



#1 Loosehead Prop Position

- The loosehead prop packs down in the scrum on the front left side where their head is on the outside of the opposing tighthead prop.
- They support the hooker in scrums and the jumpers in lineouts and kick off situations.

Basic requirements:

- Power, strength and physical presence to intimidate at scrum time and counterattack opposite.
- Strong clean out skills and a good decision maker knowing when to pick and go or be a runner at the breakdown, with accurate ball presentation and retention skills where necessary.
- Ability to play either side of the scrum an advantage.
- Power and technical ability to lift at lineouts with good lineout positioning.
- Ability to block opposition, occupy space and negate lineout drives.
- Key defender on edges of rucks and mauls.

Do's.

1. Be strong on scrum engagement with good upper body positioning and use of outside arm to get an effective bind
2. Drive through on ball feed to scrum with good leg and feet positioning
3. Lift explosively in the Lineouts
4. Provide support to jumpers when receiving the kick-offs
5. Be a strong aggressive tackler with good body position and height
6. Spine in line at scrum, ruck and maul
7. Mobility and work rate between phases with endurance to last a game
8. Be an effective defender with good communication

Don'ts

1. Drop eyes at contact in scrum
2. Play tag at rucks and mauls
3. Be slow with your grip arm on scrum bind



#2 Hooker Position

- The hooker uses their feet to hook the ball in the scrum. The Hooker also throws the ball into the Lineout.
- The majority of the hooker's game is played in close contact and he requires strong core strength as a ball carrier and as a defender.

Basic Requirements:

- Ability to consistently throw to jumpers in every position at line out time.
- The fourth loose forward, good decision making and anticipation skills.
- Strong clean out skills and understand when to pick and go or be a runner at the breakdown, with accurate ball presentation and retention skills.
- High work rate around the paddock with an ability to read the game.

Do's.

1. Bind correctly in the scrum
2. Strike accurately in the scrum, ability to win tightheads
3. Throw accurately to Lineout in every position
4. Communicate effectively
5. Spine in line with good body position
6. Set height for scrums, communicate to team mates

Don'ts

1. Run away from support in general play
2. Be lazy
3. Drop consistent scrummaging standards



#3 Tighthead Prop Position

- A tighthead prop is so called because they pack down on the right-hand side of the scrum and so (because the players engage to the left of their opponents) their head fits between the opposing loosehead prop and hooker.
- This position is probably one of the most important positions on the field of rugby.
- Without an effective tighthead prop a team may struggle to win set play ball.

Basic requirements:

- Power, strength and physical presence to intimidate at scrum time.
- Strong clean out skills and understand when to pick and go or be a runner at the breakdown, with accurate ball presentation and retention skills.
- Ability to play either side of the scrum.
- Power and technical ability to lift at lineouts.
- Ability to hold and stop lineout drives.
- Key defence on edges of rucks and mauls.

Do's.

1. Have spine in line, maintain a strong square position
2. Use core strength to be an anchor at scrum time
3. Lift strongly in Lineouts and also win ball if necessary as jumper
4. Head up at contact in scrum engagement
5. Take ball up at pace with speed off the mark
6. Show physicality at tackle and ruck/maul play

Don'ts

1. Back down - ever
2. Lift feet after engagement



#4 & 5 Locks/Second Row

- Locks are very tall, athletic and have an excellent standing jump along with good upper body strength.
- They also make good ball carriers, carrying the ball aggressively into contact and being aggressive in defence around the ruck and maul.
- They are the engine room of the scrum, and must take clean ball at the kick off.

Basic requirements:

- Ability to consistently win own lineout ball with a variety of jumping skills and fast movements on the ground.
- Ability to contest opposition lineout ball - out think opposite
- Strong clean out skills and understand when to pick and go or be a runner at the breakdown, with accurate ball presentation and retention skills.
- Powerful scrummager.
- Agile and athletic.
- Ability in loose to carry the ball and distribute effectively to support players.

Do's.

1. Possess jumping ability to win clean ball at lineouts and move quickly on the ground
2. Ability to lock and drive the scrum effectively
3. Provide focused and direct power during all phases of the game
4. Be physically fit and possess good neck, upper body and leg strength
5. Have stamina and strength for second phase situations all game
6. Have an ability to reach breakdowns quickly and to rip, ruck and maul effectively as dictated by the situation in front of them

Don'ts

1. Be a wing
2. Play tag at every ruck or maul - get to centre of action
3. Give your halfback sloppy ball
4. Ever give in - big heart for eighty minutes



#6 Blindside Flanker, Loose Forward Position

- The number six/blindside flanker is always in the thick of the action. He must be mobile, physical and sometimes a ball carrier.
- He has specific lines of defence and attack to run.
- He is usually the second player to the breakdown and should be a strong support player.

Basic requirements:

- Ability to consistently win own lineout ball with a variety of jumping skills
- Ability to contest opposition lineout ball
- Strong clean out skills and understand when to pick and go or be a runner at the breakdown, with accurate ball presentation and retention skills.
- Powerful runner, ability in general play to carry the ball and distribute to support.
- Agile and athletic, with high work rate.
- Excellent support player, creating continuity and accurate with ball security.
- Strong defender, especially at scrum time. Responsible for blinkside and cover defence behind the backline.
- Can communicate - especially defence with wings

Do's.

1. Attempt to be first to a breakdown
2. Keep inside the ball when covering on defence or supporting on attack.
3. Two-handed take in lineout - deliver with accuracy.
4. Anticipate play and be a thinker who can read play.
5. Tackle accurately with courage.
6. Hit rucks and mauls aggressively with low body position.

Don'ts:

1. Do not "die" with the ball.
2. Do not sweep behind the backline
3. Be soft
4. Do not take a step back

Prepared by: David Mathias



7 Open side Flanker, Position

- The open side flanker's responsibilities are simple: get the ball during play, provide support for every ball carrier and also be a lineout option.
- Flankers have to be fast, covering the whole field and also be very aware of everything that is going on around them making effective tackles and in the backline as second line defence.
- When opposition win scrum ball, the open side flanker often has the best view of when the ball is out and is able to break away and close down the opposing ball-carrier, reducing the time and space available for a pass or kick with speed and intelligence.
- In open play, flankers will often stand behind the back line supporting the backs. If any ball is dropped by the backs, the flanker's job is to clear up the ball and take it into contact to start a fresh and new phase of play.
- Because they are always close to the ball, they are often first to the break down, running good lines to arrive quickly.

Basic requirements

- Create continuity and effective ball security.
- Extreme fitness to hunt the ball and strength to secure, rip, pick and retain the ball - feel no pain.
- Accurate and powerful tackler with ability to read attacks and shut them down.
- Powerful runner, ability in general play to carry the ball and distribute to support.
- Agile and athletic, operating with a high work rate.

Do's.

1. Be first to a breakdown and be strong over the ball, attempting to create turnover
2. Attack the ball at every contest, winning possession on the ground
3. Keep inside the ball when covering on defence or supporting on attack.
4. Break quickly from set play when the ball has gone.
5. Anticipate play and be intuitive in making decisions, using trust and judgement.
6. Work constructively within a loose forward mini unit (6, 7, and 8)

Don'ts:

1. Be beaten to the loose ball
2. Over run your backline

Prepared by: David Mathias



#8 Number Eight Position

- The number eight has the physical strength of a tight forward along with the mobility of other loose forwards.
- The number eight packs down at the rear of the scrum, controlling the movement of the ball to the scrum-half with his feet.

Basic requirements:

- Ability to consistently win own lineout ball with a variety of jumping skills as well as acting as a support lifter when required.
- Ability to consistently break advantage line from the base of the scrum.
- Exceptional ball handing and distribution skills.
- Powerful runner, ability in general play to carry the ball and distribute effectively to support.
- Agile and athletic, with high work rate, an organiser with good constructive options.
- Excellent support player, creating continuity in play and maintaining ball security.
- Strong defender, displaying an intimidation factor.
- Catching and kicking skills when covering touchlines.

Do's.

1. Be the fittest player on the field
2. Look for inside passes when looking to create space
3. Be aggressive on defence - attack the ball.
4. Keep inside the ball on attack
5. Generally run a shallow defensive line
6. Drop back to cover when fullback has chased his own kick.
7. Carry ball into contact with power and acceleration.

Don'ts:

1. Leave the inside channel unguarded on defence, shadow ball in opposition's hands.
2. Be lazy - maintain work rate and communication.
3. T-bone on attack, look to probe the available space with purpose.



#9 Halfback Position

- Halfbacks are invariably at the centre of action, linking between the forwards and the backs, their ability to think, scan, make decisions and communicate options correctly is vital to the whole team pattern.
- The area of responsibility for halfbacks behind scrums, lineouts, rucks and mauls often can become a congested area, needing clear and precise instructions to forwards and backs.
- On attack, the closer he is to the ball is of the most value.
- Quick distribution is vital in gaining a time and territorial advantage over the opposition using good peripheral skills.
- On defence, a halfback needs to decide quickly whether to pressure his opposite or to take the defensive covering role.

Basic requirements:

- Excellent communication skills and organisational skills, encouraging forwards and ability to run men into space.
- Strong organised defender with high tackle rate.
- Should have a good range of kicking skills from base of scrum, maul or ruck.
- Fast and accurate passer over long distances off both hands.
- Able to read a situation, opposition tactics and take appropriate options accordingly.
- Should be 4th person to the breakdown where ever possible using explosive speed and acceleration.

Do's.

1. Practice as much as possible with hooker and Lineout formation to gain maximum ball possession.
2. It is essential to pass equally well to both left and right.
3. Pass to your fly half/five-eighth the way he wants it.
4. Learn to position your feet and keep your eyes on the ball at all times of taking delivery.
5. Learn to receive and pass the ball on in one movement, especially from the ground.
6. Move from one phase of play to the next at top speed.

Don'ts:

1. Do not attempt to run from static rucks.
2. Do not allow kicks to be charged down because of bad body position.
3. Do not stand up to pass when receiving the ball on the ground.
4. Do not pass too low.

Prepared by: David Mathias



#10, 1st 5/8, Fly-Half, First Receiver Position

- The fly-half makes key tactical decisions during a game, whether to kick for space or tactical advantage, move the ball to their outside backs, return the ball to their forwards to drive on to or run with the ball themselves.
- An ideal fly-half should be a fast and deceptive runner, be able to make decisions quickly, direct the backline on defence and attack, have excellent kicking and handling skills and be an effective communicator.
- The Decision Maker: Initiates what will happen within a game plan Options: Pass, Kick, run or undertake a designated move
- Basic skill requirements: Pass quickly and accurately in both directions. The ability to run with the ball. (draw a man, sidestep, swerve, dummy, drift through a gap, change pace, burst with the ball, retain ball in the tackle, make decisions and initiate moves).
- Excellent communication skills. Good listener as well as talker.
- Strong defender who can keep within a team pattern.
- Can run men into space. Carries the ball in two hands.
- Possesses a good kicking game off either feet with numerous defensive and attacking options carried out with length, direction and accuracy.
- Able to read any situation or opposition tactics and take appropriate options accordingly.
- Developed skill requirements: Using instinct, scanning, committing opponents to defend against you, working under pressure
- Positioning: These vary depending on the fly-half's intentions and the opposition's patterns of defence:

a. Depth: Generally if the fly-half is flat on attack the team is intending to strike in close

b. Lateral spacing: the wider the fly-half is will generally give the fly-half more options. If he is close he needs to be deeper and static

c. Angle of running: If the fly-half wants to commit close in tacklers he needs to run parallel with the sidelines. Run onto the ball and create a threat, then use quick passing hands to supporting players. If he runs with the ball he is trying to force an outside gap in the defence or otherwise the inside centre must straighten the attack.

Speed of running: requires communication. (Depends on intentions). They are: directly to you (kicking from defence); bursting on (short/blind side), in front (gaining backline momentum).



#12 Inside Centre, 2nd 5/8 Position

- The inside centre is always in the thick of the action, drawing the opposition's defence, making the breaks to make the space for the outside centre and tackling in defence along with the forwards.
- A good inside centre should also have a reliable kicking game to both sides of the field as the angle of attack increases out from the fly half.

Basic Requirements:

- Excellent communication skills. Good listener as well as talker.
- Fast, proficient passer on both sides over short and long distances with good timing.
- Strong defender. Assists to organise and communicate defensive patterns.
- Able to stay on feet and creates space for himself and support players.
- Possesses a variety of attacking and defensive kicking options.
- Able to run men into space. Carries the ball in two hands.
- Able to create space through off the ball decoy running.
- Explosive acceleration.
- Good support player, disciplined in defence always looking to create a turnover

Do's.

1. Run hard and straight with outside/inside swerve when required
2. Take the ball to the attack line- aggressively
3. Control the depth of the backline.
4. Back up your pass- look for the wrap and support other players
5. Run at inside shoulders - create space, change direction if required with good footwork.
6. Develop a range of kicks and controlled chip kicks with both feet.
7. Look to pass inside to loose forward running a penetrating angle.

Don'ts:

1. Do not run across the field.
2. Do not move up too quickly on defence, thereby creating an inside gap.
3. Do not pass to players and place them under pressure - if tackled have the ability to hold feet until support has arrived, presenting the ball safely
4. Do not move ahead of your first five-eighths.
5. Do not take your outside players' space
6. Communicate options to 10/flyhalf/1st Five

Prepared by: David Mathias



#13 Centre, Outside Centre Position

- Centres need to have a strong all-round game and are key team players: they need to be able to break through opposition lines and pass the ball accurately and with good timing in both directions.
- When attack turns into defence they need to be strong in the tackle. Good size and tackle breaking skills are very important for outside centres to have.
- They may also need to be very aggressive in defence, especially when a team is using a rush up style defence.
- An outside centre must run his wings/fullback into position for scoring opportunities.

Basic Requirements:

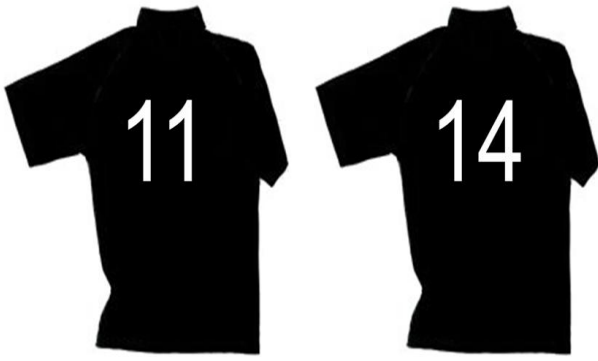
- Excellent communication skills. Good listener as well as talker.
- Fast, accurate and proficient passer on both sides over short and long distances.
- Strong defender. Organises and communicates defensive patterns.
- Able to stay on feet and set phase play.
- Possesses a variety of attacking and defensive kicking options.
- Able to run men into space. Carries the ball in two hands.
- Able to create space through off the ball running lines.
- Explosive acceleration.
- Good support player
- Ability to analyse defence patterns and attack/penetrate the right zone with ball or by clever, specific and varied kicking options

Do's.

1. Have strength on attack and defense
2. Pace at all times
3. Straighten the attack.
4. Run hard.
5. Take the outside gap when on offer.
6. Move up fast on defence.
7. A pass to wings/fullback must be sympathetic to receiver and accurate, allowing receiver to accelerate onto ball.
8. Get back quickly to link and support counter attack opportunities.
9. Manipulate opposition defence, altering angles when required - always looking to create deception carrying the ball in two hands and in front

Don'ts:

1. Do not crowd wingers into the sideline.
2. Do not run too far on attack and get isolated.
3. Do not pass the ball only when trapped and under pressure.
4. Let the defensive line go out of alignment



#11 &14 Wing Position

- The wingers are the finishers of the team, and are built for power and speed.
- Nothing gives an attacking forward more pleasure than lifting their head from a scrum/ruck/maul and seeing a winger flashing over for a well taken try.
- Wingers should be explosive, and have the ability to beat their opposition on the outside when necessary.
- They should be able to modify their running patterns as well with developed body swerve, sidestep, agility in close quarters or pure acceleration.
- They should also work closely on defence and attack with the fullback.

Basic Requirements:

- Excellent communication skills. Good listener as well as talker, demanding ball when in space.
- Good safe last line of defence, tackling as part of the teams defensive pattern
- Able to create space through off the ball running, providing decoy or extra man situations.
- Maintains width and depth on the field, anticipating play.
- Good acceleration, flexibility and top end speed.
- Good chaser who is effective when approaching opposition in last strides.
- Secure under the high ball.
- Always in good field position quickly to be involved and has high work rate off the ball.
- Able to centre kick, chip kick and grubber kick off both feet.
- Link effectively with fullback on defence, executing a variety of counter attack options as required by game situation.

RUN EVASIVELY WITH GOOD FOOTWORK

SCORE TRIES CONSISTENTLY



#15 Fullback Position

- The fullback is the player fourteen other team mates rely on in pressure situations.
- A good communicator who can organise back three defence, the fullback must be a player who can understand options given by the opposition's positional play on defence and use counter attack options when applicable as well as possess a sound kicking game off both feet.
- Vision, positional sense, rock solid under the high ball and the ability to undertake catch pass and run options with accuracy, speed and explosive power are other necessary attributes to a good fullback.
- Entering a backline attack with pace, a fullback must be able to pick space, find gaps, create space and deliver accurate ball to wingers as well as taking try scoring opportunities when on offer.

Basic Requirements:

- Excellent communication skills. Good listener as well as talker.
- Strong defender.
- Possesses a good kicking game with numerous defensive and attacking options.
- Able to create space through off the ball running.
- Able to read opposition tactics and make changes accordingly.
- Good acceleration and top end speed.
- Hits the line and gaps at pace.
- Can execute a variety of counter attack options.
- Able to organise defence

Do's:

1. Be able to kick off both feet
2. Field the high ball well
3. Join the backline anywhere and anytime on attack
4. Always drive the attacking player to the sideline
5. If two or more attackers are approaching, always tackle the player with the ball
6. Attack the blindside when overload attack on defence can be applied

Don'ts:

1. Never take eyes off the high ball
2. Tackle head on
3. Let a ball bounce
4. Let an attacking player cut back infield

Forwards Coaching Tips

1s COACHING TIPS:

- Aggressive as a defender at rucks and mauls
- Develop core Strength, endurance, mobility and power
- Effective technique as a Lineout lifter
- Good low body position in ruck, maul and scrums
- Need to thrust arm up quickly to establish strong scrum bind

2s COACHING TIPS:

- Accurate Lineout Thrower - able to throw to every position
- Support player - plays as a 4th loose forward
- Aggressive Scrummager - the ability to take tightheads
- Fit and Fast with a high work rate
- Core Strength, Consistency, Concentration and Commitment

3s COACHING TIPS:

- Long Back leading unit into scrum
- Core Strength maintaining strong square position at scrums
- Controlled Aggression, Emphasis on all round strength
- Lifting Power as a support lifter at lineout play
- Mental hardness and toughness essential, an impact player

4 & 5s COACHING TIPS:

- Core Strength, Explosive spring with good co-ordination
- Secure Lineout ball working with lifters and hooker
- Look for footwork skills to improve lineout and general play skills
- Aggressive and accurate tackler - read the defence
- The Engine Room - mobile with low body position

6s COACHING TIPS:

- Pace, power, strength and accuracy in both attack and defence
- Very high work rate, a doer who is hard, drives low and anticipates play
- Aggressive cover defence with good communication skills
- An effective Lineout jumper
- A strong ball carrier that possesses safe hands

7s COACHING TIPS:

- Work rate - a non-stop player both on attack and defence
- Continuity - ability to link and work within the loose forward trio
- Support play using intelligent running lines
- Speed to breakdown - able to read play well
- Aggressive tackling and attack of the ball at tackle and ruck play

8s COACHING TIPS:

- Be constructive when creating continuity, supporting the ball carrier
- Use core strength in an attacking defence pattern, working with loose trio
- Read the game, have speed around the field, always be in play
- Go forward strongly, make the advantage line and maintain possession
- Strong defence, covering inside backs and fringes of set pieces

Backs Coaching Tips

9s COACHING TIPS:

- Constructive base kicking and clearing kick options on both sides
- Be in position to clear the ball off the ground from all breakdowns under pressure
- Accurately pass in both directions using variety of passing options
- Pass, kick and run at the correct times
- Communication - command and demand. Link between forwards and backs

10s COACHING TIPS:

- A key decision making role in both attack and defence
- Patience + Pressure = Points
- Leadership qualities, scanning and reading the game, both in attack and defence
- Develop pressure thinking and communication skills
- Tactical decision making, controlling play, knowing when to kick, pass or run

12s COACHING TIPS:

- Get ball to advantage line and present ball well in contact while on feet or on ground
- Accurate passing under pressure to left and right
- Run good angles, commit opposition where necessary
- Good decision maker who runs decisively and passes at correct times to support
- Act as decoy runner when required with good communication

13s COACHING TIPS:

- Chase kicks and be part of three man push on opposition ball carrier
- Align as defensive pattern requires and tackle soundly
- Analyse defence keeping attack straight if necessary and take gaps when on offer
- Look for loose ball, create turnover opportunities and move ball quickly
- Get ball to space and promote try scoring opportunities

11 & 14s COACHING TIPS:

- Develop accurate passing skills with ability to pass over varying distances
- Develop a sound chasing game, being effective in close contact
- Be an effective last line of defence with good tackle technique
- Communicate to inside players when in space on attack
- Work effectively within a back three mini unit and midfield combination

15s COACHING TIPS:

- Speed
- Communication
- Attack the Blindside