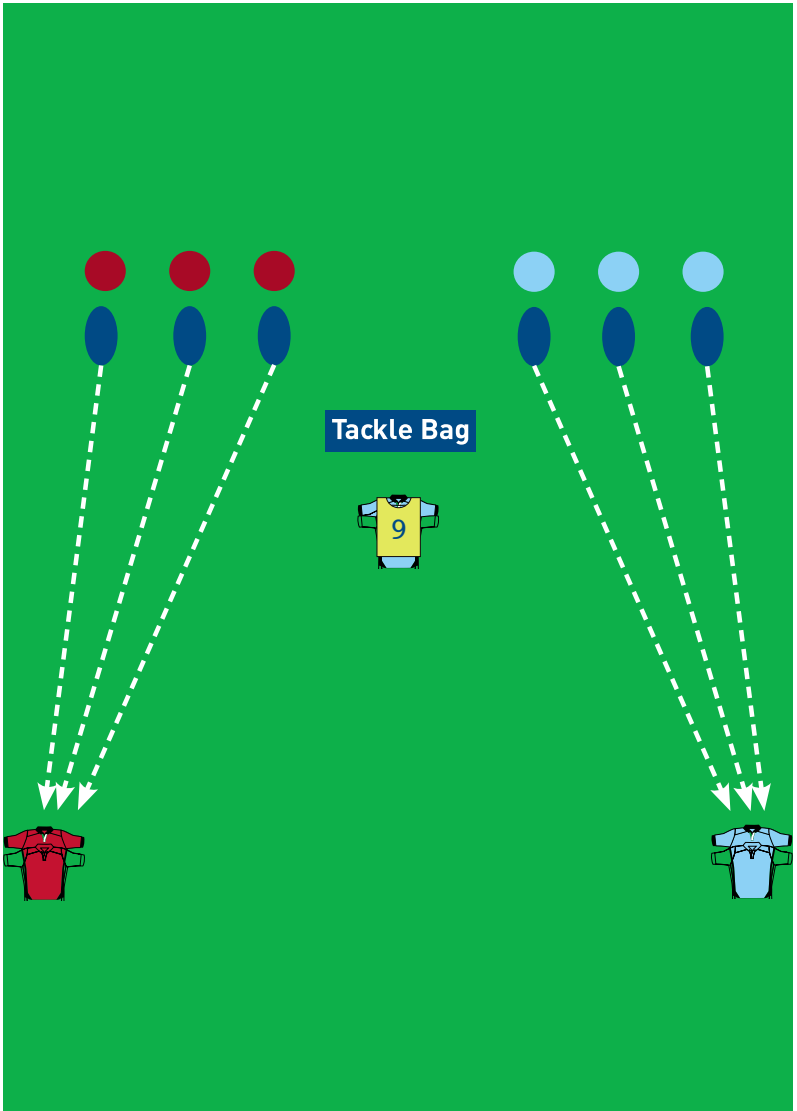
COACHING POINTS:

- Refer to clearing pass technique

PROGRESSIONS:

- Increase distance to 1st receiver
- Place balls into tyres at the red and blue cones for player to retrieve from
- Increase height of tyres to make it more difficult to retrieve
- Time limit

Practices to develop Scrum-half Passing Techniques





CLOCK FACE PRACTICE

AIM:

Reaction, footwork and passing power

EXPLANATION:

- Set up 12 balls in clock face set up. Coach calls number (12) and from central point, Scrum-half reacts and passes to 1st receiver. Coach continues to call numbers until all balls have been passed, passer must return to central point after every pass. Receiver is stationary.



Practices to develop Scrum-half Passing Techniques

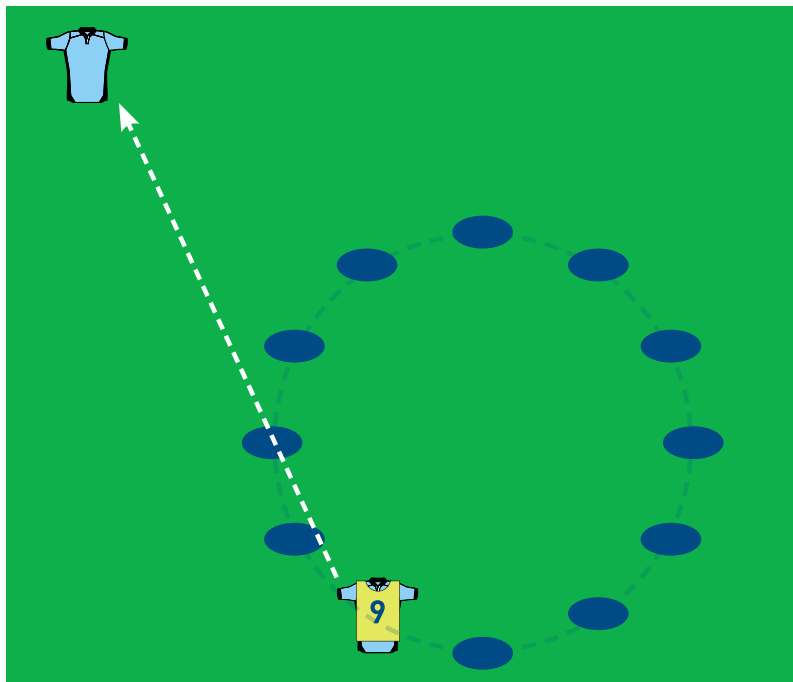


COACHING POINTS:

- Refer to clearing pass technique

PROGRESSIONS:

- Change Scrum-half's starting position
- Increase distance to 1st receiver
- 1st receiver moves onto ball
- Colour cones instead of numbers
- Vary types of ball





PASS FROM BASE OF RUCK PRACTICE

AIM:

- Develop passing movement and speed of pass from base of ruck to 1st receiver (quick ball)

EXPLANATION:

- Player starts directly behind tackle bag, on command, retrieves ball from source and passes to target

COACHING POINTS:

- Refer to clearing pass technique. Stay low, scrim the obstacles



Practices to develop Scrum-half Passing Techniques



PROGRESSIONS:

- Vary distance to 1st receiver
- Weighted balls, dry /wet balls
- Vary approach to the ball. Lying down, back turned
- Condition breakdown 1v1 ruck
- Visual challenges to encourage scanning while passing
- Add defenders- condition spaces in the ruck defence to attack or pass appropriately
- Introduce competition between players, mirror one another





RETRIEVE FROM SOURCE PRACTICE (RUCK)

AIM:

- Develop passing movement on the run, whilst fixing the ruck defence

EXPLANATION:

- Player starts directly behind tackle bag, on command, retrieves ball from source and passes to target. It is important that player engages the guard, shield, A defenders with correct depth/angle of run





PROGRESSIONS:

- Vary distance to 1st receiver
- Weighted balls, dry/wet balls
- Use tires (height of), bags, shields as an obstacle to simulate bodies and retrieve from source
- Vary approach to the ball. Lying down, back turned.
- Visual challenges to encourage scanning
- Add defenders - condition spaces in the ruck defence to attack and encourage line breaks. Control speed and contact of defenders



RETRIEVE FROM SOURCE PRACTICE (LINEOUT)

AIM:

- Develop passing movement from a line out delivery

EXPLANATION:

- Coach or team of 3 deliver a ball off the top to the scrum-half who passes to a runner. Repeat using both left and right hands

COACHING POINTS:

- Follow behind the flight of ball
- Lateral skipping on toes no heel touch (standing)
- Catch ball early
- Keep moving to a loaded position to pass
- Pass and put passing shoulder through the ball to target
- Hips square to interest tail defender
- Scrum-half is in charge of the line out delivery

PROGRESSIONS:

- Use Trampet to make more reactive
- Simulate lineout movement and delivery
- Player stand up and passes
- Receive from full or shortened lineout



SCRUM-HALF CIRCUITS

Use a combination of the above practices, or others, to create stations for scrum-half's to rotate round. This allows the participants to practice different scrum-half passing techniques. Perhaps use some of the games as part of the stations.



SCRUM-HALF KICKING

(Although the box kick is probably the main kicking tool of the scrum-half, there are times when he/she will utilise other types of kick. Therefore, it is important that he/she is taught the fundamentals of kicking)

- Height (“hang time” which allows the chaser an opportunity to win the ball back)
- Distance (which allows the chase to have momentum)
- Quick pickup
- Step back towards the goal line
- Ball placement (steady target)

STRONG CORE

- At the point of contact the body should be totally balanced. This will allow greater control when performing all kicks.
- No two kicks are the same. Circumstances continually differ for the kicker in terms of the opposing defence and the breakdown. A strong core will provide consistency for all improvisations required
- Foot in contact with ball for as long as possible
- The leg ideally should follow the same path as the ball’s flight (to the top of the ball’s flight), and not slice across or under it.

AFTER KICK

- The leg (and when possible the upper body) should finish facing the target, with the body balanced and under control
- Scan
 - Identify where the space is in back field
 - Communicate with team mates appropriately
- Communicate with team mates





CHOOSE APPROPRIATE RESPONSE

- Run - ability to recognise opportunity from set piece / phase and broken play
- Type of Pass - from line-out / scrum, phase play (ruck/maul) and improvised pass
- Type of Box Kick - clearance, high and contestable, grubber or chip





RETRIEVE FROM SOURCE

- Get low and retrieve ball from source
- Ball Grip dependant of type of box kick
- Take 1 to 2 steps away from defensive threat





BOX KICK- HIGH AND CONTESTABLE

EXPLANATION:

- Ball Grip; Left hand middle - top and right hand supporting bottom of ball
- Plant none kicking foot
- Present ball out down towards kicking foot
- Ball drop; Tilt ball slightly off vertical, extend outer left arm and maintain square hips to side line
- Kick through ball early in action, dominating the ball contact with foot to generate back spin
- Keep head still, follow through with foot with stall, balanced body position
- Should travel 30m and 3+ sec hang time

BOX KICK- BACK SPIN CHIP

EXPLANATION:

- Identify space in behind ruck or defensive line
- Same as high and contestable but less power
- The idea is to gain elevation on the ball to clear the defensive line
- Enough hang time to be caught by attacking player





BOX KICK - TOP SPIN CHIP

EXPLANATION:

- Identify space in behind ruck or defensive line
- Same as back spin kick except;
 - Angle the ball horizontally
 - Kick back end of the ball to create top spin
- Look to achieve tumbling effect or kick up on landing to be retrieved

BOX KICK - CLEARANCE

EXPLANATION:

- Same as end over end kick but more static
- Trajectory/angle different; dependant on distance desired
- More open body position rather than square with side line, 45 degrees to touch line

ATTACKING GRUBBER

EXPLANATION:

- To regain possession or gain field position
- Create low, forward tumbling motion
- Same as previous kicks
- Strike top half of ball at lowest point of flight just before contacting ground
- Strike ball whilst moving

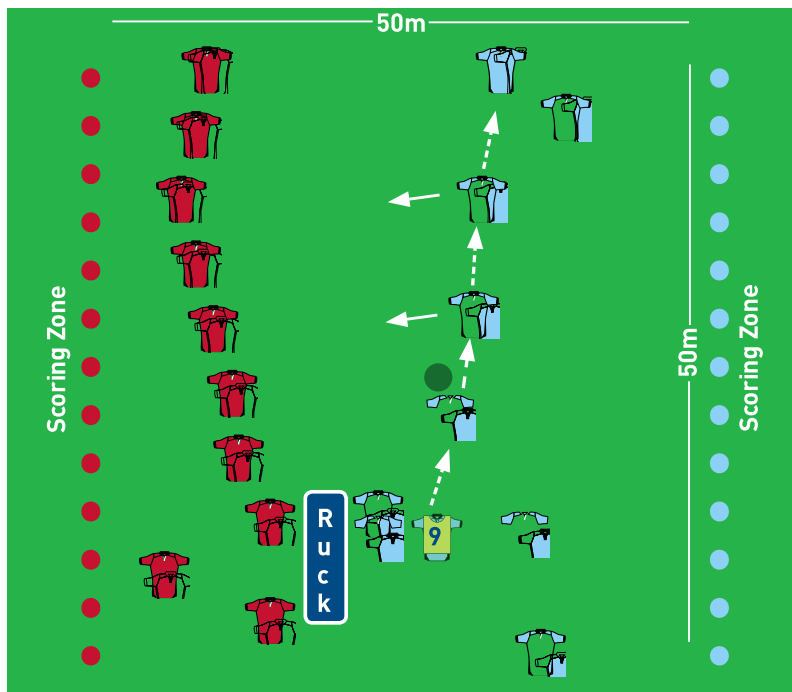
Games to Developing the Clearance Pass

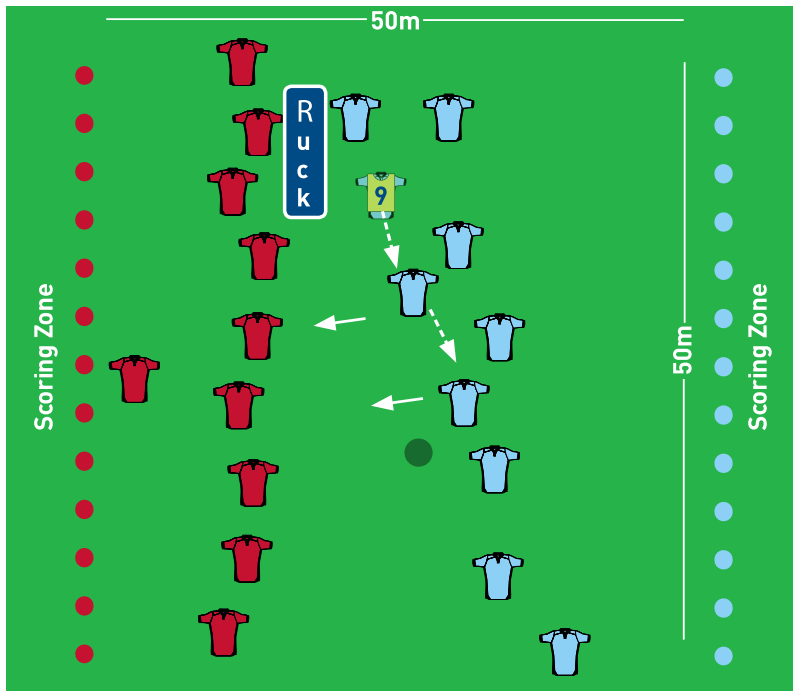


AIMS:

Develop the passes required to deliver the ball to the 1st receiver from different sources, in game related situations

- Game of touch, 10v10, where each team has to designate a 9 who wears a bib
- The condition is that the ball has to go through the designated 9 after every touch
- Vary ball presentation- long place, rugby league
- If the defence touches the designated 9, it's a turnover





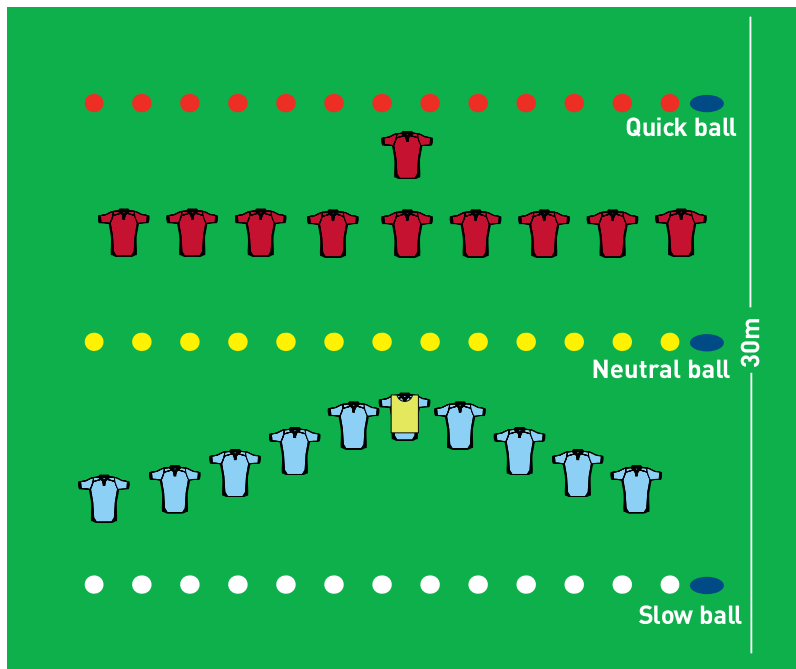
PROGRESSION:

- Play attacking patterns
- Condition the break down; more or less people in, speed of ball, scrag - create mauls to play from, live breakdowns
- Play in certain area of pitch
- Start from set piece
- Play full contact
- Introduce visual challenges to encourage scanning
- Condition type of pass; static or running



SPEED OF BALL PRACTICE

- 10 attackers/10 defenders line up in line with the middle cone
- On command from the coach the two teams realign; red cone = quick ball, yellow cone = neutral ball and white cone = slow ball
- Play numerous phases after 1st phase.
- Scrum-half in different coloured bib - Coach the scrum-half





SCRUM-HALF KICK TENNIS

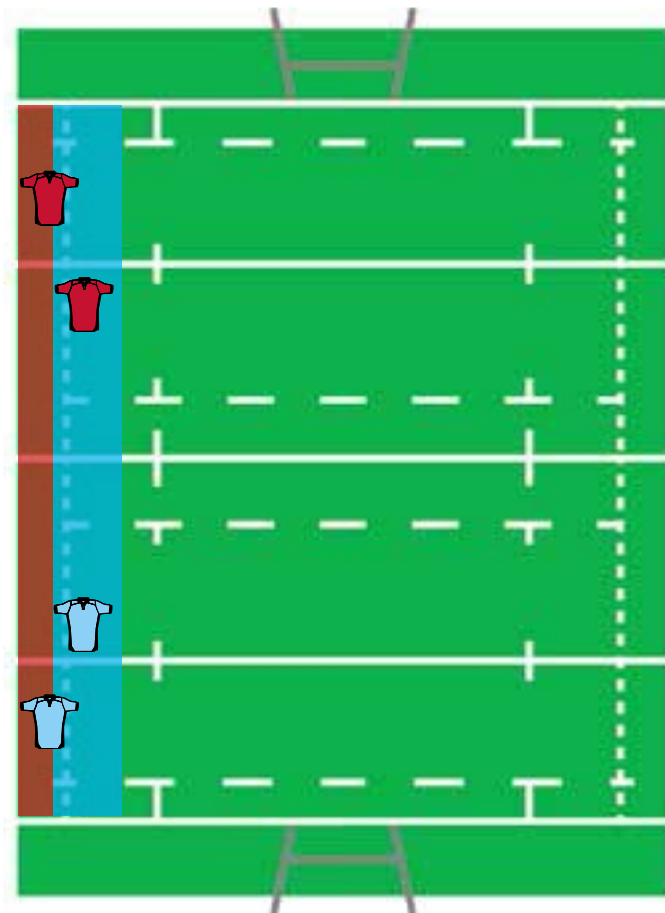
EXPLANATION:

- 2 v 2
- Width area - between touch line and 15m. Length area half way line to goal line
- Player have to kick the ball from where they caught the ball or it bounced
- Ball is placed ground on point from where to be kicked.
- Points are awarded in relation to coloured zone the ball lands:
- Blue Zone (5m-15m) - 5pts
- Red Zone (Side line-5m) - 10pts
- Team with most points at end wins or 1st to 50pts

PROGRESSIONS:

- Design different zones to kick into

Games to Developing the Clearance Pass





2;3;4;5;6 TOUCH

EXPLANATION

- Play touch with 10 -15 players per team
- One player nominated as scrum-half
- In each zone attacking team has nominated number of touches before the scum half must kick
- If the players move up field between into different zones, number of touches increase before they must kick
- The team may move up the pitch, to score, without kicking as long as the number of touches has not been reached

COACHING POINTS

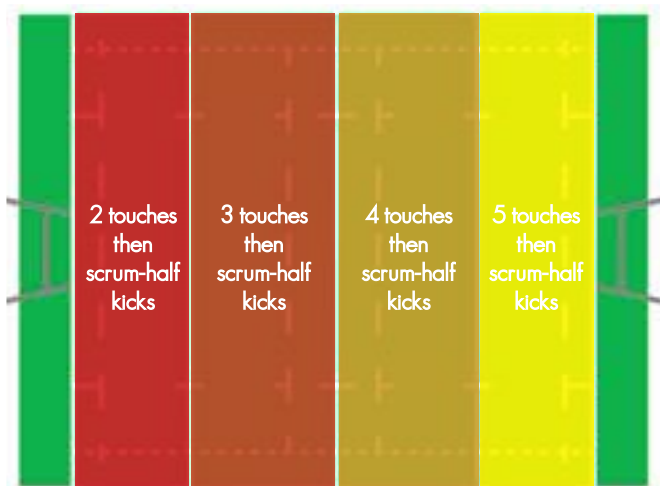
- Correct technical faults in scrum-half's:
- Running
- Passing
- Kicking

Develop the tactical side of the scrum-half using questioning around decision making process

- Position on field
- Type of Kick
- Attacking kick
- Contestable kick
- Field possession kick

PROGRESSIONS

- Increase kicks buy giving less touches before kicks maybe used
- Condition breakdown
- Start from different set peace in certain zones





FOUR SIDE ATTACK

- 4/5 players attack each side of the square. Once they have attacked one side they move round to next side of square, realign and attack. Repeat until all sides of square have been attacked
- Coach holds up coloured cones, which the participants have to identify and communicate to one another what the colour is before they execute attack
- Technically players should hand catch and pass the ball as quickly as possible whilst scanning and communicating. Different players should take turns at scrum-half and 1st receiver roles, as well as the other roles

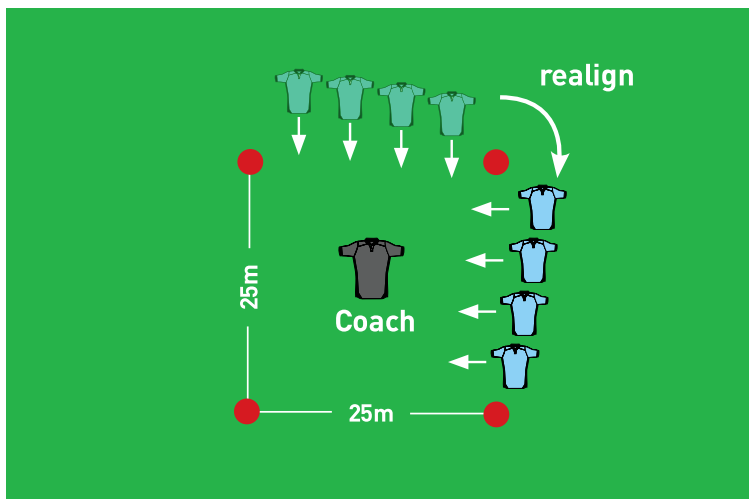
PROGRESSIONS:

- The size of the sides of the square can be varied to develop width of pass. One side maybe short, another long (rectangle shape)
- Players have to scan and communicate whilst they realign.
- Coach shows one colour whilst players are aligning, then another whilst they run, catch and pass. Players have to communicate the first colour, then the change of colour whilst attacking

Role of the First Receiver



- Players have to execute different running line movements options, whilst scanning and communicating the colours
- Progressively add static defenders, condition their shape to replace colours. Attackers have to communicate where the space is in the defence and attack appropriately. Progress by allowing defenders to move
- Progress into full contact

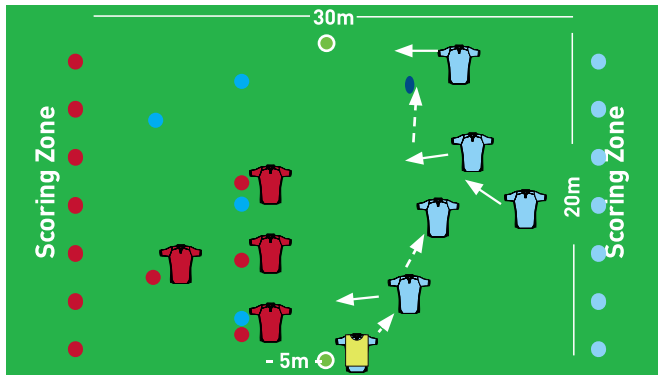




3D SCANNING

- Scrag game. A scrumhalf and 5 attacking players are attacking 4 defenders
- The defenders line up on the coloured cones (red/blue) nominated by the coach a second before the scrumhalf gets their pass away. The attack start grouped together with backs turned, they react to the defensive set up and align accordingly
- Keep players rotating between attack and defence as well as their positions on attack and defence. The coach can assume a position behind the attack and signal the colour through glow cards in order to eliminate the audio cue for the attack
- Note that the attacking team should keep playing until they score (work hard to create offload opportunities if contact can't be avoided)

Setup Diagram A - Defence on red

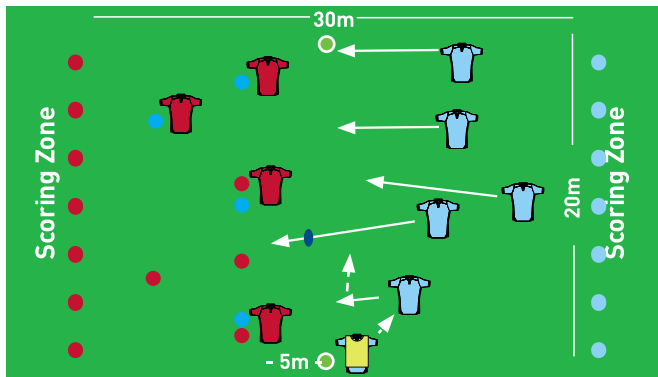




PROGRESSIONS

- The coach can add a signal (hand signal 1 or 2) to the colour card, to distinguish between the defenders rushing on defence or sliding, which will provide additional cues to the attackers
- Another colour can be added to increase width or depth of defenders alignment
- The defender at the back might receive a cue to join the front line which might emphasise the need to manipulate the defence on a slide defence and a grubber or chip kick on a rush defence as there are space in behind
- Add more defenders. Perhaps a defender starting behind the attack, in the scoring zone, who functions as a chaser to ensure the attack puts pace onto the ball as needed in the 15 a-side game

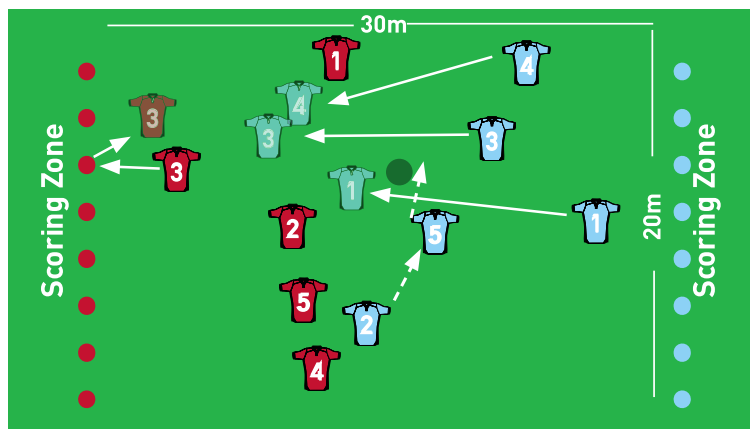
Setup Diagram B - Defence on blue





DROP OFF TOUCH

- The game is structured as a 5 on 5 six down (six chances to attack - put the ball down after a touch, roll through feet for scrumhalf to pick up) rugby league touch
- The players from both teams have numbers assigned by the coach for example 'green one' or yellow three'
- With each down the coach will shout a number of the defensive team with the effect that that particular player needs to drop back to their own try line before returning to play
- A line break from the attacking team transfers the game to offload touch which will encourage the support runners to run towards the ball carrier





COACH CALLS: 'RED 3!'

PROGRESSIONS

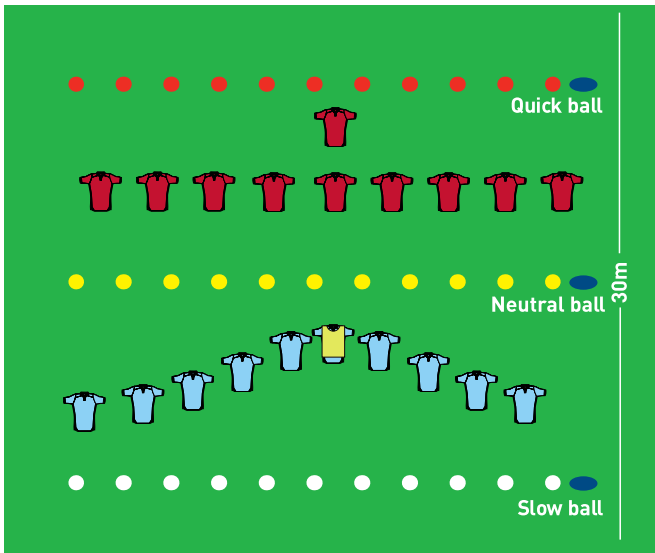
- The defensive player who's number is called can be sent towards the opposition try line with the space opening behind this player (where the nominated player has vacated)
- Have defenders in different coloured bibs and coach calls colours rather than numbers
- Defenders drop off once a touch has been made
- The later the defensive number/colour is called the less time the attack has to react
- Numerous defensive numbers/colours can be called at one time, which will present more options for the attack
- Have the defence kick the ball to the attack starting with 5 defenders; if the attack are touched the defence return to their zone and kick the ball to the attackers but only 4 defend and so on until the attack score



SPEED OF BALL PRACTICE

- 6/8 attackers/defenders line up in line with the middle cone
- On command from the coach the two teams realign; red cone - quick ball, yellow cone - neutral ball and green cone - slow ball
- Attackers align according to the speed of the ball i.e. the defenders will have poor line speed having to go backwards to realign therefore attack can afford to be flatter

Diagram 1 - Start position



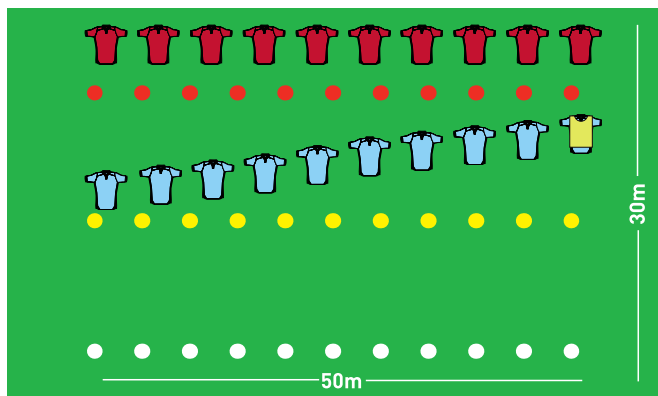
Role of the First Receiver



PROGRESSIONS

- Condition the defence; drop out, channels, load the attack in relation to different speed of ball from source
- Split the attackers into back and forwards and play some attacking patterns
- Vary 1st receiver (run off 9 or 10)

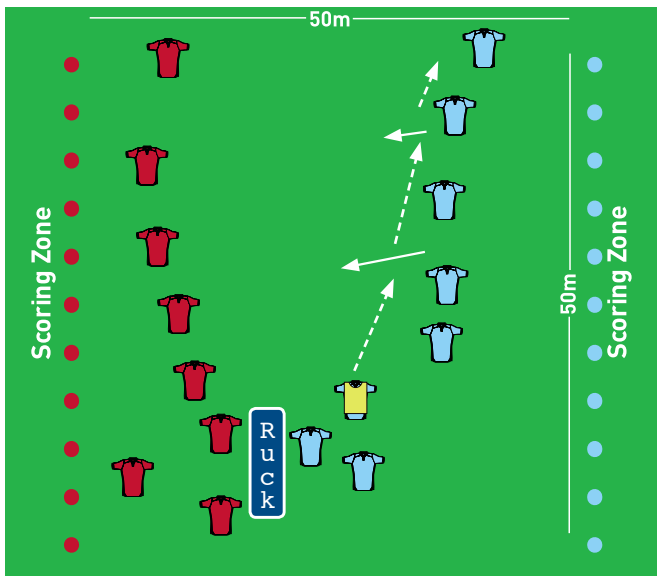
Diagram 2 - Coach calls: 'RED'





FIRST RECEIVER TOUCH

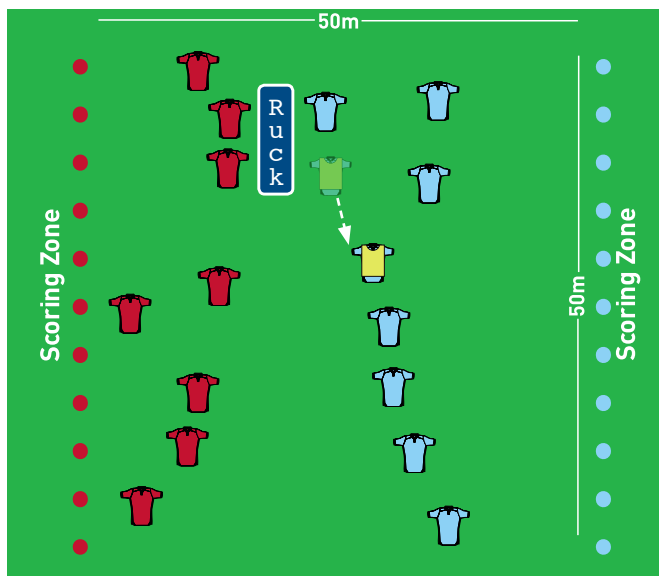
- Game of touch, 8v8, where each team has to designate a 10 who wears a bib
- The condition is that the ball has to go through the designated 10 after every touch
- If the defence touches any of the attacking team before the designated 10 catches and passes the ball, it's a turnover



Role of the First Receiver



- He/she can't play as a 9 but doesn't have to be at 1st receiver- great for depth and alignment, if it goes through him/her at 2nd receiver
- This also gives non 10's an idea of how hard it is to play there





FIRST RECEIVER TOUCH

- Put players who have less experience playing the role into the bib
- Play attacking patterns
- Condition the game i.e. offload touch for other players.
- Play full contact

WHO IS THE 1ST RECEIVER?

- This is predominantly the stand off in his/her natural position, although it could be anyone else in the team at any point in the game. Therefore, everyone in the team should develop the ability to receive the ball as a 1st receiver
- However, the stand off would need to put extra time into developing the technical and more importantly the tactical requirements of the role

WHY IS THE ROLE OF THE STAND OFF SO IMPORTANT TO THE SUCCESSFUL FUNCTION OF THE TEAM?

- Play's a larger role in linking phase play attack
- Essentially, he/she links the two units from set piece
- Shapes the way the team plays
- Would be expected make the majority of the decisions in the game





INTUITIVE DECISION MAKING

Coaches should develop progressively in game-sense practices the ability to identify cues to make the correct decision:

1. Scanning:

- Recognition of basic defence speed, shape and numbers in front line
- Recognition of quick or slow ball - how does it affect attack and alignment (flat or deeper/attacking an organised or disorganised defence)
- Recognition of gaps in defence (both sides of the breakdown), space in back field, weaknesses/injured players or individual mismatches

2. Alignment/realignment:

- Depth/alignment is determined by the scanning of the defence, players around the receiver and the speed of the ball from source

3. Choose the appropriate response:

- Run: 1st receiver must possess the ability to attack at the appropriate time when scanning/reacting to the defence
Running onto the ball will help to fix the defence
- Catch and Pass: He/she can choose the right passing option to exploit the weakness effectively and must be able to launch backline attacks
- Kick: there has to be consistent accuracy in a variety of kicks, these must be performed at the right depth to manipulate the defence and be executed effectively
- The most important factor in intuitive decision-making is experience
- Games based opposed training allows us to recognise a situation or behavior and there similarities/patterns, from which to act accordingly



STRATEGIC DECISION MAKING

- Game plan understanding - Use training game scenarios to develop decisions made prior to the match day game

ANALYTICAL DECISION MAKING

- Involvement in video analysis sessions and watching games would be beneficial. Projects on various parts of the game will expand their knowledge and improve their leadership, thus make them better at making decisions

The best way to develop decision making is through opposed games based training

DESIGNING GAMES TO IMPROVE DECISION MAKING

- Condition the defense when coaching attack and vice versa
- Increase and decrease pressure- time, space and fatigue
- Introduce points system to encourage a certain skill to be used
- Change shape of working area
- Change starting position of attackers, defenders or both
- Change attacking partnerships and defensive partnerships
- Change numbers in teams (overload)



COMMUNICATION DEVELOPMENT

- The decision making process is narrowed down to the 1 or 2 key options through clear/specific communication. This approach will make the decision making process easier for 1st receiver
- It important to develop some kind of system for players to communicate; how quick the ball is, where spaces or mismatches are in the defence, so that they can be exploited
- The stand-off must be able to lead the game plan and express this confidently to other team members
- Practice speaking/presenting in front of the team, and/or coaching a junior team to help develop these skills

STAND-OFF LEADERSHIP DEVELOPMENT

- Player in this position must show a desire to improve his/her game and also relish being the key decision-maker in the team. Those who are never satisfied with their efforts and those who ask questions should be encouraged
- Bringing out the strengths of those around him/her and understanding how their ability's can benefit the teams performance
- Be the coach for the team during game play

FIVE





LINEOUT THROW TECHNIQUE

GRIP:

- Hold the ball in a similar way to a spin pass off the non-throwing hand.
i.e. if right handed set up a left hand spin pass
- Transfer ball with same grip behind head
- Keep elbows up and in
- The ball shouldn't be held too close to the head

BODY POSITION:

- Stay tall
- Engage core
- Knees flexed
- Feet shoulder width

LINEOUT THROW:

- Extend body and throw ball towards target in one fluid movement keeping elbows in
- Throwing action completed by finishing throw with both hands pointing straight at target





FLAT THROW ACTIVITY

START POSITION:

- Stance set with shoulder width base, knees slightly bent
- Set grip on the ball
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Extend body and throw ball towards target in one fluid movement keeping elbows in

FINISH:

- Throwing action completed by finishing throw with both hands pointing towards the target. Don't drop the elbows





DESCRIPTION:

- Player finds a space away from others and with good height clearance
- Player throws the ball above their head and catches it with minimum movement
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Vary number of sets depending on player experience
- Can be used as a warm-up activity for training or matches





TARGET THROW ACTIVITY

START POSITION:

- Stance set with shoulder width base, knees slightly bent
- Set grip on the ball
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Extend body and throw ball towards target in one fluid movement keeping elbows in

FINISH:

- Throwing action completed by finishing throw with both hands pointing towards the target





DESCRIPTION:

- Player throws the ball at a target/player from a variety of distances
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Vary throwing distance
- Vary number of sets depending on player experience





STRAIGHT UP THROW ACTIVITY

START POSITION:

- Stance set with shoulder width base, knees slightly bent
- Set grip on the ball
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Extend body and throw ball upwards in one fluid movement keeping elbows in

FINISH:

- Throwing action completed by finishing throw with both hands pointing straight upwards





DESCRIPTION:

- Player finds a space away from others and with good height clearance
- Player throws the ball above their head and catches it with minimum movement
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Vary number of sets depending on player experience
- Can be used as a warm-up activity for training or matches





STRAIGHT UP SWISS BALL ACTIVITY

START POSITION:

- Player lies flat on Swiss ball with wide foot base
- Set grip on the ball
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Extend body and throw ball towards target in one fluid movement keeping elbows in



FINISH:

- Throwing action completed by finishing throw with both hands pointing towards the target





DESCRIPTION:

- Set core pre throw - activate core to throw straight up to partner/coach
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Throw in front - pause - stand up and catch
- Vary number of sets depending on player experience





45° THROW - SWISS BALL ACTIVITY

START POSITION:

- Stance set with shoulder width base, knees slightly bent, lie on back on swiss ball at 45 degree angle
- Set grip on the ball
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Extend body and throw ball towards target in one fluid movement keeping elbows in

FINISH:

- Throwing action completed by finishing throw with both hands pointing straight upwards





DESCRIPTION:

- Balance, set core - activate core to throw to catcher - pause, relax then reset core, repeat action
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Vary distance as player progresses
- Vary number of sets depending on player experience





THROWING ACTION - Swiss Ball Kneeling Activity

START POSITION:

- Kneel on ball
- Set grip on the ball
- Set core
- Ball held in comfortable position behind head with back arched and elbows in

THROW:

- Throwing action completed by finishing throw with both hands pointing towards target
- Extend body and throw ball towards target in one fluid movement keeping elbows in

FINISH:

- Throwing action completed by finishing throw with both hands pointing straight upwards





DESCRIPTION:

- Player kneels on a Swiss ball and throws ball at a target after setting core
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Use a weighted ball for 5 reps
- Vary distance as player progresses
- Vary number of sets depending on player experience



SIT UP THROW - Swiss Ball Activity

START POSITION:

- Stance set with shoulder width base, knees bent with back on Swiss ball
- Set grip on the ball (see page 94)
- Ball held in comfortable position behind head with back arched and elbows in



THROW:

- Sit up and throw ball in one fluid movement keeping elbows in
- Extend body and throw ball towards target



FINISH:

- Throwing action completed by finishing throw with both hands pointing towards the target





GOAL KEEPER CATCH ACTIVITY

AIM:

- Develop control of core to assist receiving ball in air
- Develop hand catch to the side, in front, behind etc.
- Develop timing and accuracy of hand catch
- Practice intercepting ball from various positions

START POSITION:

- Insure catcher has control from the core to assist movement
- Isolate legs as in lift so that upper body is able to move with control
- Make sure arms are in sync and controlled
- Eyes to hands take ball early

CATCH:

- Track the ball into hands with 10 point finger catch
- Elbows slightly bent when catching the ball

FINISH:

- Pass the ball back to reciever using chest pass or over head throw
- This should be done quickly and accurately (point towards target)





DESCRIPTION:

- Coach or player throws the ball to kneeling player who catches in two hands and delivers off the top pass back
- Repeat action, 3 sets of 10 repetitions

PROGRESSIONS:

- Sit on Swiss ball and do same activity
- Use different types and sizes of balls





JUMPING TECHNIQUE

AIM:

- Develop dynamic jumping height and technique
- Develop power through legs and core to enable jump with controlled landing
- Develop speed and dynamic jump from ground to air
- Develop timing and hand catch

START POSITION:

- Slight split stance, knees flexed with feet under base of support
- Insure jumper secures a good pre load position with bent knee before each jump
- No jump into a jump, movement must come through legs, then core, assisted by arms
- Make sure arms are in sync with leg movement, no pre movement or triggers





JUMP:

- Player explodes upwards from start position
- Make sure body is straight in and air legs in tight
- Feet under base of support

JUMP AND CATCH:

- Hands at chest level
- Palms towards ball
- Punch hands towards ball with 10 point finger catch

FINISH:

- Land on both feet under centre of gravity with good base of support
- Keep facing forwards towards thrower





LADDER BOUND ACTIVITY

DESCRIPTION:

- Player starts and the end of the ladders and bounds through spaces in the ladders
- Once the player reaches the end of the ladders the coach throws the ball toward above the player to the maximum of the players jump height
- Player jumps to catch the ball at full height above his/her head and lands two footed with ball in two hands
- Use mixed balls (tennis, medicine, rugby, football)

PROGRESSIONS:

- Turn ladder vertically and player step in and out of ladders until coach throws ball in and they have to jump and catch ball
- Coach throws ball in at different points
- Take the ladders away and have the player run to 5 meter line and jump to catch ball
- Take ladders away and players have to run to fixed points to jump and catch ball
- Add competition against team mate



PIVOT LIFT ACTIVITY

START POSITION:

- Feet shoulder width apart
- Knees bent
- Chest out and shoulders back
- Elbows in and hands up





MOVEMENT:

- Players pivot, using outside foot, to face one another
- Lifters sync with dynamic movement, starting from low position
- Sight each other and shadow hands upwards



FINISH:

- Chase feet towards each other with strong base, extend legs and arms upwards
- Chest to chest
- Control speed to top of range (tighten core muscles)
- Two second hold at top of lift





DESCRIPTION:

- Players start in square stance position facing in same direction
- On command they pivot to face each other
- Join hands and complete the lifting process.

PROGRESSIONS:

- Introduce movement
- One player moves away to another position, the other follows then execute pivot lift
- One player remains static and produces pivot movement, other moves from distance to produce lifting movement
- Vary distance between player they pivot and move toward one another to produce lifting movement
- Link to one player split stance activity. Different starting positions
- Lift shield, bag or gym/swiss ball (full of water)



SPLIT STANCE LIFT ACTIVITY

START POSITION:

- Feet shoulder width apart
- Knee 45 degrees
- Chest out and shoulders back
- Keep elbows in and hands up





MOVEMENT:

- Players pivot outside foot to face one another
- Lifters sync with dynamic movement, starting from low position
- Sight one each other and shadow hands upwards
- Speed to top of range

FINISH:

- Chest to chest
- Two second hold at top of lift
- Face each other (don't look up)

DESCRIPTION:

- Players start in split stance position facing each other
- On command of go join hands and complete the lifting process

PROGRESSIONS:

- Vary distances so players need to move and arrive in effective lifting positions
- Link to one player split stance, one player pivoting
- Lift shield, bag or gym/swiss ball (full with water)



STRAIGHT UP JUMP ACTIVITY

START POSITION:

- Pre-bind; front lifter on bottom of quads and back lifter on bum cheeks
- Body position as split stance
- Jumper position in active, athletic position
- Both lifters are in sync with jumper creating a dynamic lift/jump

JUMP AND LIFT:

- Lifters step forward
- Chest to chest and promote 2 second hold at top of lift (no movement)
- Jumper drives upward maintaining strong core in the air





STRAIGHT UP JUMP ACTIVITY

START POSITION:

- Pre-bind; front lifter on bottom of quads and back lifter on bum cheeks
- Body position as split stance
- Jumper position in active, athletic position
- Both lifters are in sync with jumper creating a dynamic lift/jump

JUMP AND LIFT:

- Lifters step forward
- Chest to chest and promote 2 second hold at top of lift (no movement)
- Jumper drives upward maintaining strong core in the air

FINISH:

- Lifters: facing way they are playing, head to head, inside foot forward, below jumpers hips
- Jumper: split stance on landing to maintain stability

DESCRIPTION:

- Players pre-bind and execute an effective lift with a 2 second hold





POD OF 3 ACTIVITY

START POSITION:

- 3 players spread out between 5m and 15m lines (using 3 cones)
- Lifters in active positions ready to move towards jumper



JUMP AND LIFT:

- Lifters move forward and dip low
- Both lifters are in sync with jumper creating a dynamic lift/jump

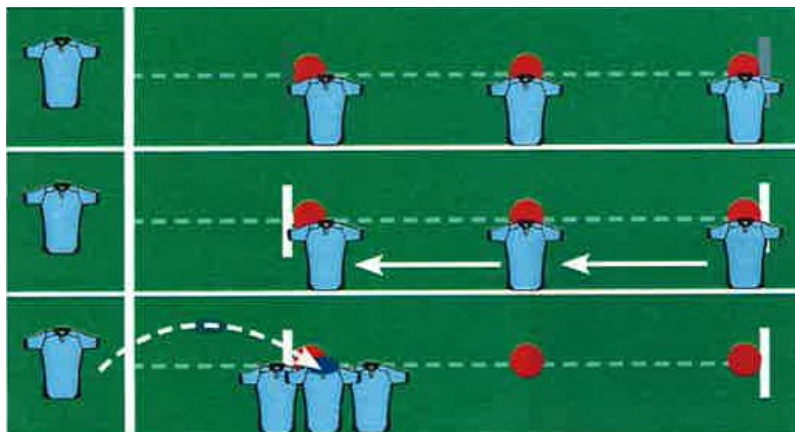




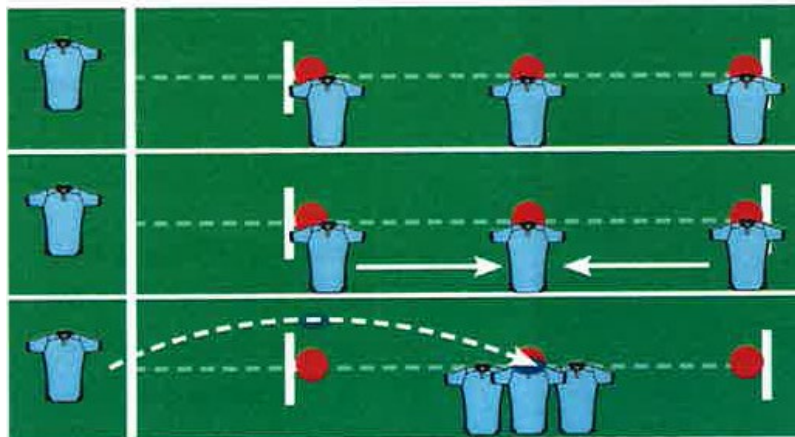
FINISH:

- Jumper maintains strong core in the air
- Jumper sights ball and performs a 10 point finger hand catch
- Lifters chest to chest and promote 2 second hold at top of lift (no movement)

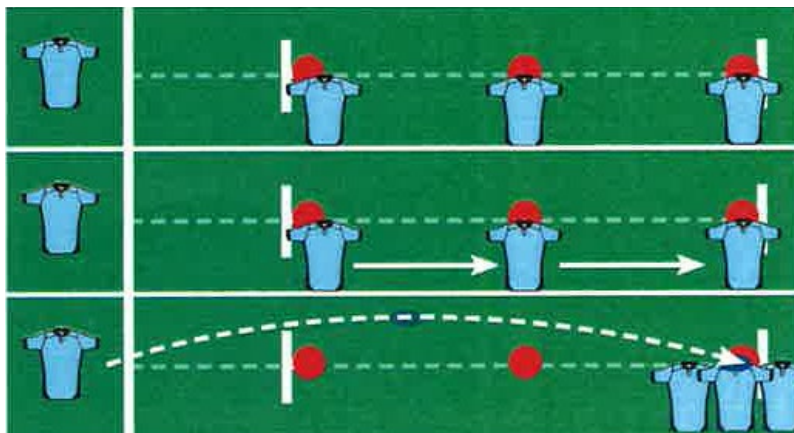




Front Cone Movement



Middle Cone Movement



Middle Cone Movement

DESCRIPTION:

- Team of 3 moves to front, middle and back positions to practice movement, jumping and catching in each position

PROGRESSIONS:

- Use more cones to set up different options
- Use coloured cones – coach calls out a colour
- Set up two pods next to each other – race to win the ball



4 V 4 POD WITH THROW ACTIVITY

START POSITION:

- Work from a variety of start positions in attack and defence
- Jumper is the key decision making
- Move to where the opposition are least likely to be able to complete in the air

MOVEMENT:

- On balls of feet
- Players use short quick steps to move into position
- Speed is key to outmanoeuvring the opposition

JUMP AND LIFT:

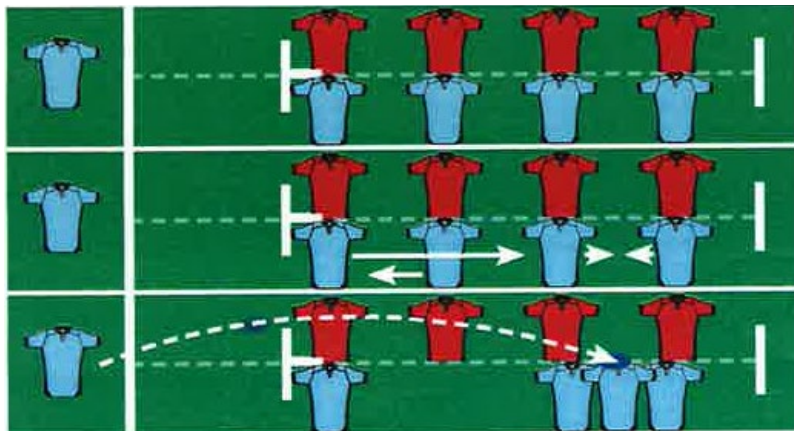
- Jumper:
- Feet heel to toe, slightly bend knees
- Explode upwards
- Maintains strong core
- Hands up elbows in

LIFTERS:

- Front lifter grips bottom of quads and back lifter on bum cheeks
- Lifters sync with dynamic movement, starting from low position
- Speed to top of range; arms extended , chest to chest and straighten legs



MOVEMENT EXAMPLE



DESCRIPTION:

- Team of 4 against opposition in same set up
- They need to move quickly to get in the air and win the ball before the opposition
- Jumper looking to outmanoeuvre their opposite jumper and find space

PROGRESSIONS:

- Use cones to change spacing of players
- Vary the starting point
- Use 5, 6, 7 players
- Vary opposition set up







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