

INTERNATIONAL RUGBY BOARD



Coaching key factors

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PASSING



Key factors

- Run straight
- Hold the ball in two hands
- Commit a defender
- Prop on the inside leg
- Turn side on to the defence to face the supporting receiver
- Swing the arms through in the direction being passed to
- Use the elbows and wrists to control the speed and flight of the ball as the ball is released
- Follow through with the hands in the direction of the pass
- Pass to the 'target' area at chest height in front of the receiver
- Support the receiver once the pass has been completed

RECEIVING A PASS



Key factors

- Position so that the receiver can run towards the ball in its completed flight
- Run towards the space created by the passer
- Extend the hands to catch the ball early
- Watch the ball into the hands
- Catch the ball with the fingers and hands

CATCHING THE KICKED BALL



Key factors

- Position to move towards the ball
- Assess whether the ball can be caught by staying on the ground or by jumping into the air to catch it
- Extend the arms in the direction of the ball as a guide
- Position with the shoulder and hip towards opponents
- Call your name and ball, e.g. “Jim's ball”
- Watch the ball into the hands
- Catch the ball at eye level, guiding it into the hands, arms and eventually into the body

PICKING UP THE BALL



Key factors

- Approach the ball in a crouched position
- Position above the ball side-on, straddling the ball with one foot to the front and the other behind
- Sink at the hips and bend at the knees
- Keep the head up in the neutral position
- Steady the ball with the front hand and scoop it up with the back hand
- Bring the ball into the chest while assessing options

SPIRAL PASS



Key factors

- Turn the ball so that its long axis is approximately 30 degrees to the horizontal
- In the passing action, use the top hand to give power and to impart spin
- Use the bottom hand to provide stability and direction

CLEARING PASS



Key factors

- Body in a crouch
- Sink at the hips, bend at the knees
- Right foot to the ball when passing with the right hand and left foot to the ball when passing with the left hand
- Other foot a comfortable distance away for stability, pointing in the direction of the pass
- Head over the ball, eyes on the ball
- When passing right, use the right hand for stability and the left hand for power and vice versa
- Follow through with the passing hand by pointing it in the direction of the receiver

DIVE PASS



Key factors

- Position to see the ball and the receiver in the same line of vision
- Approach the ball in a crouched position
- Sink at the knees, bend at the hips, close to the ball
- Spread the fingers to scoop under the ball grasping it with the hands
- Drive with the legs and at the same time pass the ball to the target area using both hands
- Follow through and use the hands to control the direction, speed and flight of the ball

PASSING OUT OF THE TACKLE



Key factors

- Hold the ball firmly in two hands to withstand the impact of the tackle
- Upon being tackled, turn with the impact of the tackle
- Keep the arms free above the level of the tackle
- Before falling to the ground, pass the ball to the space the receiver is moving into

SCREEN PASS



Key factors

- Drive into a defender side on
- Upon contact remain standing
- Turn back on to the defender
- Screen the ball from interference
- Make a close pass to a team-mate

EVASIVE RUNNING WITH THE BALL



Key factors

- Carry the ball in both hands
- Run towards the nearest defenders
- Change the direction of movement close to them, using a side step, swerve, and/or change of pace
- Move into the space furthest from the defenders
- Accelerate to take advantage of the space that has been created

SIDE STEP



Key factors

- Run towards the nearest defenders
- Change direction close to them by pushing sideways off the right foot to go left and the left foot to go right
- Accelerate to take advantage of the defender's hesitation

SWERVE



Key factors

- Run towards the nearest defenders
- Change direction away from them by veering away into the outside space
- Accelerate to take advantage of the defender's hesitation

RUNNING IN SUPPORT OF THE BALL CARRIER



Key factors

- Run in anticipation of where play can be entered into
- Position so that play may be entered without slowing down by being behind the ball carrier
- Tell the ball carrier this positioning
- Enter play in the most effective way

RUNNING IN DEFENCE



Key factors

- Run in anticipation of where play can be entered into
- Position so that the ball carrier's options are reduced
- When the ball carrier decides on the option, react to initiate regaining possession of the ball

PUNT KICK



Key factors

- Stand in balance
- Shoulder forward: right foot - left shoulder; left foot - right shoulder
- Hold the ball in two hands so that its long axis is aligned with the foot
- Allow the ball to fall to the striking position in this alignment, while at the same time:
 - Stepping onto the non-kicking foot, which should be in line with the target
 - Swinging the kicking foot through the line of the ball, striking it along its long axis
 - Adjusting the flight of the ball by adjusting the angle of the foot and the point at which the ball is struck
- Follow through with the kicking foot
- Extend the arm on the opposite side of the body for balance
- Throughout, keep the head down and eyes on the ball

DROP KICK



Key factors

- Hold the ball so that when it is dropped to the ground it bounces up in the same alignment
- Step forward onto the non-kicking foot aligning the line of the instep with the target
- Drop the ball to the ground the width of the hips from the non-kicking foot
- Turn the shoulder of the non-kicking foot towards the target
- Keep the head down and over the ball
- Swing the kicking foot through the line of the ball so that it is struck at the point of maximum velocity
- Make contact with the bone on the top of the instep. For low kicks, strike the ball close to the ground; for high kicks, let the ball bounce higher
- Follow through in a natural arc onto the toes of the non-kicking foot
- Use the arm of the non-kicking side of the body for balance

PLACE KICK



Key factors

- Choose a kicking tee that suits the player's kicking style
- Lean the ball slightly forward to expose the 'sweet spot'
- Before moving back, stand over the ball in the kicking position
- Move back to a position that is comfortable
- Focus on the 'sweet spot' when moving back
- Relax
- Focus, e.g. 'Head down, follow through'
- Use imagery if needed
- Approach by running in an arc to open up the hips and get maximum power
- Place the non-kicking foot hip width from the ball with the line of the instep of the foot in line with the target
- The side seam of the ball should be in line with the ankle of the non-kicking foot
- Move the non-kicking arm forward to turn the shoulder side on to the target
- Bring the kicking foot down and through the strike zone
- Keep the head directly above the ball
- Make contact with the bone on top of the instep
- Follow through in an arc with the kicking foot
- Rise onto the toes of the non-kicking foot

SIDE-ON TACKLE



Key factors

- Position inside the ball carrier
- Run in a crouched position
- Head up, back straight
- Sight the target - just below the ball carrier's buttock
- Drive with legs to make firm contact with the shoulder on the target
- Head behind the ball carrier's body
- Wrap the arms around the ball carrier's lower torso
- Hold on tightly until the ball carrier is on the ground
- Get to the feet and recover the ball

FALLING IN THE TACKLE



Key factors

- Hold the ball firmly in two hands while running down the field
- When being tackled, turn with the impact
- Land on the back of the shoulder
- Lie at right angles to the line of running
- Pass the ball or place the ball so team mates can recover it

BALL PRESENTATION IN CONTACT



Key factors

- Run in a low position that is able to withstand impact
- Carry the ball in both hands so that options can be performed immediately
- Anticipate contact by turning side on
- Drive into contact in this position by sinking low and driving up
- Spread the feet to shoulder width, sink at the hips, bend at the knees
- Turn to face team-mates
- Make the ball available
- Perform the best option to maintain continuity

FALLING ON THE BALL



Key factors

- Approach the ball in a crouched position
- Slide into the ball on the hip and thigh
- Grasp the ball into the body
- Pass the ball to a team-mate or
- Place the ball so that team-mates can recover it or
- Regain the standing position in possession of the ball

FEND/HAND-OFF



Key factors

- Prepare to side step or swerve around an opposing player
- Transfer the ball to the arm furthest from the tackler
- While side stepping or swerving away from the tackler, allow the tackle to come within arm's length
- Using an open hand, push the tackler away by straightening the arm very firmly

FRONT-ON TACKLE



Key factors

- Move slightly inside the ball carrier
- Move forward into the tackle
- Drive with the legs
- Make firm contact with the shoulder between the waist and the hips
- Wrap with the arms
- Turn with the impact
- Regain the feet and recover the ball

TACKLING FROM BEHIND



Key factors

- Target the waistband
- Drive with the legs as close to the ball carrier as possible
- Drive with the legs and make impact with the shoulder
- Wrap with the arms
- Regain the feet and recover the ball

SMOTHER TACKLE



Key factors

- Move forward towards the ball carrier
- Plant the foot as close to the ball carrier as possible
- Drive with a shoulder firmly to make contact just above the position of the ball
- Continue to drive the ball carrier back
- Wrap with the arms to prevent the ball being released or grab the ball carrier by the jersey
- Turn the ball carrier towards supporting team mates
- or
- Take the ball carrier to the ground, turning the player so that the ball has to be released where the tackler's team can regain it

LINEOUT



Key factors

- Line up along the line of touch one metre from the opposing lineout in a formation that enables possession to be gained
- Throw accurately down the line of touch to the catcher
- Step to the line of touch and jump to secure possession either by catching or deflecting the ball
- Drive up with the arms to increase the height of the jump
- Assist the catcher by lifting the player. The front lifter should lift on the thighs and the back lifter just below the buttocks
- Catch or deflect the ball
- Move the ball and turn the body away from opposing players
- Land in a stable fully supported body position
- Hold the ball low so that team-mates may drive in a low body position and secure the ball
- Bind with the catcher and other team-mates to form a protective screen
- Control the ball
- Deliver or drive forward and deliver the ball

SCRUMMAGING



Key factors

- Select according to body type
- Assemble with the front row one arm's length from the opposing front row
- Bind securely but comfortably as a unit before engaging the opposition
- Engage by following the sequence, "Crouch" - "Touch" - "Pause" - "Engage"
- Crouch low so that the front rows drive up into position
- Upon engagement - head up, back straight, spine in line and square on
- Bind onto the opposing prop's upper body
- Co-ordinate the throw-in with the scrum pushing forward. Have a call for this
- Hook the ball between the loose-head prop's feet
- Channel the ball to the right of the number 8
- Deliver the ball to the half back/scrum half

BACK-LINE ATTACK



Key factors

- Stand sufficiently far apart to isolate each defender
- Align to give sufficient time to pass the ball along the back-line
- Retain the alignment as the back-line moves forward
- Draw an opposition defender before passing
- Pass in front of the next back in the line so that the ball is easy to catch and peripheral vision is retained
- Create a gap just before the tackle line for the extra player to run through the initial line of defence
- Enter the gap to ensure the defence has insufficient time to tackle the extra player
- Use the disorganisation in the defence to pass to an unmarked player
- Accelerate through the gap
- Use support players to continue the attack

BACK-LINE DEFENCE



Key factors

- Align within the back-line on a slight angle back from the source of possession
- Keep the alignment when moving forward towards the opposing players
- Align with the defender's outside shoulder in line with the attacker's inside shoulder
- Run on an angle from inside the ball carrier
- Tackle the attacker if the player has the ball
- If the player has passed the ball, alter the line of running to support in regaining the ball when a tackle is made or to tackle ball carriers running back in the opposite direction
- If the ball has been kicked before a tackle has been made, run quickly to support the player who is most likely to catch or recover the ball
- Assist in regaining possession by choosing the best option

PHASE PLAY



Key factors

- Anticipate the position at which the ball carrier will be held or tackled
- Run on a line so that play can be moved into
- Move into play running a line that is parallel to the touchline
- Either pick up the ball if it is available or bind with team-mates
- Drive through the line of the ball (through the 'gate') pushing opponents away from the ball
- Drive with the back parallel to the ground and the head up
- Use binding to prevent falling over the ball

RUCKING



Key factors

- Drive forward as a bound unit while delivering the ball
- Drive as far forward as possible without becoming isolated
- Fall parallel to the goal-line so that the player's body is between the opposition and the ball
- Place the ball towards team-mates
- Bind and drive past the ball coming through the 'gate'
- Create a formation with sufficient width to deliver the ball from a protected position

MAULING



Key factors

- When held, remain standing
- Turn to face team-mates
- Stand in a stable position
- Hand the ball to the first supporting player
- Support by binding on both sides of the original ball carrier
- Bind and drive forward in a balanced formation similar to a scrum
- Should the maul 'roll' to the left or right, go with the movement unless it is likely to result in the ball going into touch

SUPPORT PLAY - ATTACK



Key factors

- Anticipate the way play will develop
- Take running lines in depth so that play can be entered into
- Position close to but back from the ball carrier
- Tell the ball carrier where the player is in support
- Support to ensure possession is retained and that the ball is moved forward

SUPPORT PLAY - DEFENCE



Key factors

- Anticipate the way play will develop
- Choose a running line so that play can be moved into rather than have play moving away
- Complement the actions of players closer to or at the ball to ensure possession is regained

KICK STARTS AND RESTARTS - THE KICKING TEAM



Key factors

- There are a number of options for kick starts. Here, the high kick in which the kicker's team-mates can recover the ball will be explained
- Kick high enough to allow team-mates to be in position to catch the ball
- Run to catch the ball on an angle from the touchline
- Catch the ball while at the same time turning back-on to the opposition
- Bind on the ball carrier if the ball has been caught or
- Position to recover deflected ball and bind in support of the ball-recoverer

KICK STARTS AND RESTARTS - THE RECEIVING TEAM



Key factors

- Position back from the likely position of the ball once it has been kicked
- Move into the ball to catch it. The player may be assisted by being lifted into the air by gripping the shorts. This provides greater height and stability
- Position to recover deflected ball
- Bind on the ball carrier to form a ruck or maul from which the team can attack

COUNTER-ATTACK



Key factors

- Secure possession of the ball
- Hold opponents while passing the ball away to space
- Support in space to offer receiving options unless the ball carrier is tackled. In this situation, support as for phase play
- After passing, run in support