



Skills & Drills Manual Complete

2007

Introduction

The Australian Rugby Union (**ARU**) believes that younger participants should be introduced to the game gradually as part of its Long Term Player Development (LTPD) pathway through its Junior Player Pathway program. The Australian Rugby Union's LTPD Pathway is based on research conducted on the stages of development and children in sport. It was concluded that modifying sport contributes to the supportive junior sport environment that children seek and that provision of modified sport is a first step towards attaining quality and offering great opportunities for children to develop confidence in sporting performances.

The Australian Rugby Union's LTPD pathway includes excellent examples of a modified sport. The Junior Player Pathway is designed to provide appropriate physical and technical skill development as well as introduce the tactical concepts of Rugby. It emphasises the desirable qualities of sportsmanship, fair play and safety.

The TryRugby Program is a High-quality grass roots sport development initiative is designed to introduce and prepare the participants for Rugby Union through the Junior Player Pathway games of Walla, Mini and Midi, and the modified U19 game. It is designed for girls and boys aged 5 – 16 years who are new to Rugby as well as more experienced players who want to play more Rugby and improve their skills.

TryRugby includes the development of fundamental movement and fundamental sports skills. With this in mind drills and activities have been chosen that best represent the delivery of these fundamentals which include Rugby core and individual skills for the players.

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

Core skills - Catch & Pass, Evasion, Track to Tackle, Contact/Breakdown

Individual skills – Handling, Jumping, Throwing, Kicking, Scrummaging

The activities and drills contained here are by no means the only drills and activities that do however they are designed to ensure that the development of agreed core and individual skill in line with Wallaby Skill Progression principles is achieved with the highest level of quality. For players to be attracted to and remain in the Game, enjoy the experience and achieve their goals, core and individual skills must be developed and coached at the highest level possible.

To ensure the development of skills players also must develop physically and tactically. Physical development of players not only ensures greater physical fitness, but also an increased ability to perform skills and a reduced risk of injury.

In terms of the players physical development pathway there are some important issues that the coach must be aware of. Certain 'windows of training opportunity' occur during the maturation journey that are important to take advantage of. The following outline some of these opportunities.

- A positive set of experiences with a deal of enjoyment and fun
 - informal and without regimentation*
 - no discomfort, no pain*
- Agility, Balance, Coordination, Speed and General Strength & Stability through simple bodyweight exercises (movement education, basic gymnastics), games and relays
 - early speed and agility windows:*
 - females 6-8 years*
 - males 7-9 years*
- Include non-weight bearing activities for aerobic development (Osgood-Schlatter's, overuse injuries)
- Running, jumping and throwing skills
- Catching, passing, kicking and striking skills
- Volumes kept low
- Intensity kept very low
- All athletes must be carefully monitored throughout this period.

Additionally, an understanding of the game principles and tactical strategies ensures players increase their understanding of the game, make playing more enjoyable and interesting and assists them to see the relevance of particular skills that are required in the game. As such the technical and tactical aspects of Walla, Mini and Midi are developed during the 6 week program, in a safe and enjoyable environment. The age groups playing Walla, Mini and Midi are progressively introduced to the game elements involved in Rugby Union ensuring that participants are 'prepared to play'

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

Delivered by professionally trained instructors, TryRugby offers parents and children a safe, fun and well organised sporting activity and is offered in three levels - TryRugby, TryRugby Plus and TryRugby Play. Good luck with TryRugby

Developed by the ARU Community Rugby department

This publication is copyright and no part of it may be reproduced in any form without permission from the Australian Rugby Union.

TryRugby Activities

Age 5 – 6

Session 1

- Activity 1 Ball Handling Relays
- Activity 2 Oranges & Apples, Partner Score
- Activity 3 1 v 1 (static)
- Activity 4 Rugby Octopus

Session 2

- Activity 1 Ball Handling Relays
- Activity 2 Reaction Pairs, Cut offs
- Activity 3 Circle Handling
- Activity 4 Tag Ball

Session 3

- Activity 1 Ball Handling Relays
- Activity 2 Captain Ball
- Activity 3 Keeping Off
- Activity 4 4 v 2 Invasion Game

Session 4

- Activity 1 Kicking Relay
- Activity 2 Compass Run, Star Relay
- Activity 3 Bugs and Spiders
- Activity 4 Rugby End Ball

Session 5

- Activity 1 Ball Handling Relays
- Activity 2 Rugby Rounders
- Activity 3 Passing Chain (short & long) static
- Activity 4 EdRugby Invasion Game

Session 6

- Activity 1 Ball Handling Relays
- Activity 2 Stuck in the Mud
- Activity 3 Ball Take Stuck in the Mud
- Activity 4 Ball Take Walla

Coaching/Teaching

The Junior Player Pathway Program is a component of the ARU's LTPD pathway, which encompasses both physical and technical development for the training stages through which each player should pass on the way to achieving optimal performance. The JPP takes in the first two stages of the overall LTPD pathway, these being the Fundamental and Learning to Train stages. These stages are designed to provide the fundamental foundations of physical and skill development for 5 to 12 year old Rugby players. They are also designed to stimulate interest and maximise participation. These essential features are those of enjoyment, maximising physical and skill development, encouraging and supporting players to reach their potential and remain involved in the sport. The desirable qualities of Rugby - sportsmanship and fair play - are to be positively rewarded. At all times safety must be a paramount consideration. All programs have been designed to teach the Game principles of – Possession / Go Forward / Support / Continuity / Pressure.

The concept of positive re-enforcement of the ideals of the game and skills of players cannot be over-emphasised. Satisfaction should be gained from participation, improvement and competitive performance - without emphasis on win at all costs. Players should be left to develop skills and learn the game without the presence of external pressure to win premierships. The focus should be on the process rather than the outcome.

Coaches / Teachers must ensure that the game is correctly taught and that the success achieved by each player is acknowledged and encouraged. It is vital that each and every player receives the same opportunity to develop in an environment of friendliness and co-operation.

Session 1

Catch & Pass, Evasion and Tracking

TRAINING SESSION FORMAT

Session 1 – Catch& Pass, Evasion & Tracking	Group – TryRugby Walla
Session Objectives <ul style="list-style-type: none"> - Develop an understanding of catching and passing - Develop an understanding of evasion - Develop an understanding of tracking / Walla tagging - Improve body position in Walla tag 	Equipment Required <ul style="list-style-type: none"> - 24 Markers - Participants are all given a ball - 4 Spare balls
Session Plan.	
Group Warm Up Activity 1 – Ball Handling Relays Key Points Catch <ul style="list-style-type: none"> - Head facing the ball, hands up and fingers spread - Turn the shoulders towards the target - Reach for the ball with both hands up, elbows spread - Watch the ball into soft hands Pass <ul style="list-style-type: none"> - Hands and elbows up, fingers spread - Hold the ball outside hip, lean forward over the ball - Turn head quickly to look at the target - Transfer the ball across the body towards the target - Fingers point at target after pass Activity 2 – Oranges & Apples' Key Points Tagging <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Place lead foot in close to the ball carrier - Head to side or behind when making a tag – Partner Score Key Points <ul style="list-style-type: none"> - As above 	Activity 3 – 1 v 1 (static) Key Points Ball carrier <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space Tracking <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up Activity 4 – Rugby Octopus Key Points <ul style="list-style-type: none"> - as above Warm Down
Evaluation	Injuries
Next Session – Coach	Next Session – Players Players to bring water bottle & ball

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- A1, B1 and C1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Players will perform the skill while stopped at the end marker
- Skills should be performed as fast as can be successfully managed
- Progress according to skill level in order to maintain interest i.e. from ball in two hands –clap and catch – high throw and catch – round the body etc

Variations/Progressions

- Extra markers can be set up for the players to weave through
- Players perform skill while moving
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

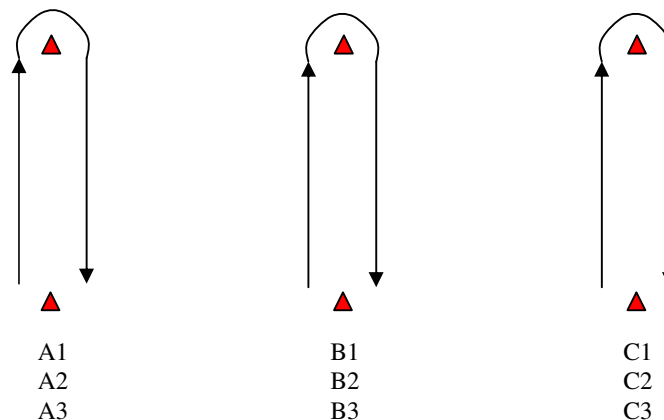
Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



ACTIVITY NAME:	Oranges & Apples	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> Footballs <input checked="" type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- The two teams are named Oranges (A) and Apples (D)
- The coach calls either Oranges or Apples
- If Apples then the D must run to their safe zone without being tagged by A

Variations/Progressions

- Starting positions can be varied, start lying on the ground, facing each other, facing away, sitting down etc

Coaching Points

Ball carrier

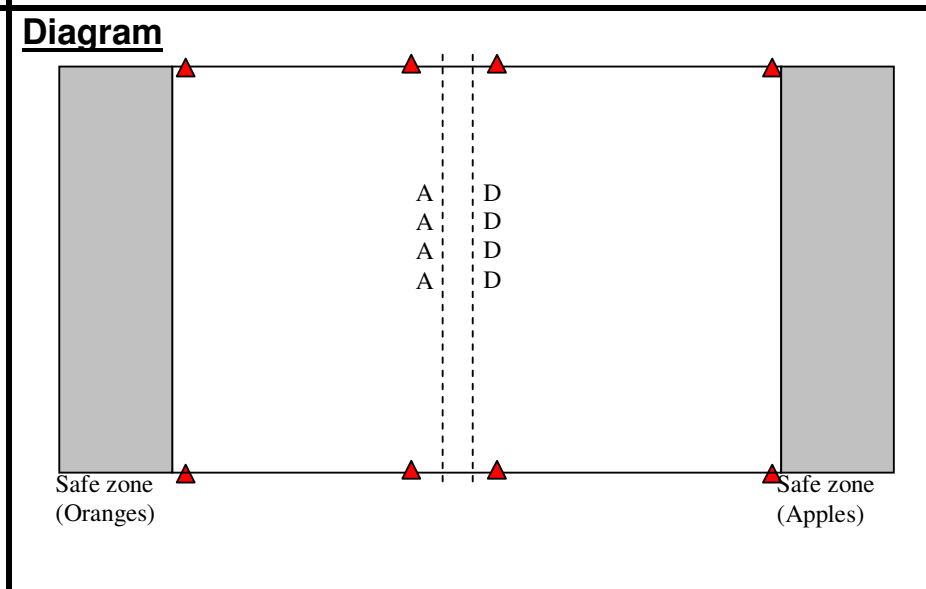
- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag



ACTIVITY NAME:	Partner Score	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- The two teams (A) and (D)
- The two teams pass the ball between each other until the coach calls "Go"
- The player with the ball must then run to the try line and attempt to score a try
- The player without the ball must attempt to tag the ball carrier before he or she scores a try

Variations/Progressions

- Vary the types of pass
- Increase/decrease the distance between the teams
- Starting positions can be varied, start lying on the ground, facing each other, facing away, sitting down etc

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

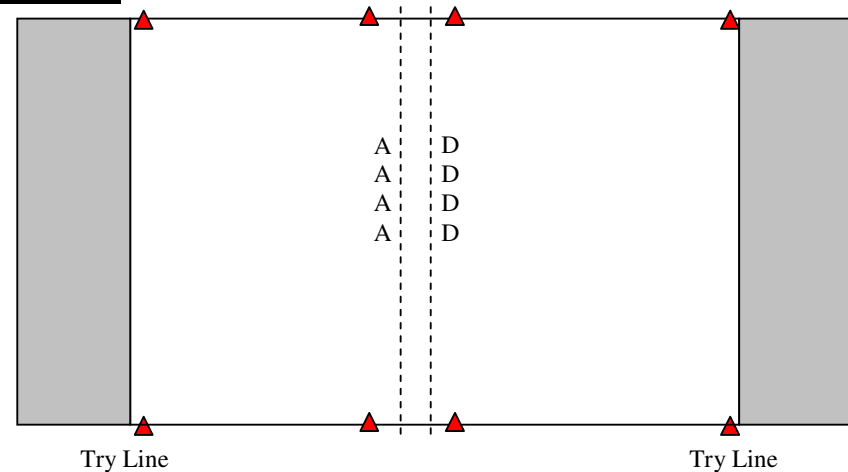
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



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

Description

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

Variations/Progressions

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

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

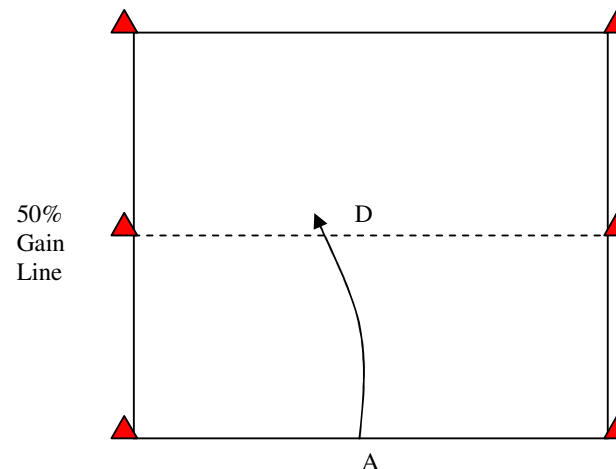
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



ACTIVITY NAME:	Rugby Octopus	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- Attackers (A) attempt to run from one safe zone across to the other, without being tagged by the defenders
- The two safe zones can be called countries and the Attackers must run from one country through the sea to the other country without being tagged by the octopus (Defenders)
- Attackers only leave their country (safe zone) when the coach calls "Rugby Octopus"
- If the Attackers are tagged they become seaweed and go on their knees where they are tagged and can't move, but can tag the attackers if they run close enough to them

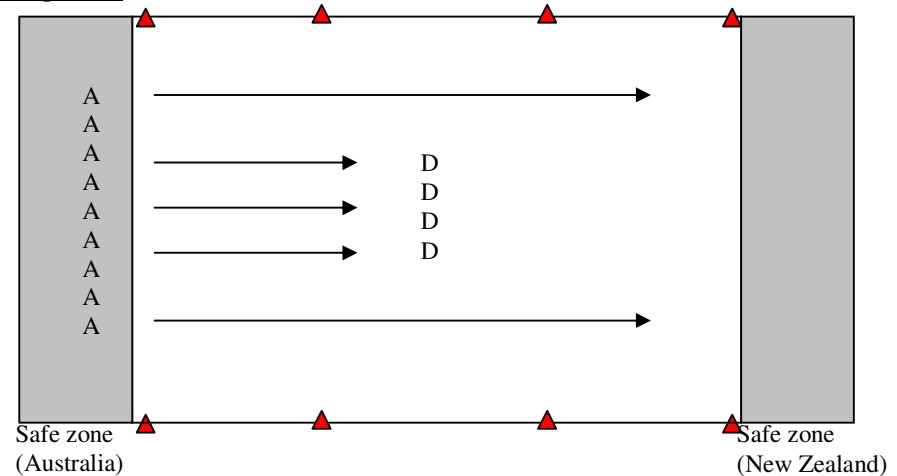
Variations/Progressions

- Defenders hold a ball and tag the attackers with the ball
- Attackers all run with a ball
- Move the seaweed into a long line to show how a defensive line is hard to break (taggers should try and cover the holes in the line)

Coaching Points

- Taggers should attempt to make a Walla tag
- Tagger in good body position, head up, split stance head to side and aiming at runners hips
- Try to trick the Attackers by calling "Rugby Octagon" or similar and make those who get it wrong become seaweed
- Try to use as many markers as possible to ensure the kids stay in the space
- If they run outside the field then they become seaweed

Diagram



Session 2

Ball Handling, Evasion, Tracking and Tagging

TRAINING SESSION FORMAT

Session 2 – Ball Handling, Evasion,

Group – TryRugby Walla

Tracking & Tagging

Session Objectives

- Develop an understanding of Ball Handling and passing
- Develop an understanding of tracking / Walla tagging
- Improve body position in Walla tag
- Use catch & pass in a game situation

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Reaction Pairs Sprints, Cut Offs

Key Points

- Lower centre of gravity and take short rapid strides to accelerate quickly
- Maintain good running mechanics
- Carry ball in two hands

Activity 3 – Circle Handling

Key Points

- As catch & pass

Activity 4 – Tag Ball

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- A1, B1 and C1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Players will perform the skill while stopped at the end marker
- Skills should be performed as fast as can be successfully managed
- Progress according to skill level in order to maintain interest i.e. from ball in two hands –clap and catch – high throw and catch – round the body etc

Variations/Progressions

- Extra markers can be set up for the players to weave through
- Players perform skill while moving
- Anything the coach can think of to increase the difficulty or make more interesting

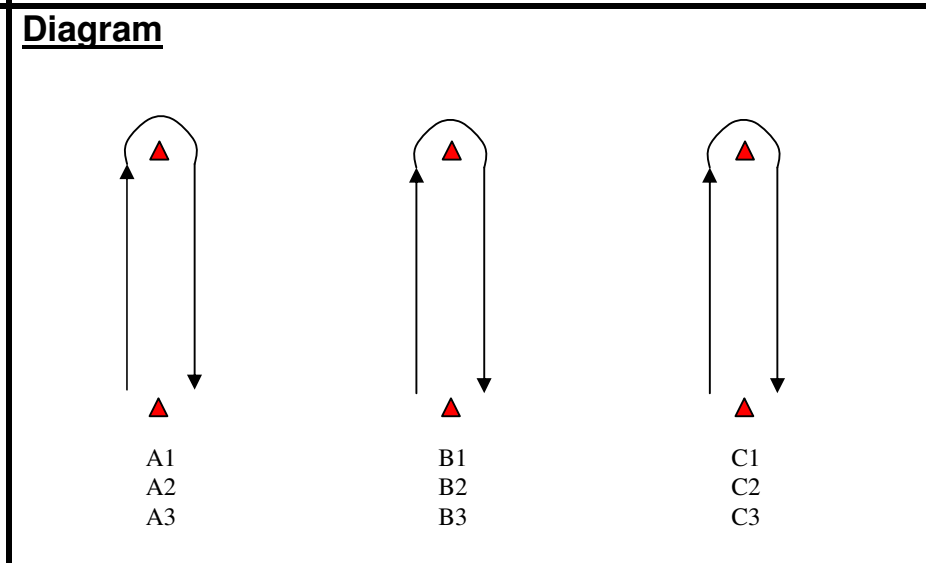
Coaching Points

Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass



ACTIVITY NAME:	Reaction Pairs Sprint & Cut Offs	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- The two teams (A) and (D)
- Team A are the starters, they initiate the sprint, with Team D the chasers reacting to A's lead before pursuing.
- Only run one pair at a time.
- The objective is to get to the other side of the grid before your partner does

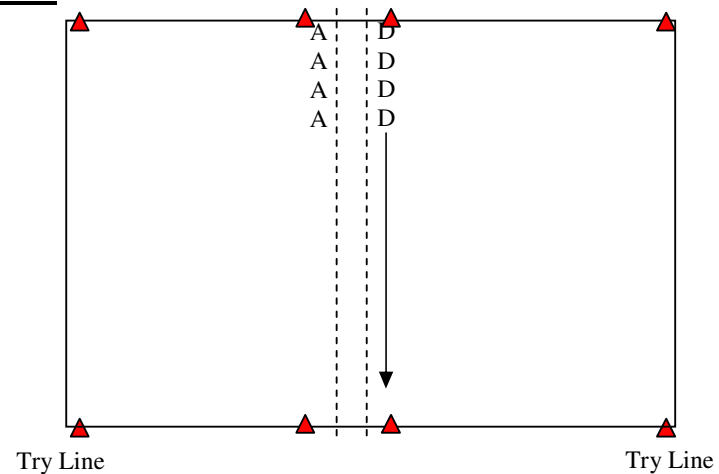
Variations/Progressions

- Have starters (Team A) carry a ball
- Run in either direction (line up Indian file one behind the other) and attempt to cut off your partner by scoring before they do
- Starting positions can be varied, start lying on the ground, facing each other, facing away, sitting down etc

Coaching Points

- Lower centre of gravity and take short rapid strides to accelerate quickly.
- Maintain good running mechanics

Diagram



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

Description

- Players (A) form a circle approximately 1m apart from each other
- The players pass the ball around the circle until the coach calls change, then the players should change the direction they are passing
- Teams compete against other circles to get as many passes in a set time

Variations/Progressions

- Add more footballs
- Increase the distance between the players
- Get a player to run a lap around the outside of the circle while the passers try to pass the ball around the circle and beat the runner back
- Players face outwards

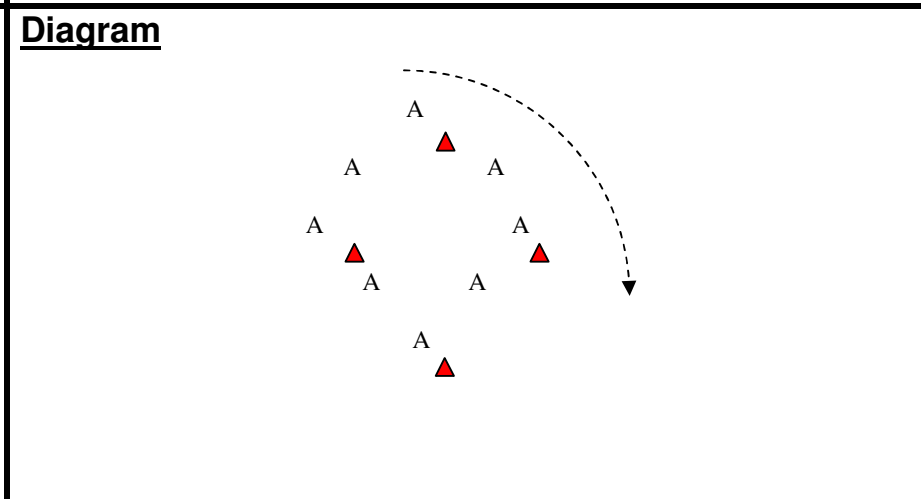
Coaching Points

Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass



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

Description

- 2 taggers start without balls (D1, D2) Everyone else (A1 – A8) starts with a ball
- Taggers (D) attempt to two handed Walla tag the ball carriers (A)
- Ball Carriers (A) run around within the grid trying to avoid being tagged
- Once a ball carrier is tagged they take their ball outside the grid and rejoin as another tagger (D)

Variations/Progressions

- Have one ball for every 3 ball carriers and ball carriers can only run when they don't have the ball. Taggers can only tag people with the ball, so ball carriers will have to catch and pass to avoid getting tagged and move into space to support other ball carriers
- Only the taggers have balls (1 between 3) taggers cannot run with the ball and have to catch and pass and attempt to trap attackers to tag them. Taggers must be holding the ball while they tag attackers

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

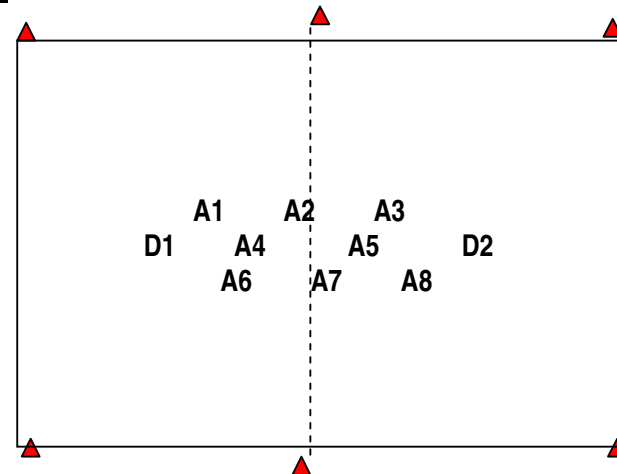
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



Session 3

Ball Handling, Tracking and Tagging/Game Preparation

TRAINING SESSION FORMAT

Session 3 – Ball Handling, Tracking &

Group – TryRugby Walla

Tagging/Game Preparation

Session Objectives

- Improve an understanding of Ball Handling and passing
- Improve an understanding of tracking / Walla tagging
- Improve body position in Walla tag
- Use catch & pass in a game situation
- Develop an understanding of attack & defence

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Captain Ball

Key Points

- As above for catching

Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Activity 3 – Keeping Off

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 4 – 4 v 2 Invasion Game

Key Points

- As above

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball

ACTIVITY NAME:	Ball Handling Relays	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

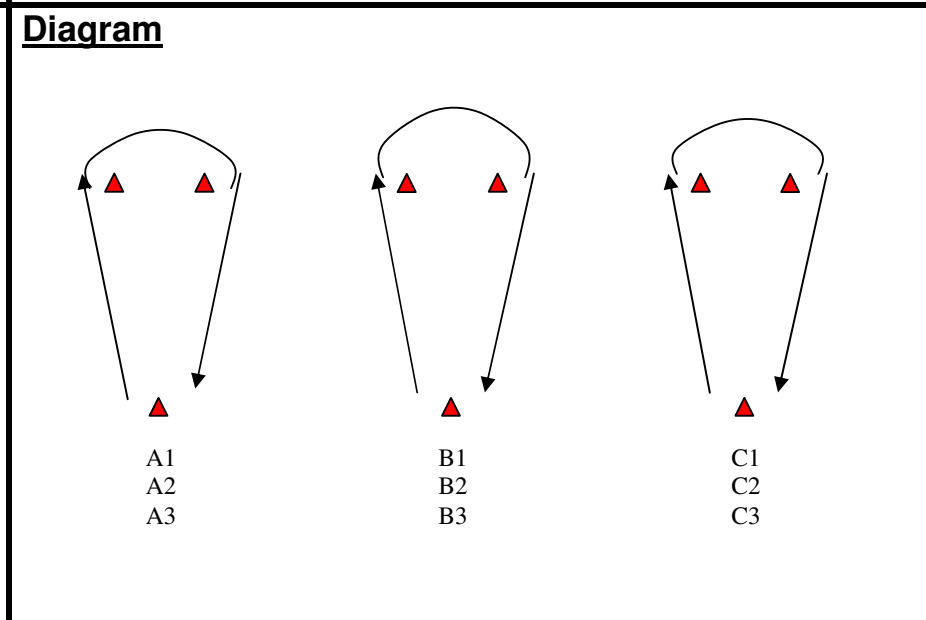
- A1, B1 and C1 start on the coaches call running out to the marker/hoop carrying a ball, turn around the marker/hoop and place the ball next to the marker/or in the hoop & run back.
- They tag the next player in their group (A2,B2,C2)
- Player 2 runs and collects the ball and then returns and passes the ball to the next player.
- Once the whole group has been through then they sit down, the winner is the first team to sit down

Variations/Progressions

- Extra markers can be set up for the players to pick up the ball from one marker then place at the next. Have players run out from alternate sides.
- Players perform skill while moving
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

- Move on the balls of the feet
- Keep head still, looking ahead
- Shoulders and hands relaxed
- Carry the ball in two hands
- Maintain fast feet and fast elbows
- When moving laterally push with the outside leg



ACTIVITY NAME:	Captain Ball	NUMBERS:	6 + players
EQUIPMENT:	<input type="text" value="2"/> Footballs	<input type="text" value="6"/> Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- A1 (Captain) starts with the ball and performs a lineout throw or pass to A2 who catches it over his/her head and passes it back to A1. A2 sits down and A1 then throws the ball in to A3 etc
- When A4 gets the ball he/she runs to the start of the line and the process is repeated
- It is repeated until everyone has been captain (throwing the ball)
- When everyone has finished the team that all sits down first and yells 'stop'

Variations/Progressions

- Increase the distance between players and the marker
- Catchers jump to catch ball
- Progress to Lineout Captain Ball (see B1-B5)

Coaching Points

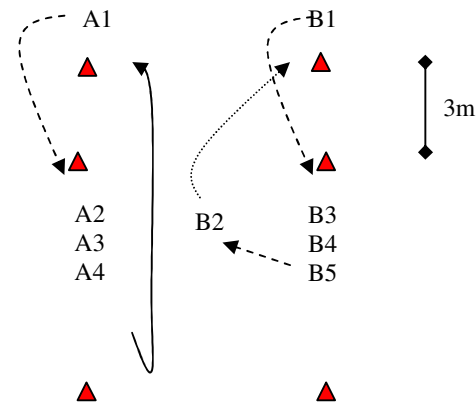
Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Catching

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Diagram



ACTIVITY NAME:	Keeping Off	NUMBERS:	3+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- 2 Attackers (A1,A2) v Defender (D)
- A1 and A2 cannot run while they are holding the ball
- Defender (D) to make a 2 handed tag on the attacker with the ball
- Attackers are attempting to pass the ball between each other and work to scoring a try at the other end of the grid
- Attackers can pass the ball in any direction
- If the ball is dropped the defender wins
- When a player is tagged or a try is scored the defenders and attackers change roles

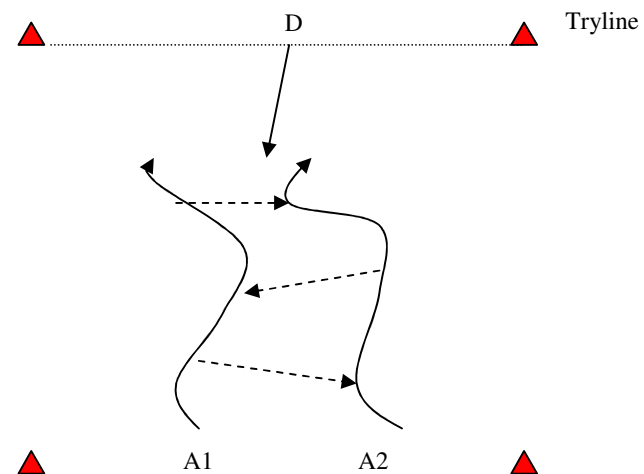
Variations/Progressions

- Add more attackers and defenders
- Allow the attackers to run with the ball

Coaching Points

- Attackers playing similar to netball
- Use evasion and tracking key coaching points
- Defender must perform a two handed tag below the waist
- Defender to ensure their head is to the side when tagging
- Defender should cut down time and space and pressure the defender

Diagram



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

Description

- 4 Attackers (A1 – A4) v 2 Defenders (D1, D2)
- Attackers (A) cannot run while they are holding the ball
- Defenders (D) to make a 2 handed tag on the attacker with the ball
- Attackers are attempting to pass the ball between each other and work to scoring a try at the other end of the grid
- Attackers can pass the ball in any direction
- When a player is tagged the tagger moves 1m back and play resumes
- When a try is scored the defenders and attackers swap roles

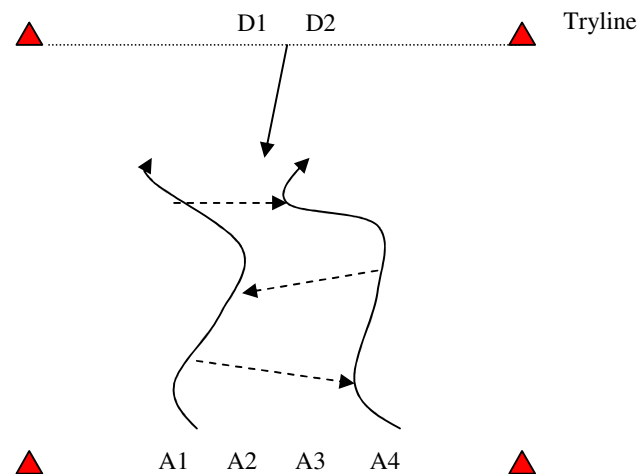
Variations/Progressions

- Add more attackers and defenders
- Allow the attackers to run with the ball

Coaching Points

- Attackers playing similar to netball
- Use evasion and tracking key coaching points
- Defender must perform a two handed tag below the waist
- Defender to ensure their head is to the side when tagging
- Defender should cut down time and space and pressure the defender

Diagram



Session 4

Kicking, Catch/Pass, Footwork, Tracking and Tagging

TRAINING SESSION FORMAT

Session 4– Kicking, Catch/Pass, Footwork, Tracking & Tagging

Group – TryRugby Walla

Session Objectives

- Improve an understanding of Ball Handling and passing
- Improve an understanding of tracking / Walla tagging
- Improve body position in Walla tag
- Use catch & pass in a game situation
- Develop an understanding of attack & defence
- Develop an understanding of working as a team

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Kicking Relay

Key Points

- Carry ball in two hands
- Turn the foot when dribbling
- Lock out the foot when kicking
- Hands up
- Look at the ball/target

Activity 2 – Compass Run, Star Relay

Key Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the markers

Activity 3 – Bugs & Spiders

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 4 – Rugby End Ball

Key Points

- As above

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball
Players to wear Rugby jersey (if possible)

ACTIVITY NAME:	Kicking Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, kicking the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Skills should be performed as fast as can be successfully managed
- Progress according to skill level in order to maintain interest i.e. from ball in two hands – dribble the ball – kick and regather – kick clap and catch – grubber and receive etc

Variations/Progressions

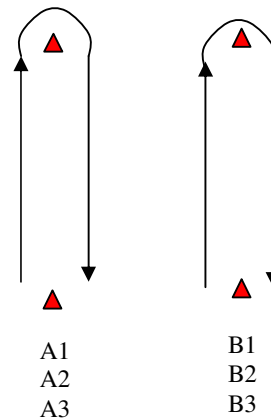
- Change the drill to a four corners drill or cross-over drill (2)
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

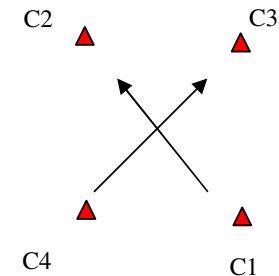
- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram

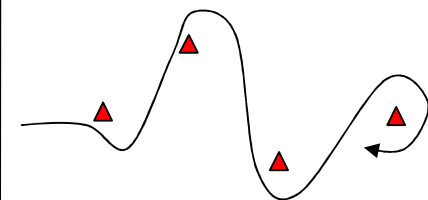
1.



2.



3.



ACTIVITY NAME:	Compass Run, Star Relay	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 9 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

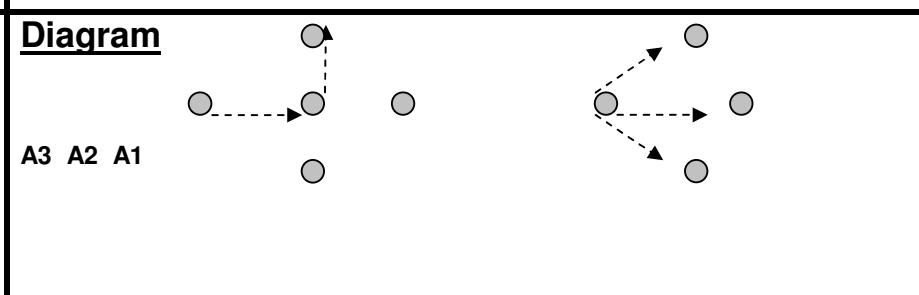
- In two (2) 10m x 10m set out the markers in a prescribed manner – Compass Run (in a points of the compass square with one marker at the centre), Star Relay (in a fan shape with one marker to start at. The players are arranged in groups of three or four standing at the starting marker)
- Players take it in turn to run to or around the markers and return to the starting marker as fast as they can
- Players are to react quickly and change direction (using footwork)
- You can add a ball to carry

Variations/Progressions

- As players approach the end of the first grid, coaches need to call out LEFT or RIGHT.
- On this call, players are to react quickly and change direction to run to the corner marker at the end of the grid that is on their LEFT or RIGHT (depending on coaches call)
- Introduce ball activities at the end of the grids (i.e. place, roll, pass etc)
- Increase the number of grids as so more players are working at once

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity & maintain foot work (speed) when changing direction by shortening stride length
- Carry ball in 2 hands



ACTIVITY NAME:	Bugs & Spiders	NUMBERS:	10 + players
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 14 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other: Contact suits/shields optional

Description

- Attackers (**A1-A4**) called 'Bugs' attempt to get out of the 'Spiders' web i.e. over the outside boundary line of the grid set out by the markers (▲). The 'Bugs' may attack any side of the grid, starting in the safe centre grid (web)
- Defenders (**D1-D6**) called 'Spiders' must remain on their web (can only move laterally between the outside grid markers). Defenders perform 2 handed tags to stop attacker.
- Attacking players are to move around in the aim to create / find a gap between the defenders to escape.
- When a bug is tagged they become a spider, all bugs that escape restart in the middle of the web next go.
- The Coach should call "go" to start the bugs and may put a time limit on how long they have to escape.

Variations/Progressions

- Add a ball for all bugs to carry
- Allow spiders to move in any direction in the outside grid
- Attackers (**A1-A4**) attempt to score a try over the outside boundary line
- Have bugs play as a team of attackers
- Begin with one ball then progress to two.
- Increase the number of defenders.
- Decrease size of grid to increase pressure.
- Introduce contact with the aim to involve skills of switch, screen pass, circle ball to support player. If attacker is stopped and does not get away a pass immediately then the attackers must attack different side of the grid

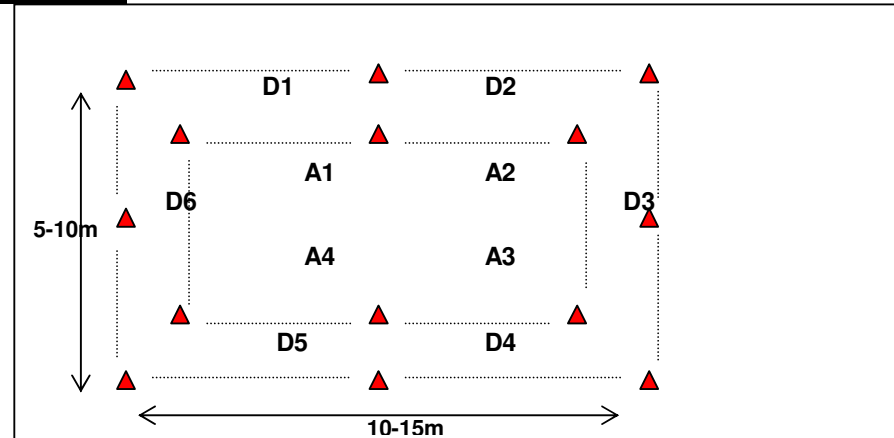
Objectives

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

Coaching Points

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

Diagram



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

Description

- One team starts with the ball. The first pass must always go backwards, after this they can pass the ball any direction
- Attackers can't run with the ball
- If an attacker, drops the ball or passes a non rugby style pass (netball pass is fine) i.e. Gridiron, then the ball is turned over
- The attacking team scores by passing the ball into the in goal area.
- After they score the game restarts with the other team from the goal line with the first pass being backwards.

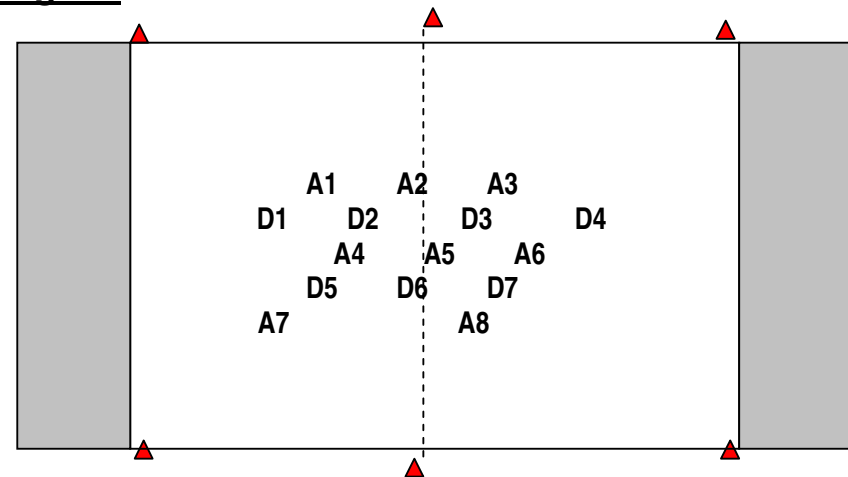
Variations/Progressions

- Score doesn't count unless your whole team is past the halfway point, results in a turnover
- Players can run with the ball

Coaching Points

- Short passing and moving into space is much more effective than long Hail Mary passes that allow the defenders time to steal the ball
- Players should attempt to move into space
- Not all passes have to be forward
- Encourage players to support the ball carrier

Diagram



Session 5

Catch & Pass, Game Application

TRAINING SESSION FORMAT

Session 5–Catch & Pass and Game

Group – TryRugby Walla

Application

Session Objectives

- Develop an understanding of working as a team
- Improve skills through Attack v Defence

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Rugby Rounders

Key Points

- As above

Activity 3 – Passing Chain (short & long)

Key Points

- As above

Activity 4 – EdRugby Invasion Game

Key Points

- As opposite

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball
Players to wear Rugby jersey (if possible)

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Progress according to skill level in order to maintain interest i.e. from ball in two hands – pat the ball (various heights) – round the body – round the head – figure of 8 - clap and catch – high throw and catch – pass left/right etc

Variations/Progressions

- Change the drill to a four corners drill or cross-over drill (2)
- Catch the ball above the head, below the waist, pick & place, move to receive the ball
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

Catch

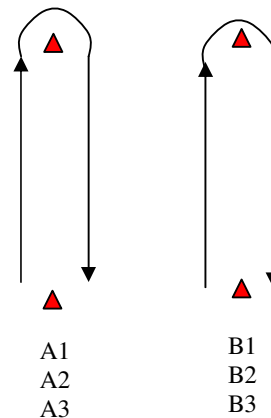
- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

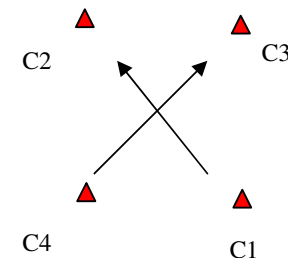
- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram

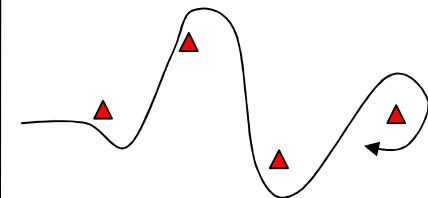
1.



2.



3.



ACTIVITY NAME:	Rugby Rounders	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- One group of players (A) form a circle approximately 1m apart from each other
- The second group of player (D) start next to a cone
- On the coaches call A's begin passing the ball around the circle. D must run around the cones on the outside
- When D reaches the cone they started from they must sit down and when the last person sits down they yell stop
- A should count the number of passes they made in the time it took D to run a lap
- The teams swap and D tries to beat A's score

Variations/Progressions

- Increase the distance between the players
- Start the count again for a dropped ball
- Make the players running around the outside perform a skill while they are running
- Make the passers throw a cut out pass then a pass back inside. So cut one, then back one, cut one, back one etc

Coaching Points

- Maintain good running mechanics
- Carry the ball in two hands

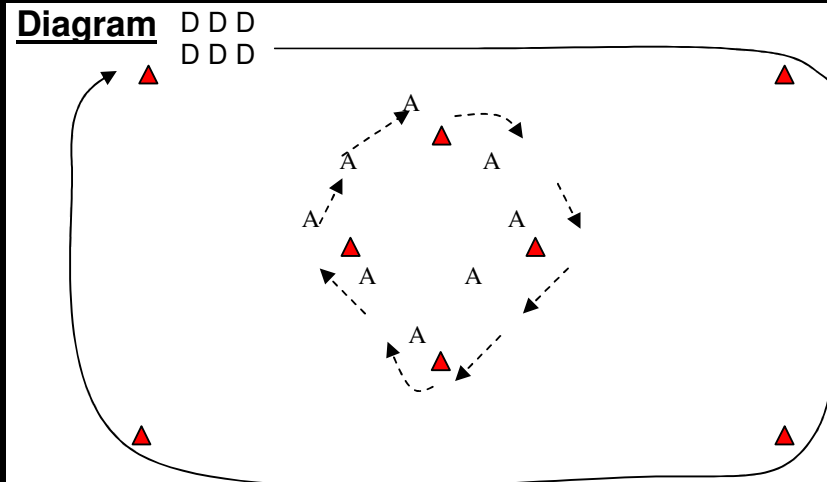
Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



ACTIVITY NAME:	Passing Chain (short & long) Static	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 12 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 4 Players (A1 – A4) stand between the markers and perform a controlled lateral short pass.
- Rotate the positions after a number of repetitions
- 4 Players (B1 – B4) stand between the markers and perform a controlled lateral long pass.
- Ensure players work on the short pass before migrating to the long (spiral pass)

Variations/Progressions

- Have the players progress to moving – walk, jog and run, up and down the channels.

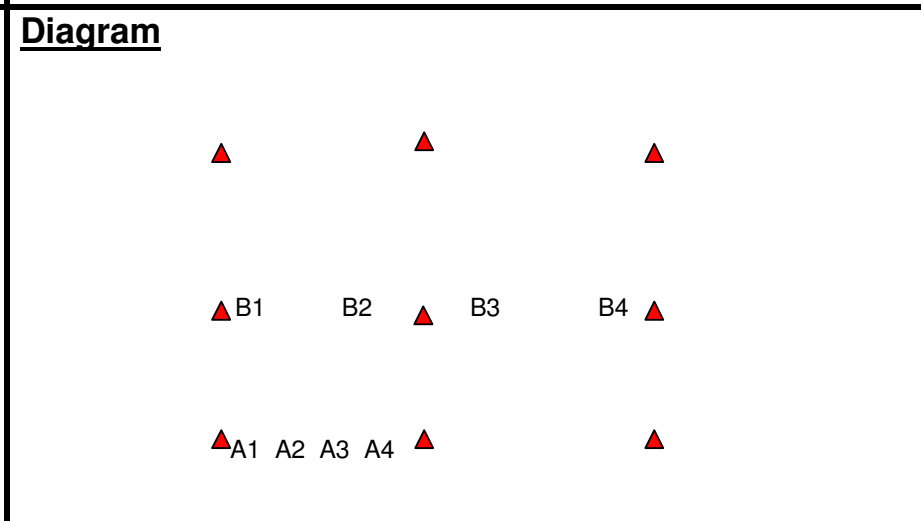
Coaching Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass



ACTIVITY NAME:	EdRugby Invasion Game	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- This is similar to a game of Walla
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the defenders must step back 3m and the person who was tagged restarts play by passing to a team mate
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

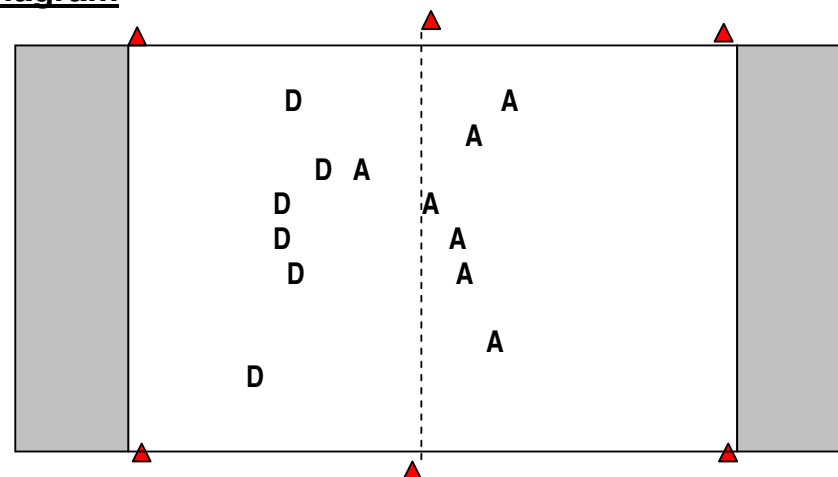
Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram



Session 6

Ball Handling, Game Application

TRAINING SESSION FORMAT

Session 6 – Ball Handling and Game

Group – TryRugby Walla

Application

Session Objectives

- Develop an understanding of the Walla Tag
- Develop an understanding of working as a team
- Improve skills through Attack v Defence
- Play Games

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Stuck in the Mud

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 3 – Ball Take Stuck in the Mud

Key Points

- As above

Activity 4 – Ball Take Walla

Key Points

- As above
- Support player to maintain depth

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Progress according to skill level in order to maintain interest i.e.. from ball in two hands – pat the ball (various heights) – round the body – round the head – figure of 8 - clap and catch – high throw and catch – pass left/right etc

Variations/Progressions

- Change the drill to a four corners drill or cross-over drill (2)
- Catch the ball above the head, below the waist, pick & place, move to receive the ball
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

Catch

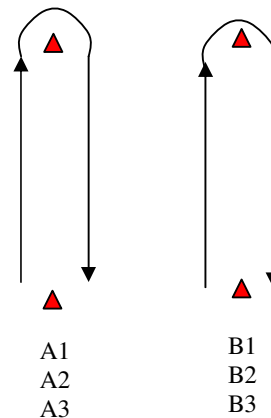
- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

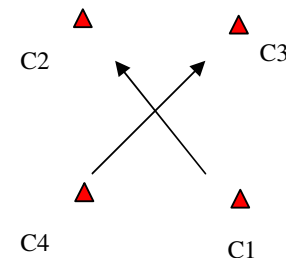
- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram

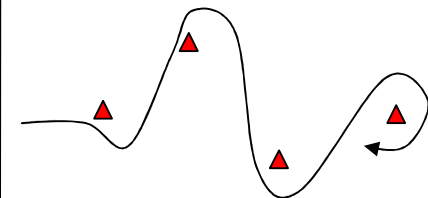
1.



2.



3.



ACTIVITY NAME:	Stuck in the Mud	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- 6 players start with balls (A) and 2 defenders (D)
- Defenders attempt to tag the Attackers with a two handed Walla tag
- When an attacker is tagged they must remain stationary (stuck) with their legs astride. Other attackers can free the tagged (stuck) players by crawling through their legs
- Once everyone is tagged or time has run out the defenders and attackers should swap roles
- Players should be encouraged to free their team mates

Variations/Progressions

- Add more defenders
- Take some balls away and only allow the taggers to tag a ball carrier. Ball carriers are not allowed to move

Coaching Points

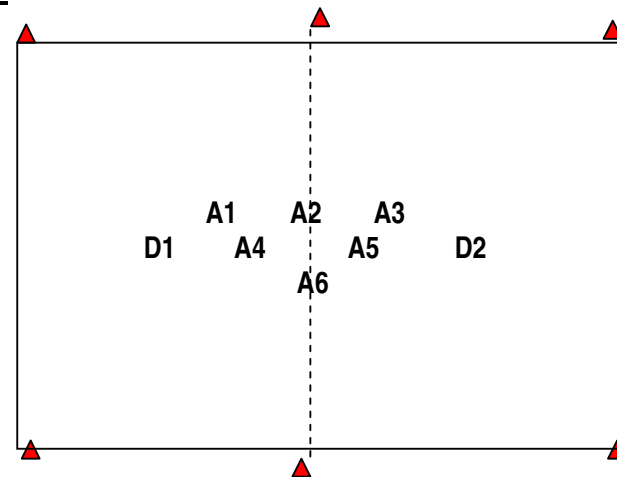
Evasion

- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Stuck in the Mud	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 6 players start with 2 balls (A) and 2 defenders (D)
- Defenders attempt to tag the Ball carriers with a two handed Walla tag
- When a ball carrier is tagged they must remain stationary (stuck) and turn and hold the ball out to perform a ball take. Other attackers can free the tagged (stuck) players by grabbing the ball with two hands and passing the ball to another attacker
- Once time has run out the defenders and attackers should swap roles

Variations/Progressions

- Add more defenders
- Ball carriers can't run when they have the ball

Coaching Points

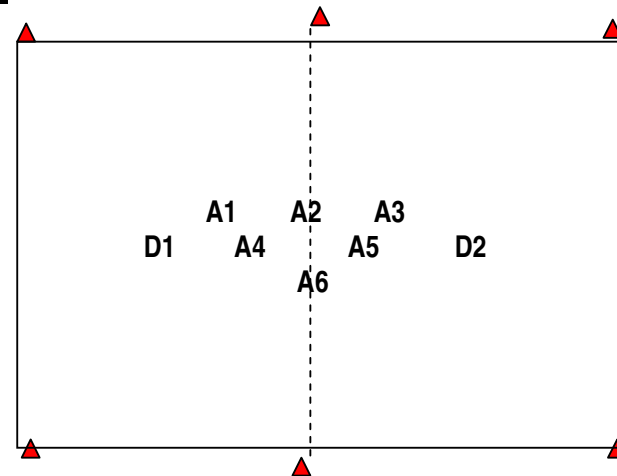
Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Walla	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- This is similar to a game of Walla with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

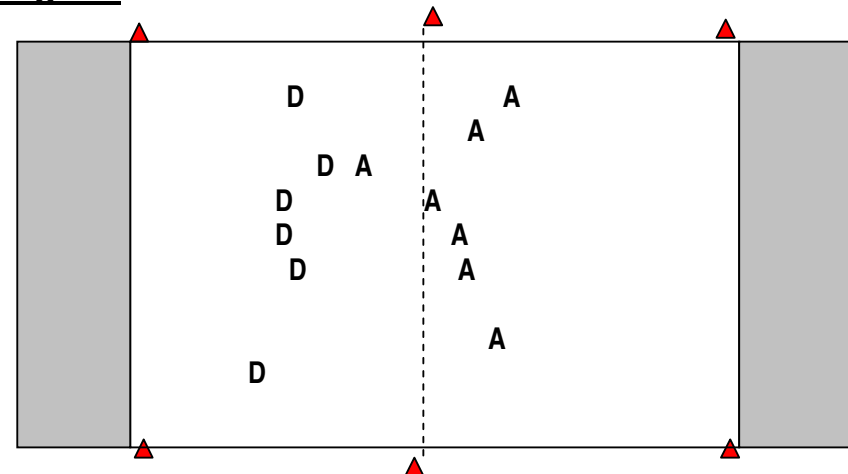
Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram



TryRugby Activities

Age 7 – 8

Session 1

- Activity 1 Running Drills, Ball Handling Relays
- Activity 2 Horizontal Bridging
- Activity 3 Oranges and Apples
- Activity 4 Rugby Octopus

Session 2

- Activity 1 Fast Feet, Ball Handling Relays
- Activity 2 Partner Score, Circle Handling
- Activity 3 Keeping Off, Tag Ball
- Activity 4 Rugby End Ball

Session 3

- Activity 1 Agility Slalom
- Activity 2 Passing Chain (short & long) static & dynamic
- Activity 3 1 v 1 (static), 2 v 1 Beat the Man
- Activity 4 EdRugby Invasion Game

Session 4

- Activity 1 Zig-zag relay, Kicking Relay
- Activity 2 Lineout Captain Ball
- Activity 3 Stuck in the Mud, Ball Take Stuck in the Mud
- Activity 4 Ball Take Walla

Session 5

- Activity 1 Compass Run, Star Relay
- Activity 2 Vertical stance, Scrum Body Shape
- Activity 3 Scrum Clusters/ Scrum Engagement
- Activity 4 Walla Game

Session 6

- Activity 1 Chinese Get Up, Shoulder Pin, Push Up Arm Pull
- Activity 2 Bugs and Spiders
- Activity 3 50% Walla
- Activity 4 Walla Game

Coaching/Teaching

The Junior Player Pathway Program is a component of the ARU's LTPD pathway, which encompasses both physical and technical development for the training stages through which each player should pass on the way to achieving optimal performance. The JPP takes in the first two stages of the overall LTPD pathway, these being the Fundamental and Learning to Train stages. These stages are designed to provide the fundamental foundations of physical and skill development for 5 to 12 year old Rugby players. They are also designed to stimulate interest and maximise participation. These essential features are those of enjoyment, maximising physical and skill development, encouraging and supporting players to reach their potential and remain involved in the sport. The desirable qualities of Rugby - sportsmanship and fair play - are to be positively rewarded. At all times safety must be a paramount consideration. All programs have been designed to teach the Game principles of – Possession / Go Forward / Support / Continuity / Pressure.

The concept of positive re-enforcement of the ideals of the game and skills of players cannot be over-emphasised. Satisfaction should be gained from participation, improvement and competitive performance - without emphasis on win at all costs. Players should be left to develop skills and learn the game without the presence of external pressure to win premierships. The focus should be on the process rather than the outcome.

Coaches / Teachers must ensure that the game is correctly taught and that the success achieved by each player is acknowledged and encouraged. It is vital that each and every player receives the same opportunity to develop in an environment of friendliness and co-operation.

Session 1

Stability, Balance,
Speed, Catch/Pass,
Evasion and Tracking

TRAINING SESSION FORMAT

<p>Session 1 – Stability, Balance, Speed, Catch/Pass, Evasion & Tracking</p>	<p>Group – TryRugby Walla</p>
<p>Session Objectives</p> <ul style="list-style-type: none"> - Develop an understanding of the importance of stability & balance - Develop an understanding of catching and passing - Develop an understanding of evasion, tracking / Walla tagging - Improve body position in Walla tag 	<p>Equipment Required</p> <ul style="list-style-type: none"> - 24 Markers - Participants are all given a ball - 4 Spare balls
<p>Session Plan.</p>	
<p>Group Warm Up – Running Drills</p> <ul style="list-style-type: none"> - Move on the balls of your feet - Keep head still, looking ahead - Shoulders and hands relaxed - Elbows at 90 degrees - Wrists to brush hips - Maintain fast feet and fast elbows - When moving laterally push with the outside leg <p>Activity 1 – Ball Handling Relays</p> <p>Key Points</p> <p>Catch</p> <ul style="list-style-type: none"> - Head facing the ball, hands up and fingers spread - Turn the shoulders towards the target - Reach for the ball with both hands up, elbows spread - Watch the ball into soft hands <p>Pass</p> <ul style="list-style-type: none"> - Hands and elbows up, fingers spread - Hold the ball outside hip, lean forward over the ball - Turn head quickly to look at the target - Transfer the ball across the body towards the target - Fingers point at target after pass 	<p>Activity 2 – Horizontal bridging</p> <p>Key Points</p> <ul style="list-style-type: none"> - Maintain good body shape - Keep body rigid with abdominals and buttocks tight throughout the exercise - Shoulders down and back - If raising a leg or arm keep them straight <p>Activity 3 – Oranges & Apples'</p> <p>Key Points</p> <p>Tagging</p> <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Place lead foot in close to the ball carrier - Head to side or behind when making a tag <p>Activity 4 – Rugby Octopus</p> <p>Key Points</p> <ul style="list-style-type: none"> - As above <p>Ball carrier</p> <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space <p>Tracking</p> <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up <p>Warm Down</p>
<p>Evaluation</p>	<p>Injuries</p>
<p>Next Session – Coach</p>	<p>Next Session – Players</p> <p>Players to bring water bottle & ball</p>

ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- A1, B1 and C1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Players will perform the skill while stopped at the end marker
- Skills should be performed as fast as can be successfully managed
- Progress according to skill level in order to maintain interest i.e. from ball in two hands –clap and catch – high throw and catch – round the body etc

Variations/Progressions

- Extra markers can be set up for the players to weave through
- Players perform skill while moving
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

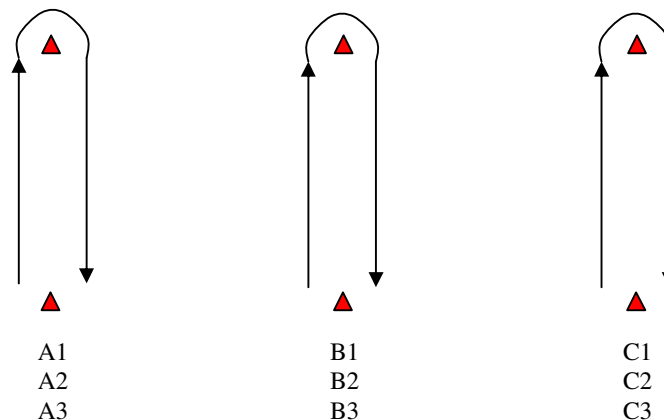
Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



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

Description

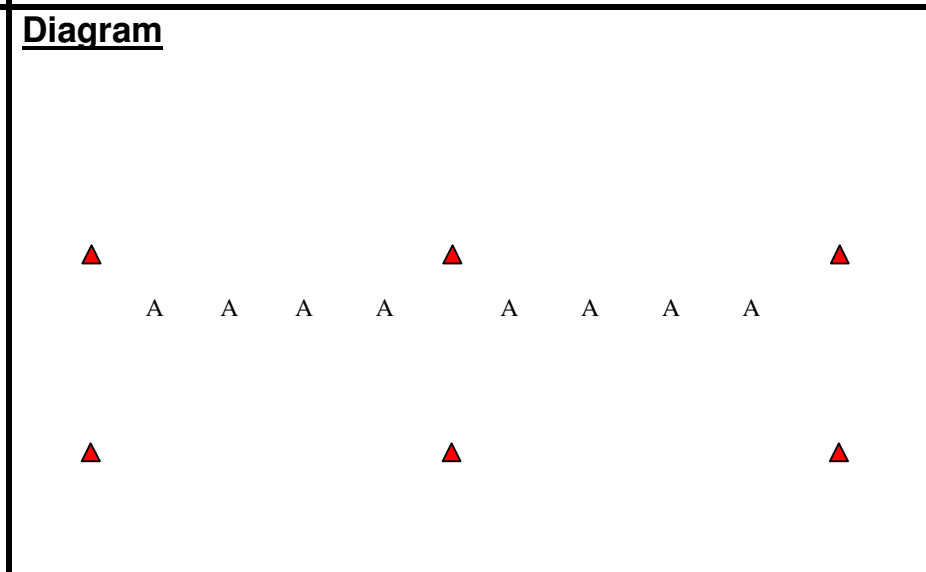
- Players are aligned side by side lying face down.
- Upon the coaches command players raise themselves into a horizontal hold (bridge) with their weight taken on their toes and forearms.
- The horizontal bridge is held for a number of seconds.
- Repeat the hold for a number of repetitions

Variations/Progressions

- Vary the time of the hold, the number of points of support and also the start position to increase the difficulty. E.g. Three points – 1 leg raised, two points - 1 arm and 1 leg raised, side bridge - weight on one forearm and leg.

Coaching Points

- Maintain good body shape
- Keep body rigid with abdominals and buttocks tight throughout the exercise
- Shoulders down and back
- If raising a leg or arm keep them straight



ACTIVITY NAME:	Oranges & Apples	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- The two teams are named Oranges (A) and Apples (D)
- The coach calls either Oranges or Apples
- If Apples then the D must run to their safe zone without being tagged by A

Variations/Progressions

- Starting positions can be varied, start lying on the ground, facing each other, facing away, sitting down etc

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

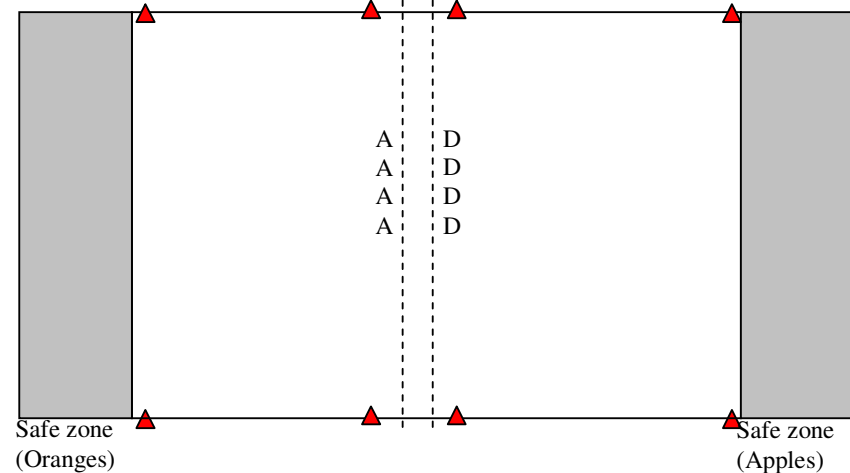
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



ACTIVITY NAME:	Rugby Octopus	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- Attackers (A) attempt to run from one safe zone across to the other, without being tagged by the defenders
- The two safe zones can be called countries and the Attackers must run from one country through the sea to the other country without being tagged by the octopus (Defenders)
- Attackers only leave their country (safe zone) when the coach calls “Rugby Octopus”
- If the Attackers are tagged they become seaweed and go on their knees where they are tagged and can’t move, but can tag the attackers if they run close enough to them

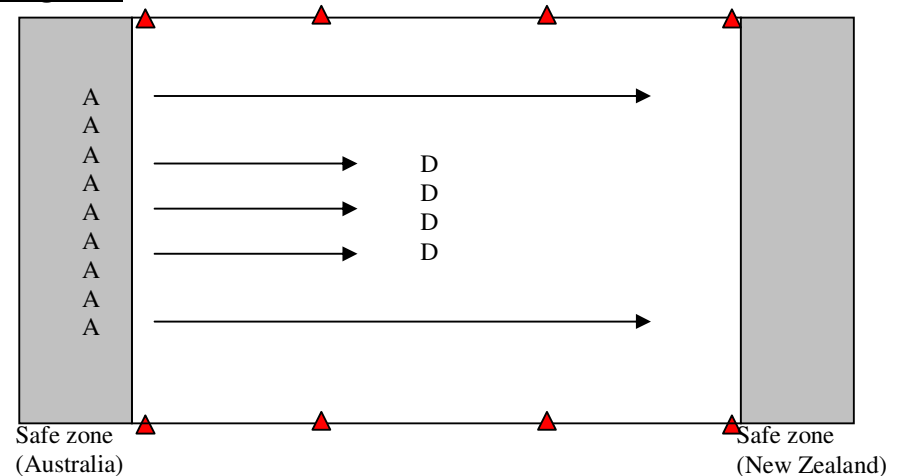
Variations/Progressions

- Defenders hold a ball and tag the attackers with the ball
- Attackers all run with a ball
- Move the seaweed into a long line to show how a defensive line is hard to break (taggers should try and cover the holes in the line)

Coaching Points

- Taggers should attempt to make a Walla tag
- Tagger in good body position, head up, split stance head to side and aiming at runners hips
- Try to trick the Attackers by calling “Rugby Octagon” or similar and make those who get it wrong become seaweed
- Try to use as many markers as possible to ensure the kids stay in the space
- If they run outside the field then they become seaweed

Diagram



Session 2

Ball Handling, Evasion, Tracking & Tagging, Game Application

TRAINING SESSION FORMAT

**Session 2 – Ball Handling, Evasion,
Tracking & Tagging, Game Application**

Group – TryRugby Walla

Session Objectives

- Develop an understanding of Ball Handling and passing
- Develop an understanding of tracking / tagging
- Use catch & pass in a game situation
- Develop an understanding of attack & defence

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Group Warm Up – Fast feet

- Move your on the balls of your feet
- Keep head still, looking ahead
- Shoulders and hands relaxed
- Elbows at 90 degrees
- Wrists to brush hips
- Maintain fast feet and fast elbows
- When moving laterally push with outside leg

Activity 1 – Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Partner Score

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

.....Circle Handling

Key Points

- As opposite

Activity 3 – Keeping Off & Tag Ball

Key Points

- As above

Activity 4 - Rugby End Ball

Key Points

- As above

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball

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

Description

- In a 10m x 10m have players arranged in groups of three or four standing on one side of the grid.
- Players take it in turn to run through the grid using the prescribed running action.
- Start with simple drills then build up the complexity

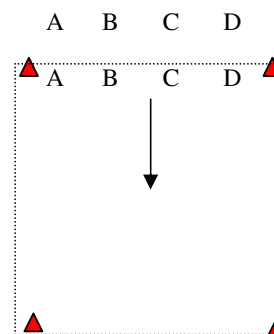
Variations/Progressions

- Introduce ball
- Vary start positions e.g. lateral
- Add run throughs after every few drills (70-100%)

Coaching Points

- Move your on the balls of your feet
- Keep head still, looking ahead
- Shoulders and hands relaxed
- Elbows at 90 degrees
- Wrists to brush hips
- Maintain fast feet and fast elbows
- When moving laterally push with outside leg

Diagram



ACTIVITY NAME:	Ball Handling Relays	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- A1, B1 and C1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Players will perform the skill while stopped at the end marker
- Skills should be performed as fast as can be successfully managed
- Progress according to skill level in order to maintain interest i.e. from ball in two hands –clap and catch – high throw and catch – round the body etc

Variations/Progressions

- Extra markers can be set up for the players to weave through
- Players perform skill while moving
- Anything the coach can think of to increase the difficulty or make more interesting

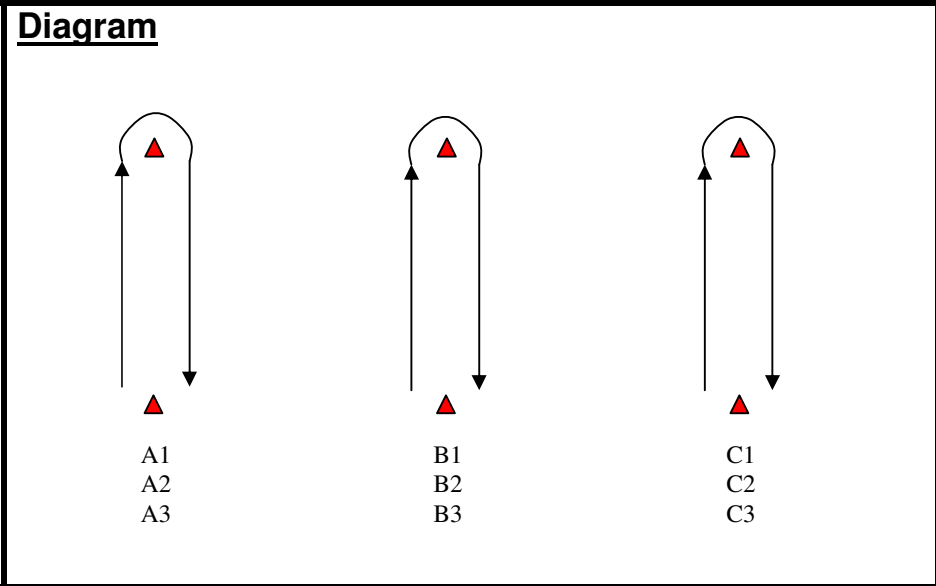
Coaching Points

Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass



ACTIVITY NAME:	Partner Score	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- The two teams (A) and (D)
- The two teams pass the ball between each other until the coach calls "Go"
- The player with the ball must then run to the try line and attempt to score a try
- The player without the ball must attempt to tag the ball carrier before he or she scores a try

Variations/Progressions

- Vary the types of pass
- Increase/decrease the distance between the teams
- Starting positions can be varied, start lying on the ground, facing each other, facing away, sitting down etc

Coaching Points

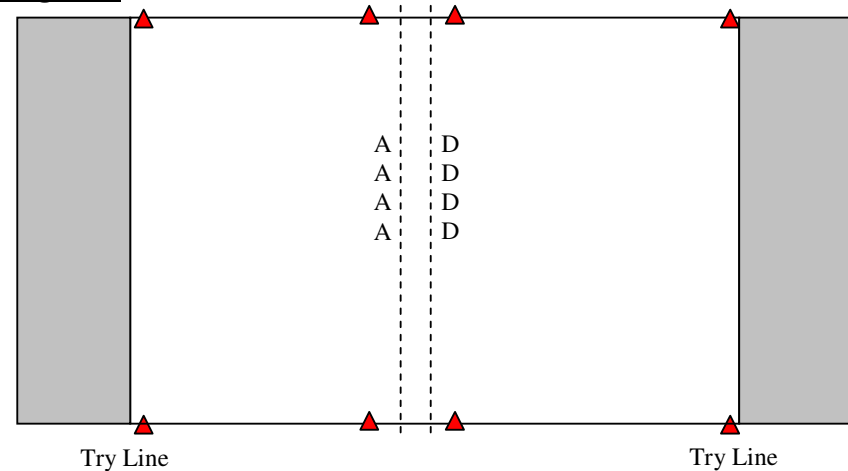
Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Diagram



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

Description

- Players (A) form a circle approximately 1m apart from each other
- The players pass the ball around the circle until the coach calls change, then the players should change the direction they are passing
- Teams compete against other circles to get as many passes in a set time

Variations/Progressions

- Add more footballs
- Increase the distance between the players
- Get a player to run a lap around the outside of the circle while the passers try to pass the ball around the circle and beat the runner back
- Players face outwards
- Make the passers throw a cut out pass then a pass back inside. So cut one, then back one, cut one, back one etc

Coaching Points

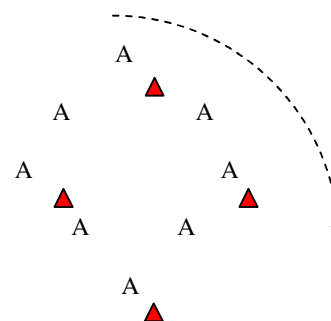
Catch

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



ACTIVITY NAME:	Keeping Off	NUMBERS:	3+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 4 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- 2 Attackers (A1,A2) v Defender (D)
- A1 and A2 cannot run while they are holding the ball
- Defender (D) to make a 2 handed tag on the attacker with the ball
- Attackers are attempting to pass the ball between each other and work to scoring a try at the other end of the grid
- Attackers can pass the ball in any direction
- If the ball is dropped the defender wins
- When a player is tagged or a try is scored the defenders and attackers change roles

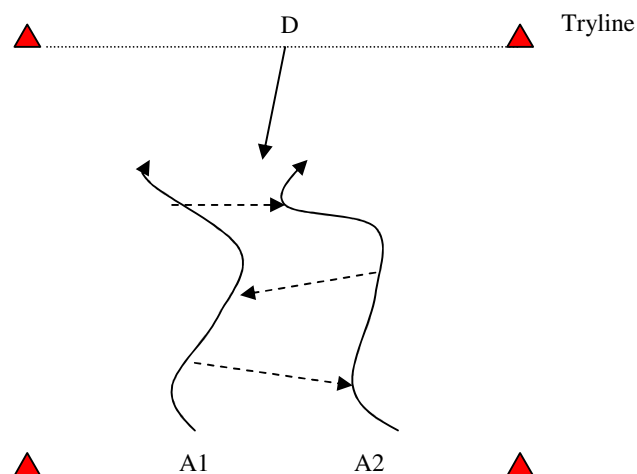
Variations/Progressions

- Add more attackers and defenders
- Allow the attackers to run with the ball

Coaching Points

- Attackers playing similar to netball
- Use evasion and tracking key coaching points
- Defender must perform a two handed tag below the waist
- Defender to ensure their head is to the side when tagging
- Defender should cut down time and space and pressure the defender

Diagram



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

Description

- 2 taggers start without balls (D1, D2) Everyone else (A1 – A8) starts with a ball
- Taggers (D) attempt to two handed Walla tag the ball carriers (A)
- Ball Carriers (A) run around within the grid trying to avoid being tagged
- Once a ball carrier is tagged they take their ball outside the grid and rejoin as another tagger (D)

Variations/Progressions

- Have one ball for every 3 ball carriers and ball carriers can only run when they don't have the ball. Taggers can only tag people with the ball, so ball carriers will have to catch and pass to avoid getting tagged and move into space to support other ball carriers
- Only the taggers have balls (1 between 3) taggers cannot run with the ball and have to catch and pass and attempt to trap attackers to tag them. Taggers must be holding the ball while they tag attackers

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

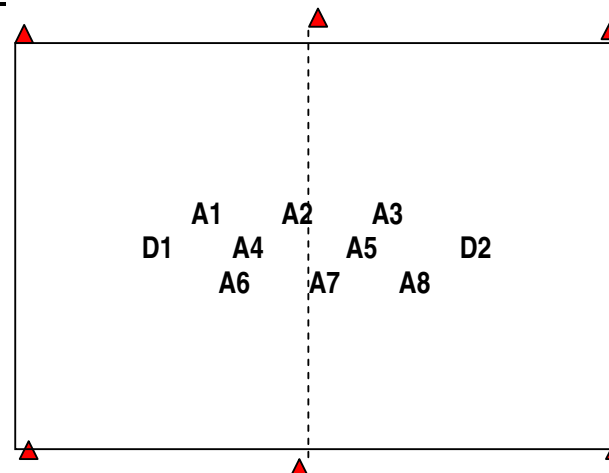
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



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

Description

- One team starts with the ball. The first pass must always go backwards, after this they can pass the ball any direction
- Attackers can't run with the ball
- If an attacker, drops the ball or passes a non rugby style pass (netball pass is fine) i.e. Gridiron, then the ball is turned over
- The attacking team scores by passing the ball into the in goal area.
- After they score the game restarts with the other team from the goal line with the first pass being backwards.

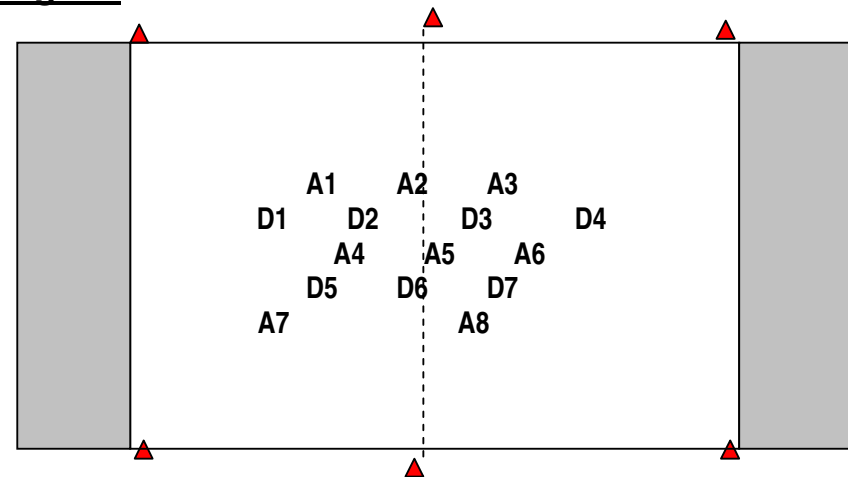
Variations/Progressions

- Score doesn't count unless your whole team is past the halfway point, results in a turnover
- Players can run with the ball

Coaching Points

- Short passing and moving into space is much more effective than long Hail Mary passes that allow the defenders time to steal the ball
- Players should attempt to move into space
- Encourage players to support the ball carrier
- Not all passes have to be forward

Diagram



Session 3

Ball Handling, Evasion, Tracking & Tagging, Game Application

TRAINING SESSION FORMAT

Session 3 – Ball Handling, Evasion, Tracking & Tagging, Game Application		Group – TryRugby Walla	
Session Objectives <ul style="list-style-type: none"> - Improve an understanding of Ball Handling and passing - Improve an understanding of evasion, tracking / Walla tagging - Improve body position in Walla tag - Use catch & pass in a game situation - Develop an understanding of attack & defence - Develop an understanding of working as a team 		Equipment Required <ul style="list-style-type: none"> - 24 Markers - 4 Spare balls 	
Session Plan.			
Activity 1 – Agility Slalom Key Points <ul style="list-style-type: none"> - Maintain good running mechanics - Lower centre of gravity and shorten strides when changing direction - Use fast feet and accelerate between the poles or markers 		Activity 3 – 1 v 1 (static), 2 v 1 Beat the man Key Points Ball carrier <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space Tracking <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up - Tagging - Place lead foot in close to the ball carrier - Head to side or behind when making a tag Tagging <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Place lead foot in close to the ball carrier - Head to side or behind when making a tag 	
Activity 2 – Passing Chain (short & long) static & dynamic Key Points Catch <ul style="list-style-type: none"> - Head facing the ball, hands up and fingers spread - Turn the shoulders towards the target - Reach for the ball with both hands up, elbows spread - Watch the ball into soft hands Pass <ul style="list-style-type: none"> - Hands and elbows up, fingers spread - Hold the ball outside hip, lean forward over the ball - Turn head quickly to look at the target - Transfer the ball across the body towards the target - Fingers point at target after pass 		Activity 4 – EdRugby Invasion Game Key Points <ul style="list-style-type: none"> - As above Warm Down	
Evaluation		Injuries	
Next Session – Coach		Next Session – Players Players to bring water bottle & ball	

ACTIVITY NAME:	Agility Slalom	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:
		<input type="checkbox"/> Tackle bags	

Description

- In a grid that is 20m wide and 40m long, set out a series of agility poles as gates or use markers.
- Ensure these are off set to create a zig-zag pattern.
- Have players arranged in groups of three or four and take turns to move through the course.
- Individuals race each other, or a group can race another group as a team relay.

Variations/Progressions

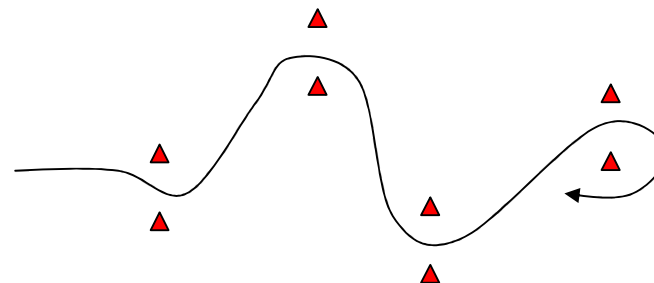
- Carry a ball
- Remove one agility pole or marker and have players run laterally and backwards on the return leg

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

Diagram

A1
A2
A3



ACTIVITY NAME:	Passing Chain (short & long) Static & Dynamic	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 12 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 4 Players (A1 – A4) stand between the markers and perform a controlled lateral short pass.
- Rotate the positions after a number of repetitions
- Progress the 4 Players (B1 – B4) stand between the wider markers and perform a controlled lateral long pass.
- Ensure players work on the short pass before migrating to the long (spiral pass). Once the 4 players have mastered this, have them move up and down the channels in the grid whilst attempting the short and lone pass.

Variations/Progressions

- Have the players progress to moving – walk, jog and run, up and down the channels.

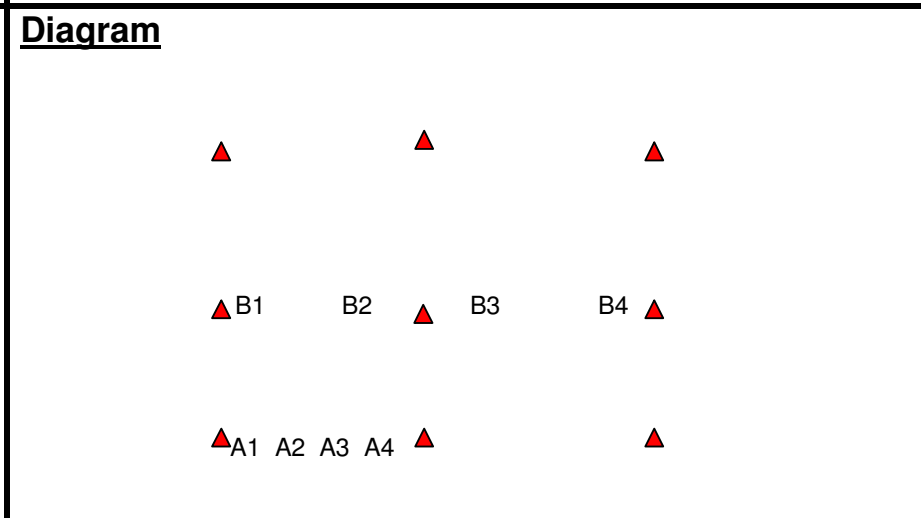
Coaching Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass



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

Description

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

Variations/Progressions

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

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

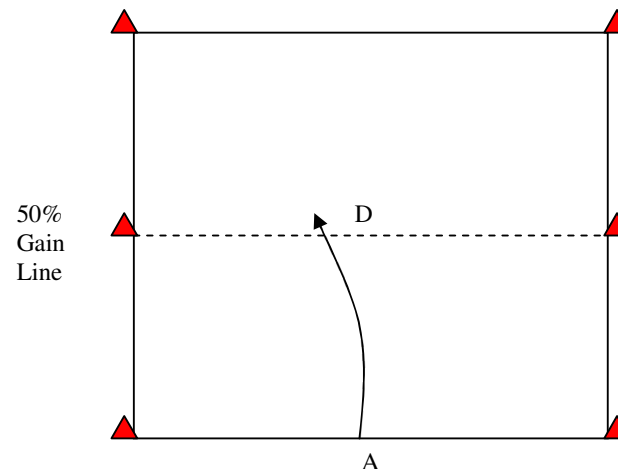
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



ACTIVITY NAME:	2 v 1 Beat the Man (coach start)	NUMBERS:	3+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 2 Attackers (A1,A2) v Defender (D)
- Coach (C) starts by throwing the ball to A1, A1 and A2 attempt to beat the defender (D)
- A1 and A2 can run any line they want
- D1 must work hard to get off the line and cut down time and deny space
- Defender to make a 2 handed tag on the attackers

Variations/Progressions

- Make the defender attempt to push the attacker out of the grid
- Add more attackers and defenders

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

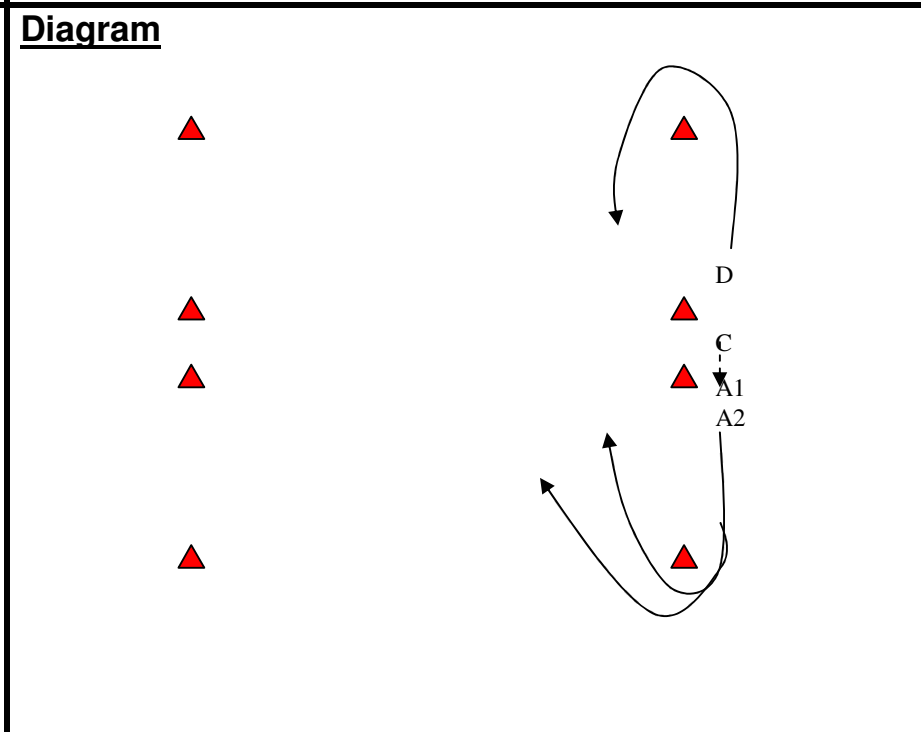
- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Receiver

- Change your speed or angle of run to run into space
- Call for the ball
- Use fast feet and accelerate onto the ball
- Run into space



ACTIVITY NAME:	EdRugby Invasion Game	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- This is similar to a game of Walla
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the defenders must step back 3m and the person who was tagged restarts play by passing to a team mate
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

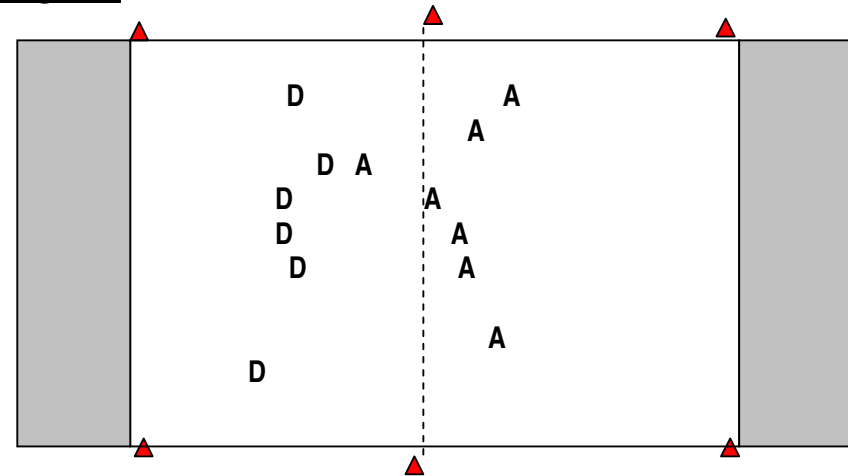
Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram



Session 4

Kicking, Throwing & Jumping, Ball Presentation, Game Application

TRAINING SESSION FORMAT

Session 4– Kicking, Throwing & Jumping, Group – TryRugby Walla

Ball Presentation & Game Application

Session Objectives

- Develop an understanding of lineout skills
- Develop an understanding of the Ball Take
- Use catch & pass in a game situation
- Develop an understanding of attack & defence
- Develop an understanding of working as a team

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Group Warm Up – Zig-Zag Relay

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

Activity 1 - Kicking Relay

Key Points

- Carry ball in two hands
- Turn the foot when dribbling
- Lock out the foot when kicking
- Hands up
- Look at the ball/target

Activity 2 – Lineout Captain Ball

Key Points

Jumping

- Crouch by bending knees and have weight on the balls of feet
- Arms bent at chest level, fingers spread
- Drive legs and arms and reach for the ball
- Land on two feet, bend knees on landing

Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Activity 3 – Ball Take Stuck in the Mud

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 4 – Ball Take Walla

Key Points

- As above

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball

ACTIVITY NAME:	Zig-zag Relay	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

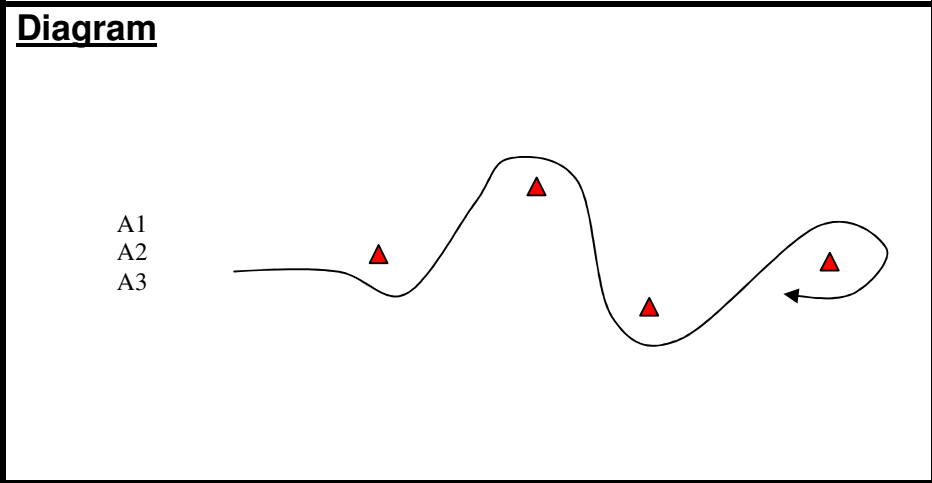
- In a grid that is 20m wide and 40m long, set out a series of agility poles as gates or use markers.
- Ensure these are off set to create a zig-zag pattern.
- Have players arranged in groups of three or four and take turns to move through the course.
- One the way out face forward, on the return stay facing the same direction and move laterally and backward
- Individuals race each other, or a group can race another group as a team relay.

Variations/Progressions

- Carry a ball

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers



ACTIVITY NAME:	Kicking Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, kicking the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Progress according to skill level in order to maintain interest i.e.. from ball in two hands – dribble the ball – kick and regather – kick clap and catch – grubber and receive etc

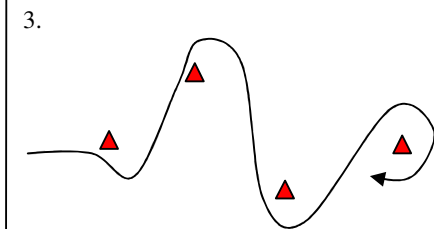
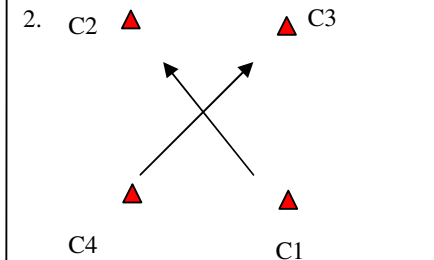
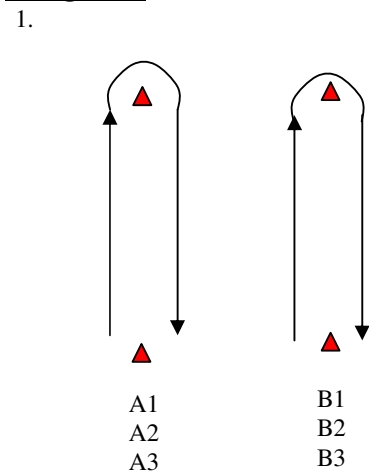
Variations/Progressions

- Change the drill to a four corners drill or cross-over drill (2)
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram



ACTIVITY NAME:	Lineout Captain Ball	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- A1 (Captain) starts with the ball and performs a lineout throw or pass to A3 who catches it over his/her head and passes it to the scrumhalf (A2) who passes it back to A1. A3 sits down and A1 then throws the ball in to A3 etc
- When A5 gets the ball he/she runs to be scrum half and they run to be the thrower and the thrower runs to the start of the line and the process is repeated
- It is repeated until everyone has been captain (throwing the ball)
- When everyone has finished the team that all sits down first and yells 'stop'

Variations/Progressions

- Increase the distance between players and the marker
- Catchers jump to catch ball

Coaching Points

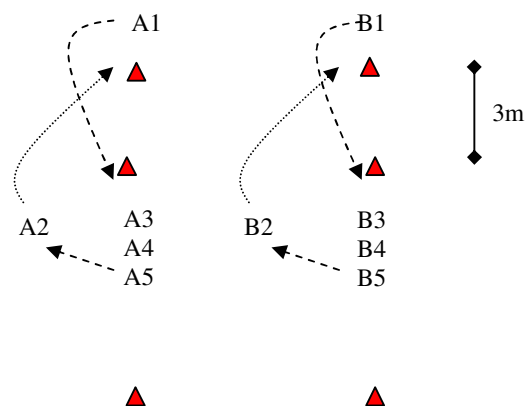
Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Catching

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Diagram



ACTIVITY NAME:	Ball Take Stuck in the Mud	NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 6 players start with 2 balls (A) and 2 defenders (D)
- Defenders attempt to tag the Ball carriers with a two handed Walla tag
- When a ball carrier is tagged they must remain stationary (stuck) and turn and hold the ball out to perform a ball take. Other attackers can free the tagged (stuck) players by grabbing the ball with two hands and passing the ball to another attacker
- Attackers freeing stuck players cannot be tagged when completing a Ball Take
- Once time has run out the defenders and attackers should swap roles

Variations/Progressions

- Add more defenders
- Ball carriers can't run when they have the ball

Coaching Points

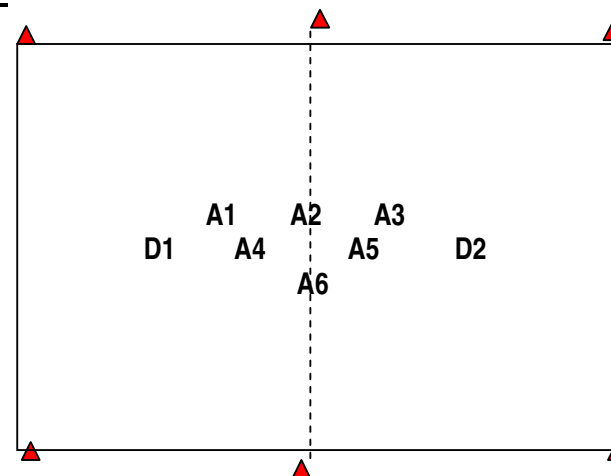
Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Walla	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:
	<input type="checkbox"/> Tackle bags		

Description

- This is similar to a game of Walla with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

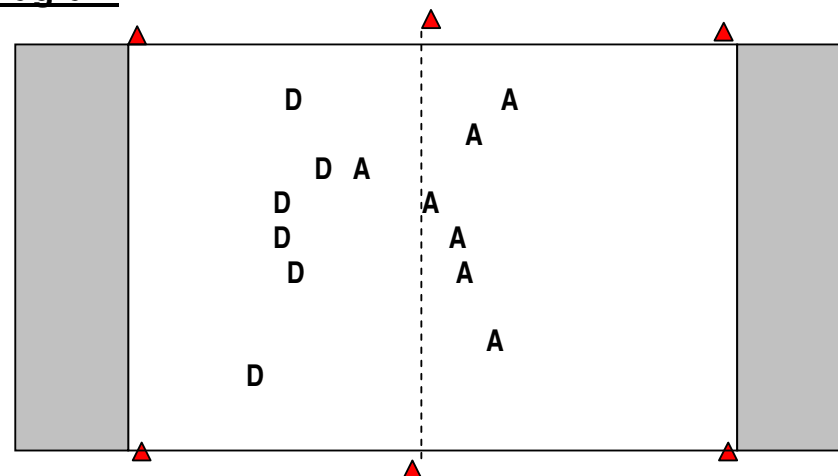
Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover
- If the attacker is tagged that results in a loss of territory then there is a turn over of possession

Diagram



Session 5

Kicking, Scrum Body Shape & Game Application

TRAINING SESSION FORMAT

Session 5– Kicking, Scrum Body Shape & Group – TryRugby Walla

Game Application

Session Objectives

- Develop an understanding of Scrum Body Shape
- Develop an understanding of working as a team
- Improve skills through Attack v Defence

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Group Warm Up – Compass Run, Star Relay

Key Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the markers

Activity 1 - Kicking Relay

Key Points

- Carry ball in two hands
- Turn the foot when dribbling
- Lock out the foot when kicking
- Hands up
- Look at the ball/target

Activity 2 – Vertical Stance/Scrum Body Shape

Key Points

- Feet shoulder width apart, toes pointing directly forward
- Knees bent directly beneath the hips, over the toes
- Crouch into $\frac{3}{4}$ squat position, with weight on balls of feet
- Ensure a flat back and buttock 'out' (pelvic tilt)
- Push chest 'out' by drawing shoulders back
- Chin up off the chest and focused down, eyes forward
- Tighten abdominals

Activity 3 - Scrum Clusters & Scrum Engagement

Key Points

- As opposite
- Learn "Crouch, Touch, Pause, Engage" sequence

Activity 4 – Walla Game

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball
 Players to wear Rugby jersey (if possible)

ACTIVITY NAME:	Compass Run, Star Relay	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 9 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

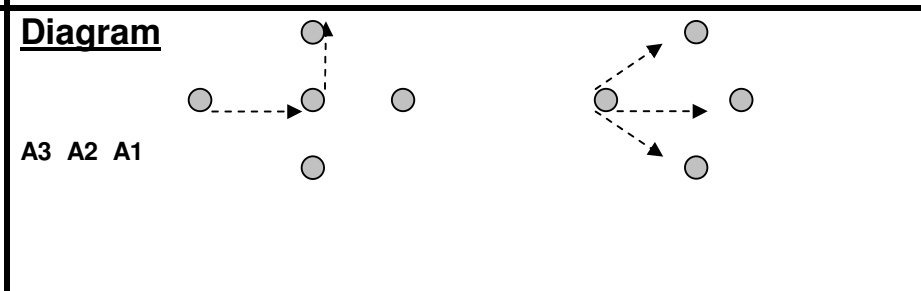
- In two (2) 10m x 10m set out the markers in a prescribed manner – Compass Run (in a points of the compass square with one marker at the centre), Star Relay (in a fan shape with one marker to start at. The players are arranged in groups of three or four standing at the starting marker)
- Players take it in turn to run to or around the markers and return to the starting marker as fast as they can
- Players are to react quickly and change direction (using footwork)
- You can add a ball to carry

Variations/Progressions

- As players approach the end of the first grid, coaches need to call out LEFT or RIGHT.
- On this call, players are to react quickly and change direction to run to the corner marker at the end of the grid that is on their LEFT or RIGHT (depending on coaches call)
- Introduce ball activities at the end of the grids (i.e. place, roll, pass etc)
- Increase the number of grids as so more players are working at once

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity & maintain foot work (speed) when changing direction by shortening stride length
- Carry ball in 2 hands



ACTIVITY NAME:	Kicking Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, kicking the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running

Variations/Progressions

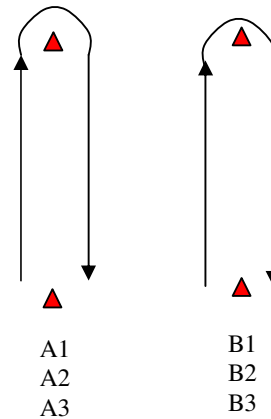
- Change the drill to a four corners drill or cross-over drill (2)
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

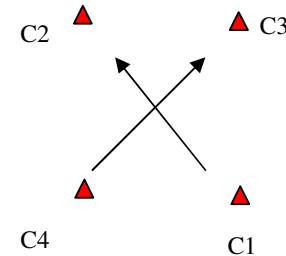
- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram

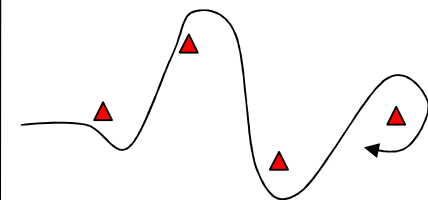
1.



2.



3.



Effective Scrummaging

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

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

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

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

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

Body Shape

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

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

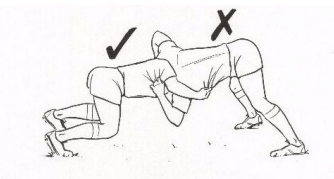
Body shape should remain consistent for all participants involved in the scrum; no matter what position they hold, from front row through to number 8.

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

Key coaching points

Body shape

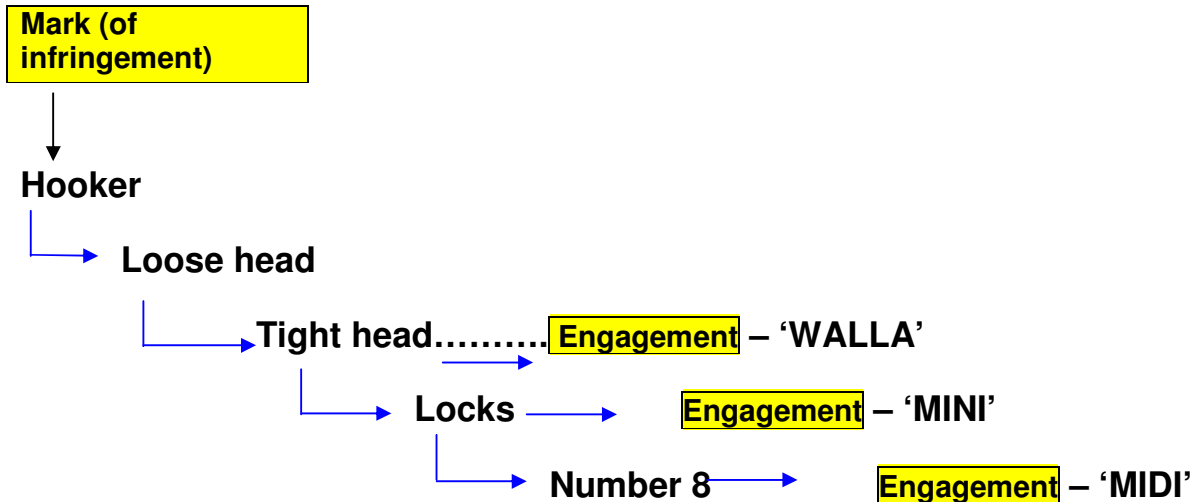
- Feet shoulder width apart, toes pointing directly forward
- Knees bent directly beneath the hips, over the toes
- Crouch into $\frac{3}{4}$ squat position, with weight on balls of feet
- Ensure a flat back and buttock 'out' (pelvic tilt)
- Push chest 'out' by drawing shoulders back
- Chin up off the chest and focused down, eyes forward
- Tighten abdominals



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

Scrum Assembly

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



Building the Front Row

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

Hooker (No2)

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

- Feet shoulder width apart toes pointing directly forward
- Ensure right foot heel is in line with left foot toe
- Crouch by bending knees with weight on balls of feet
- Place hands behind head with chin off chest and focused down, eyes forward

Hookers' call for scrum formation:

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

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

Loose Head Prop (No1)

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

- Approach from behind

- Plant right foot first next to hookers left foot
- Take a chest high bind on hooker
- Chin off chest and focused down, eyes forward

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

Tight Head Prop (No3)

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

- Approach from behind
- Plant left foot first next to hookers right foot
- Take a jersey shorts bind on hooker
- Chin off chest and focused down, eyes forward

Building the Second Row (locks)

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

Locks (4 & 5)

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

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

Building the Number 8 (MIDI RUGBY ONLY)

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

Number 8

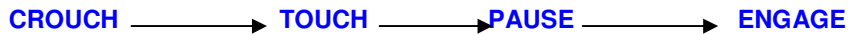
It is important that the number 8 provides a solid shoulder contact to support the locks and assist in driving forward after engagement. Once the locks have assembled ready for engagement, it is the responsibility of the Number 8 to correct and deficiencies in the scrums shape and to ensure all body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

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

Engagement Sequence

The Engagement is the most important feature in the scrum when dealing with safety and injury prevention. It is for this reason that all players MUST follow the referee's calls and apply all the correct techniques.

The engagement sequence includes:



This sequence is verbally managed by the referee.

CROUCH - This means that each front row bends at the hips and knees and stands "offset" to their opposing front row. Offset means that each player in the front row has their head to the left hand side of their opposing player.

TOUCH - Each prop reaches forward and using their outside arm touches the point of the opposing props outside shoulder. This establishes a safe distance for engagement.

PAUSE - Means to pause prior to the engage call from the referee, NOT to hold or grip the jersey of your opposition. While waiting, they should look forward and sight the space for their head during the engagement. The referee then checks that all is ready for the scrum to engage.

ENGAGE - The "engage" call is not a command but an indication that the front rows may come together when ready. Each member of the front row places their head under the shoulder of their opposite and looks forward.

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

When engaging the key coaching points are

Engagement sequence

- Assemble off-set, looking forward focusing on target area
- Crouch, touch, hold, engage

Crouch

- Front row crouched, others engaged
- Weight on balls of feet

Touch

- Props touch opposition on upper arm to judge distance
- Do not grip the jersey of the opposition
- Look forward

Pause

- Props and hooker focus on target area
- Support your own weight

Engage

- Engage opposition firmly with a short horizontal movement
- Props take binds and draw with arms
- Tighten abdominals and breath
- Maintain body shape and pressure on opposition scrums

Mayday Scrum

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

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

The following is a description of the process to be followed by players, when the "Mayday" call is heard. Referees should be acutely aware of the process, as they may well be the person who can talk the players

through the correct disengagement sequence. Before each game you should check that the referee is aware of the mayday scrum procedures.

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

MAYDAY SCRUM PROCEEDURE

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

ACTIVITY NAME:	Vertical Stance & Scrum Body Shape	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox" value="6"/> Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

<p><u>Description</u></p> <ul style="list-style-type: none"> • In a 10m x 10m grid players spread out in the standing position • Upon the command players lower themselves into varied squat positions. • The squat positions are held for a number of seconds. • The time of the hold can be increased as their strength increases. • Repeat the hold for a number of repetitions • Progress from high, through to medium, then low squat positions. 	<p><u>Variations/Progressions</u></p> <ul style="list-style-type: none"> • Vary hand positions – behind head, out to both sides, above head. • One leg squat
<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Maintain good body shape. • Feet shoulder width apart toes pointing directly forward. • Extend arms in front of shoulders. • Look ahead, push chest out by drawing shoulders back. • Ensure a flat back and keep your buttock out. • Knees bent directly beneath the hips over the toes. • Hips stay level. 	<p><u>Diagram</u></p>

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

Description

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

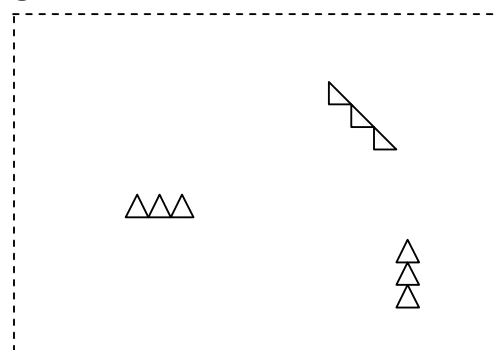
Variations/Progressions

- When 3 is called the players form opposing front rows and the coach calls the engagement sequence "crouch, touch, pause, engage "

Coaching Points

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

Diagram



Coach Calls:

**1,
2 or
3**

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

Description

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

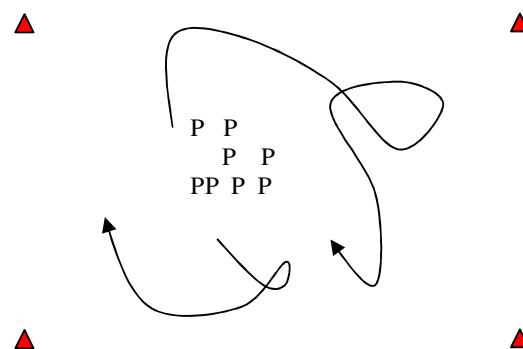
Variations/Progressions

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

Coaching Points

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

Diagram



ACTIVITY NAME:	Walla Game (Scrum Focus)	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- Walla is played with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must get rid of the ball
- The ball carriers first option is to pass to a support player, if they cannot they turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team has six tags before a changeover (Scrum)
- There is no kicking

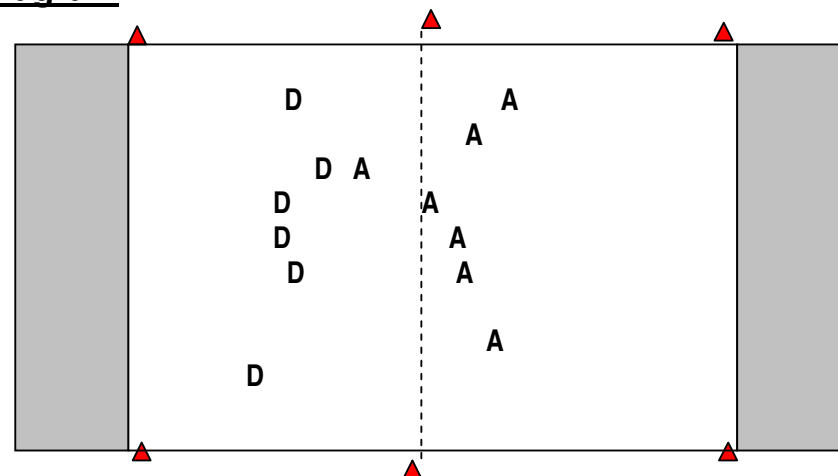
Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover
- Reduce the time taken when calling "pass, pass, pass" after a Walla tag

Coaching Points

- Call "Walla tag", "Pass, pass, pass" then "Ball take".
- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram



Session 6

Ball Handling, Game Application

TRAINING SESSION FORMAT

Session 6 – Ball Handling & Game		Group – TryRugby Walla	
Application			
Session Objectives		Equipment Required	
<ul style="list-style-type: none"> - Develop an understanding of working as a team - Improve skills through Attack v Defence - Play Games 		<ul style="list-style-type: none"> - 24 Markers - 4 Spare balls 	
Session Plan.			
Group Warm Up – Chinese Get Up, Shoulder Pin & Push Up Arm Pull		Activity 2 – Bugs & Spiders	
<ul style="list-style-type: none"> - Use your opponents’ strength and stability to either help maintain your balance and/or disrupt theirs - Try to maintain a low centre of gravity with a wide base of support - Dynamic balance requires constant movement adjustment - Feel and understand your opponents’ resistance - Constantly move and modify your position 		Key Points Ball carrier <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space Tracking <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up - Tagging - Place lead foot in close to the ball carrier - Head to side or behind when making a tag 	
Activity 1 – Ball Handling Relays		Activity 3 – 50% Walla	
Key Points Catch <ul style="list-style-type: none"> - Head facing the ball, hands up and fingers spread - Turn the shoulders towards the target - Reach for the ball with both hands up, elbows spread - Watch the ball into soft hands Pass <ul style="list-style-type: none"> - Hands and elbows up, fingers spread - Hold the ball outside hip, lean forward over the ball - Turn head quickly to look at the target - Transfer the ball across the body towards the target - Fingers point at target after pass 		Key Points <ul style="list-style-type: none"> - As Above Activity 4 – Walla Game Key Points <ul style="list-style-type: none"> - As above Warm Down	
Evaluation		Injuries	
Next Session – Coach		Next Session – Players	

ACTIVITY NAME:	Chinese get up & Shoulder Pin	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox" value="6"/> Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- In a grid that is 20m wide and 20m long, players sit back to back with interlocked arms.
- Ensure feet are placed flat on the ground, just wider than shoulder width apart and the knees are bent.
- Working together push through your feet to stand up
- In the same starting position this time work against your partner by trying to pin their shoulder to the ground.
- Both work on your same (left shoulders) then swap.

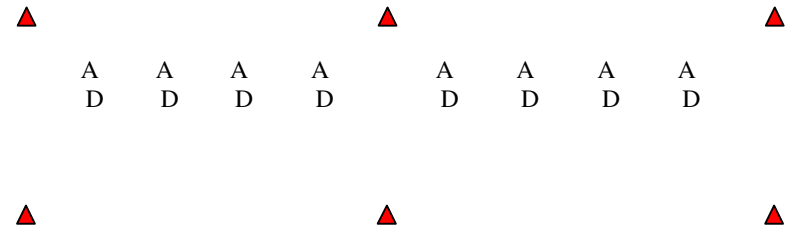
Variations/Progressions

- Place a ball between the shoulders of the two players in Chinese get up
- Have the players move laterally, forwards & backwards in a half squat position carrying the ball between the shoulders

Coaching Points

- Use your opponents' strength and stability to either help maintain your balance and/or disrupt theirs.
- Try to maintain a low centre of gravity with a wide base of support.

Diagram



ACTIVITY NAME:	Bugs & Spiders	NUMBERS:	10 + players
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 14 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other: Contact suits/shields optional

Description

- Attackers (**A1-A4**) called 'Bugs' attempt to get out of the 'Spiders' web i.e. over the outside boundary line of the grid set out by the markers (). The 'Bugs' may attack any side of the grid, starting in the safe centre grid (web)
- Defenders (**D1-D6**) called 'Spiders' must remain on their web (can only move laterally between the outside grid markers). Defenders perform 2 handed tags to stop attacker.
- Attacking players are to move around in the aim to create / find a gap between the defenders to escape.
- When a bug is tagged they become a spider, all bugs that escape restart in the middle of the web next go.
- The Coach should call "go" to start the bugs and may put a time limit on how long they have to escape.

Variations/Progressions

- Add a ball for all bugs to carry
- Allow spiders to move in any direction in the outside grid
- Attackers (**A1-A4**) attempt to score a try over the outside boundary line
- Have bugs play as a team of attackers
- Begin with one ball then progress to two.
- Increase the number of defenders.
- Decrease size of grid to increase pressure.
- Introduce contact with the aim to involve skills of switch, screen pass, circle ball to support player. If attacker is stopped and does not get away a pass immediately then the attackers must attack different side of the grid

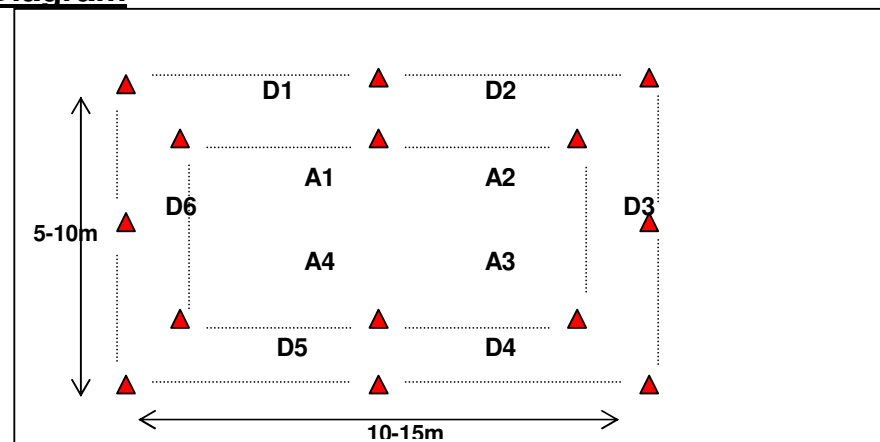
Objectives

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

Coaching Points

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

Diagram



ACTIVITY NAME:	50% Walla	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- This is similar to a game of Walla with 4 – 7 players on each team
- The only differences are that any tag that results in a loss of territory will cause a turnover with the defending team gaining the ball, and any dropped ball results in a turnover
- Defenders attempt to tag attackers with a two handed Walla tag below the waist

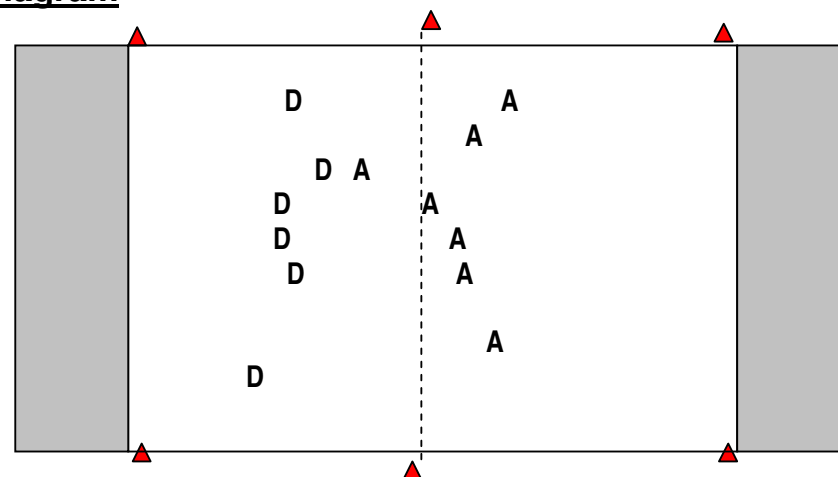
Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Diagram



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

Description

- Walla is played with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must get rid of the ball
- The ball carriers first option is to pass to a support player, if they cannot they turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team has unlimited tags
- There is no kicking

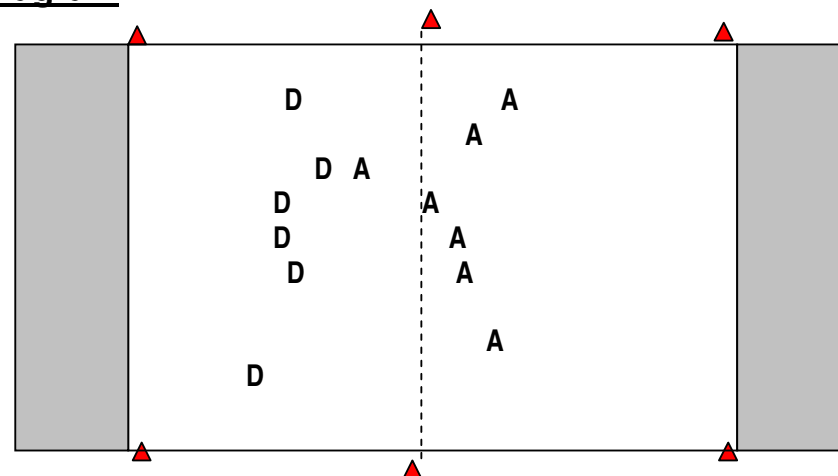
Coaching Points

- Call "Walla tag", "Pass, pass, pass" then "Ball take".
- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover
- Reduce the time taken when calling "pass, pass, pass" after a Walla tag

Diagram



Secondary Activities

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

ACTIVITY NAME:	Coaches call, First in	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 9 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

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

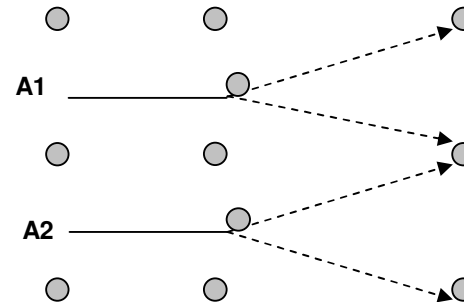
Variations/Progressions

- Introduce ball activities at the end of the grids (i.e. place, roll, pass etc)
- Increase the number of grids as so more players are working at once
- Choice of way to run is determined by the two attackers. Only one player can occupy a marker

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity & maintain foot work (speed) when changing direction by shortening stride length
- Carry ball in 2 hands

Diagram



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

Description

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

Variations/Progressions

- D begins by passing the ball to A who catches and immediately attacks
- D begins at the end of the grid and can move in any direction
- Change the grid shape by opening the defenders end (making it wider than the attackers end). This will form a funnel shape.
- Assign 2 points for the outside marker, 1 point for the inside. The defender starts on inside, attacker tries to fix defender, before changing direction

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

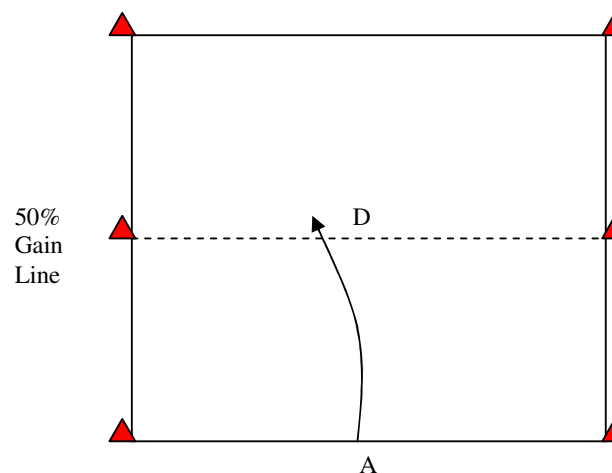
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Receiver

- Change your speed or angle of run to run into space
- Call for the ball
- Use fast feet and accelerate onto the ball
- Run into space

Diagram



ACTIVITY NAME:	Kicking skills	NUMBERS:	4+
EQUIPMENT:	<input type="text" value="12"/> Footballs <input type="text" value="6"/> Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles <input type="text"/> Other:		

Description

- A1 starts with the ball
- A1 moves forward and executes a place kick towards A2
- A1 and A2 then swap roles and repeat. This is continued as long as necessary
- Progress through to punt, long and lofted kicks (see Variations/Progressions)

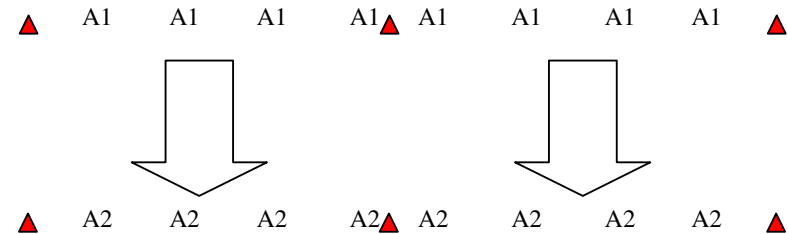
Variations/Progressions

- All progressions should start stationary and progress to jogging and then running.
- Catcher to call the type of kick they wish to receive
- Add a defender between the catcher and kicker

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram



ACTIVITY NAME:	Kicking Tennis	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

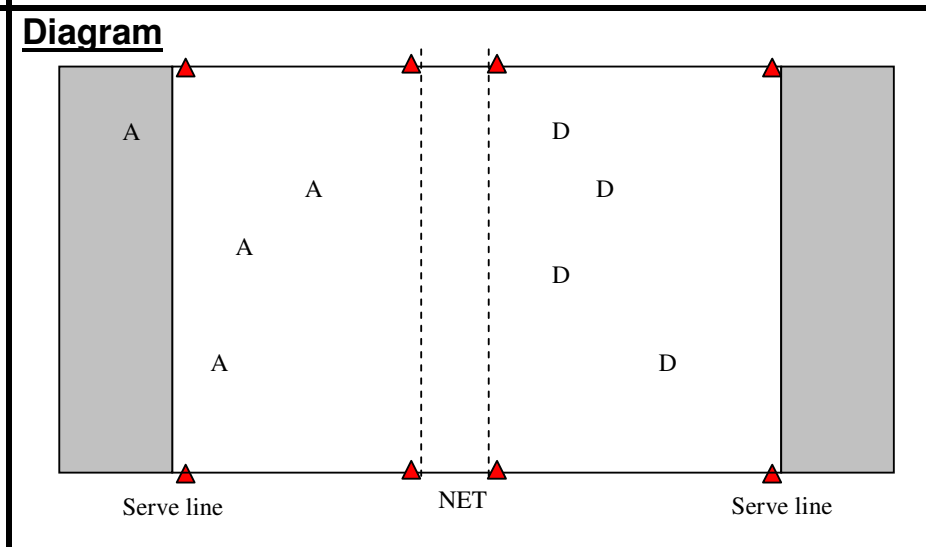
- The two teams (A) and (D)
- Team A attempts to get the ball to bounce more than once in team D's area
- To start the game the player with the ball must 'serve' (kick) the ball from behind the serve line, it must clear the 'net' without bouncing
- Players with the ball cannot move, but may kick the ball to team mates before kicking the ball over the net
- If the ball bounces more than once in the opponents area you score a point
- Teams alternate serve and kickers

Variations/Progressions

- Allow no bounces before a point is scored
- Grubber kicks can be used as long as they don't bounce on the net area
- Keep the service if you win the point
- 3 kicks and over

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet



ACTIVITY NAME:	Kicking End Ball	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:

Description

- One team starts with the ball. The first kick must always go backwards, after this they can kick the ball any direction
- Attackers can't run with the ball
- If an attacker, drops the ball then the ball is turned over
- The attacking team scores by kicking the ball into the in goal area to a catcher.
- After they score the game restarts with the other team from the goal line with the first kick being backwards.

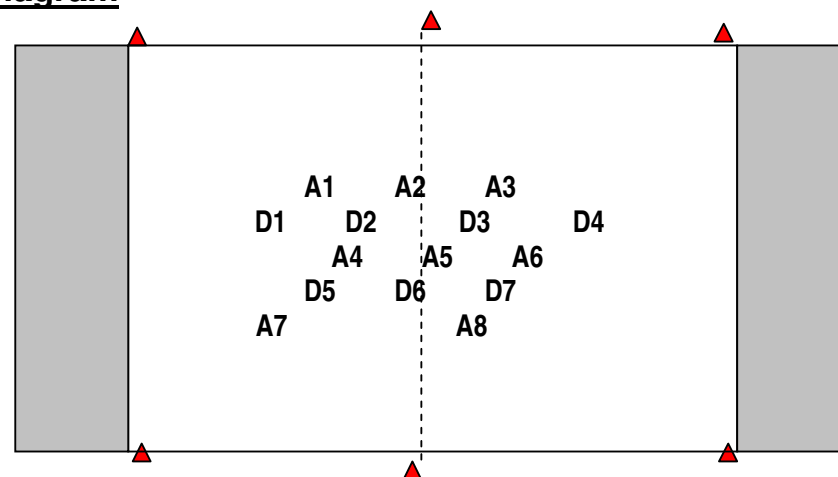
Variations/Progressions

- Score doesn't count unless your whole team is past the halfway point, results in a turnover
- Players can run with the ball and if tagged there is a turnover
- Have two 'goal grids' at each end of the field

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram



TryRugby Plus Activities Age 9 – 12

<p>Session 1 – Focus: Catch & Pass/Evasion</p> <p>Warm Up Running Drills</p> <p>Activity 1 Horizontal Bridging, Ball Handling Relays</p> <p>Activity 2 Chain Passing (Short & Long)</p> <p>Activity 3 1 v 1 tracking, Attack Defence Double Grid</p> <p>Activity 4 Rugby End Ball</p> <p>Session 2 – Focus: Track To Tackle</p> <p>Warm Up Wrestling Drills, Ground Contact</p> <p>Activity 1 Ball Carry Bump, Sumo Tracking</p> <p>Activity 2 Tackle Technique (front on)</p> <p> Tackle Technique (side on)</p> <p>Activity 3 Tackle & Ball Presentation</p> <p>Activity 4 Sumo Touch</p> <p>Session 3 – Focus: Tackle Support</p> <p>Warm Up Chain Passing (Short & Long)</p> <p>Activity 1 Contact and Maintain feet (support)</p> <p>Activity 2 Tackle & Drive out 1, Tackle & Drive out 2</p> <p>Activity 3 One out Defence Touch – Ruck Touch</p> <p> One out Defence Touch – Maul Touch</p>	<p>Session 4 – Focus: Lineout Jump/Game Application</p> <p>Warm Up Landing & Jumping Square</p> <p>Activity 1 Lineout Technique Walk in and Movement</p> <p> Lineout Technique Move and Jump</p> <p>Activity 2 Attack v Defence – 2 v 1 Straight Running</p> <p>Activity 3 Challenge Game Mini/Midi (lineout focus)</p> <p>Session 5 – Focus: Scrum Body Shape / Game Application</p> <p>Warm Up Vertical stance & Scrum Body Shape</p> <p>Activity 1 Scrum Clusters/Scrum Engagement</p> <p> Moving under force (Midi only)</p> <p>Activity 2 Attack v Defence – 3 v 2 Straight Running</p> <p>Activity 3 Modified Mini/Midi Game</p> <p>Session 6 – Focus: Game Application</p> <p>Warm Up Horizontal Bridging</p> <p>Activity 1 Shadow Touch</p> <p>Activity 2 Attack v Defence – 3 Channel Drill</p> <p>Activity 3 Mini/Midi Game</p>
--	--

Coaching/Teaching

The Junior Player Pathway Program is a component of the ARU's LTPD pathway, which encompasses both physical and technical development for the training stages through which each player should pass on the way to achieving optimal performance. The JPP takes in the first two stages of the overall LTPD pathway, these being the Fundamental and Learning to Train stages. These stages are designed to provide the fundamental foundations of physical and skill development for 5 to 12 year old Rugby players. They are also designed to stimulate interest and maximise participation. These essential features are those of enjoyment, maximising physical and skill development, encouraging and supporting players to reach their potential and remain involved in the sport. The desirable qualities of Rugby - sportsmanship and fair play - are to be positively rewarded. At all times safety must be a paramount consideration. All programs have been designed to teach the Game principles of – Possession / Go Forward / Support / Continuity / Pressure.

The concept of positive re-enforcement of the ideals of the game and skills of players cannot be over-emphasised. Satisfaction should be gained from participation, improvement and competitive performance - without emphasis on win at all costs. Players should be left to develop skills and learn the game without the presence of external pressure to win premierships. The focus should be on the process rather than the outcome.

Coaches / Teachers must ensure that the game is correctly taught and that the success achieved by each player is acknowledged and encouraged. It is vital that each and every player receives the same opportunity to develop in an environment of friendliness and co-operation.

Session 1

Catch & Pass, Evasion

TRAINING SESSION FORMAT

Session 1 – Catch & Pass, Evasion

Group – TryRugby Mini/Midi

Session Objectives

- Develop an understanding of Ball Handling and lateral passing
- Develop an understanding of evasion, tracking / Walla tagging
- Improve body position in Walla tag
- Use catch and pass in a game situation

Equipment Required

- 24 Markers
- Participants are all given a ball
- 4 Spare balls

Session Plan.

Group Warm Up – Running Drills

- Move on the balls of your feet
- Keep head still, looking ahead
- Shoulders and hands relaxed
- Elbows at 90 degrees
- Wrists to brush hips
- Maintain fast feet and fast elbows
- When moving laterally push with the outside leg

Activity 2 – Horizontal bridging

Key Points

- Maintain good body shape
- Keep body rigid with abdominals and buttocks tight throughout the exercise
- Shoulders down and back
- If raising a leg or arm keep them straight
- Ball Handling Relays

Key Points

Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Activity 2 – Passing Chain (short & long) static & dynamic

Key Points

- As opposite
- Carry the ball in two hands

Activity 3 – 1 v 1 Tracking

- Attack Defence - Double Grid

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Activity 4 – End Ball

- Offside Touch

Key Points

- Short passing and moving into space is much more effective than long passes that allow the defenders time to steal the ball
- Players should attempt to move into space
- Not all passes have to be forward

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring mouthguard (If possible)

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

Description

- In a 10m x 10m grid have players arranged in groups of three and four standing on one side of the grid.
- Players take it in turn to run through the grid using the prescribed running action
- Start with simple drills then build up the complexity

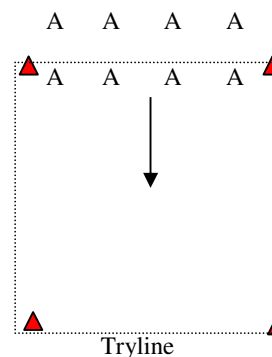
Variations/Progressions

- Add combinations of runs in i.e. forwards, lateral, forwards
- Coach call or indicate a change of direction to run during the drill

Coaching Points

- Move on the balls of your feet
- Keep head still, looking ahead
- Shoulders and hands relaxed
- Elbows at 90 degrees
- Wrists to brush hips
- Maintain fast feet and fast elbows
- When moving laterally push with the outside leg

Diagram



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

Description

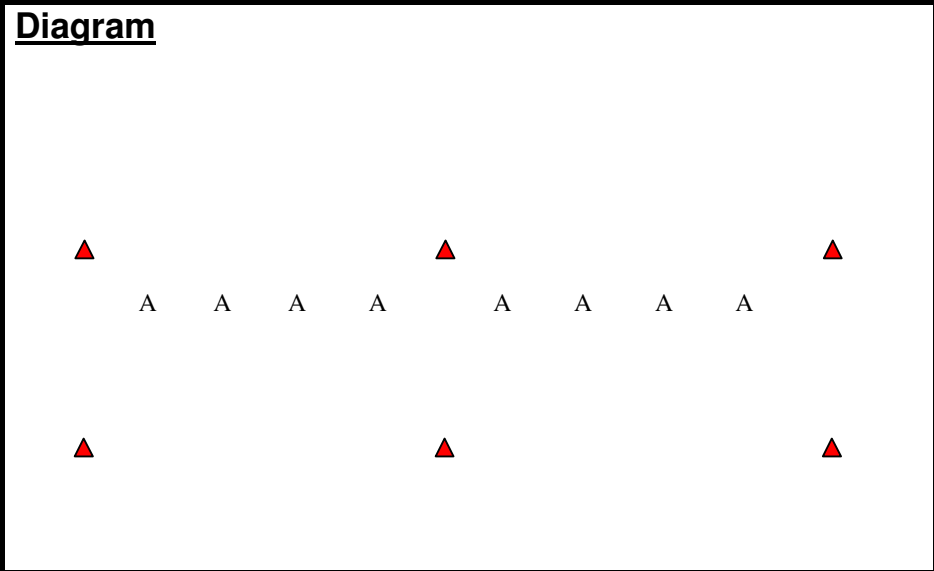
- Players are aligned side by side lying face down.
- Upon the coaches command players raise themselves into a horizontal hold (bridge) with their weight taken on their toes and forearms.
- The horizontal bridge is held for a number of seconds.
- Repeat the hold for a number of repetitions

Variations/Progressions

- Vary the time of the hold, the number of points of support and also the start position to increase the difficulty. E.g. Three points – 1 leg raised, two points - 1 arm and 1 leg raised, side bridge - weight on one forearm and leg.

Coaching Points

- Maintain good body shape
- Keep body rigid with abdominals and buttocks tight throughout the exercise
- Shoulders down and back
- If raising a leg or arm keep them straight



ACTIVITY NAME:	Ball Handling Relay	NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 8 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, passing the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Progress according to skill level in order to maintain interest i.e. from ball in two hands – pat the ball (various heights) – round the body – round the head – figure of 8 - clap and catch – high throw and catch – pass left/right etc

Variations/Progressions

- Change the drill to a four corners drill or cross-over drill (2)
- Catch the ball above the head, below the waist, pick & place, move to receive the ball
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

Catch

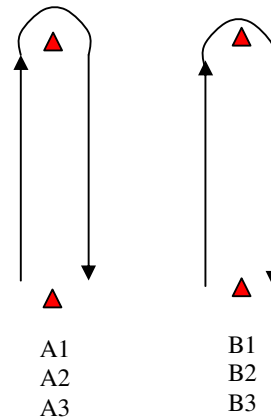
- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Pass

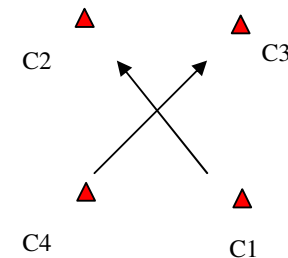
- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram

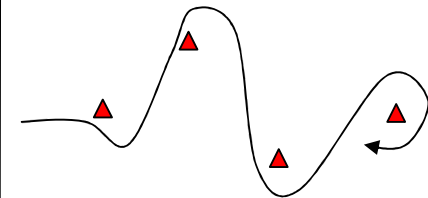
1.



2.



3.



ACTIVITY NAME:	Passing Chain (short & long) Static & Dynamic	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 12 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- 4 Players (A1 – A4) stand between the markers and perform a controlled lateral short pass.
- Rotate the positions after a number of repetitions
- Progress to the 4 Players (A1 – A4) standing between the wider markers and perform a controlled lateral long pass.
- Ensure players work on the short pass before migrating to the long (spiral pass). Once the 4 players reach the end of the grid, fold around into the next channel and come back performing the lateral pass
- As soon as the ball carrier gets to the marker they begin moving forward performing a controlled lateral pass.

Variations/Progressions

- Have the players progress to moving – walk, jog and run, up and down the channels.
- Have players work up the middle of the grid between the two close markers on the short pass, returning using the outside markers in a wide channel

Coaching Points

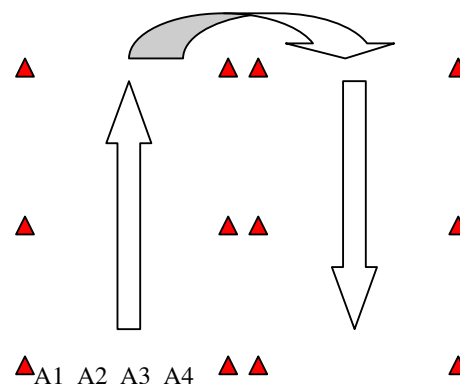
Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



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

Description

- In a 5m x 5m grid an attacker (**A**) begins on one cone and a defender (**D**) begins diagonally opposite with a ball.
- (**D**) begins the activity by passing ball to (**A**) who is attempting to score a try at end of the grid
- Defender must get a two handed tag on the attacker hips
- Attacker and defender should attempt to take the space
- The attacker will need to accelerate quickly and straight ahead to gain as much territory as possible.
- Both players should start in a split stance
- Repeat the drill from the other side

Variations/Progressions

- Allow the attacker to start anywhere
- Progress tag to push, grab then tackle

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

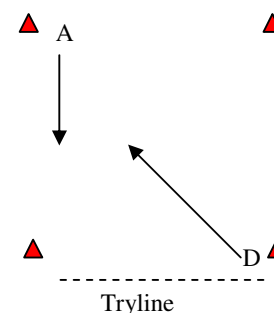
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



ACTIVITY NAME:	Attack v Defence - Double Grid	NUMBERS:	2 - 15
EQUIPMENT:	<input type="checkbox"/> 3 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- Two grids A & B, the middle attacker must attack in one or the other. The coach (c) stands in the middle ensuring the attacker can't run down the middle
- Middle attacker begins with the ball (A2) with the aim of scoring at the far end using either A1 or A3 for support.
- Simultaneously pressure is put on by a defender (D1), who must react to the attacker's choice of grid (Two hand tag only).
- The diagram shows A2 attacking grid A, committing D1 and passing to A1 who scores.
- Middle attacker must make intentions clear to defenders as to which grid they are attacking.
- Activity is continuous, players are to rotate as attackers and defenders regularly.

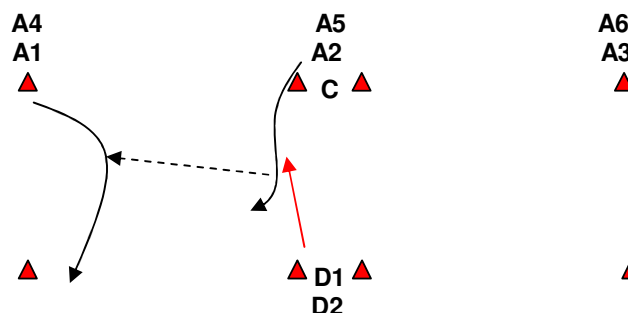
Variations/Progressions

- 3 v 2 situation, two attackers start on the middle marker picking up a third attacker from grid A or B.
- Two defenders begin on the middle marker, with the emphasis being on tracking inside shoulder.
- Both supporters should be changing the running angle & attacking at space.
- Variation maybe for two supporters to start on the outside markers with the ball carrier beginning on the middle marker.

Coaching Points

- Middle attackers to practice moving forward first at pace to commit defenders by fixing inside shoulders.
- Support runners to support in depth at pace & if possible practice a change of running angle.
- Defenders should move forward putting pressure on the ball carrier.
- Defenders should practice tracking inside shoulder of attackers & shouldn't be stepped inside.
- Quality of pass & communication is the key to success, pass out in front of support.

Diagram



ACTIVITY NAME:	Challenge Game – End Ball	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- One team starts with the ball. The first pass must always go backwards, after this they can pass the ball any direction
- Attackers can't run with the ball
- If an attacker, drops the ball or passes a non rugby style pass (netball pass is fine) i.e. Gridiron, then the ball is turned over
- The attacking team scores by passing the ball into the in goal area.
- After they score the game restarts with the other team from the goal line with the first pass being backwards.

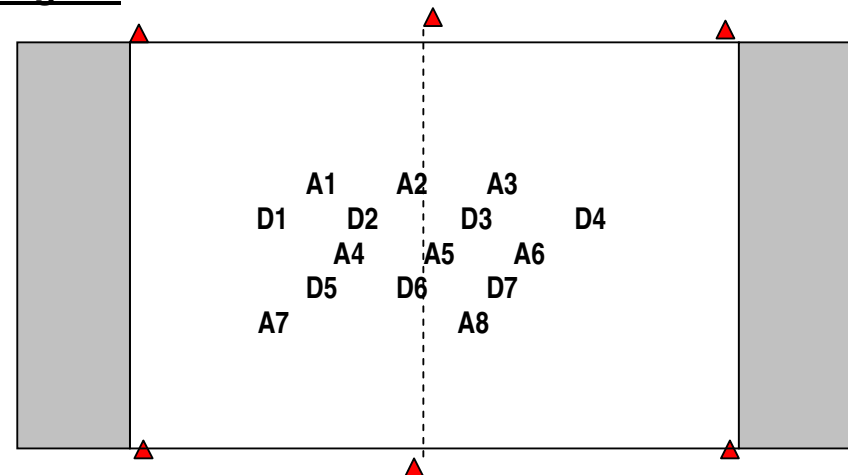
Variations/Progressions

- Score doesn't count unless your whole team is past the halfway point, results in a turnover
- Players can run with the ball

Coaching Points

- Short passing and moving into space is much more effective than long Hail Mary passes that allow the defenders time to steal the ball
- Encourage players to support the ball carrier
- Players should attempt to move into space
- Not all passes have to be forward

Diagram



Session 2

Track to Tackle

TRAINING SESSION FORMAT

Session 2 – Track to Tackle	Group – TryRugby Mini/Midi
Session Objectives <ul style="list-style-type: none"> - Develop an understanding of leg drive into contact while improving tracking skills - Develop an understanding of Ball Transfer and Presentation - Improve ball Presentation (ground) skills, particularly long place - Develop an understanding of Tackle Technique 	Equipment Required <ul style="list-style-type: none"> - 24 Markers - 4 Spare balls
Session Plan.	
<p>Warm Up – Wrestling Drills</p> <p>Key Points</p> <ul style="list-style-type: none"> - Use your opponents’ strength and stability to either help maintain your balance and/or disrupt theirs. - Try to maintain a low centre of gravity with a wide base of support <ul style="list-style-type: none"> - Ground Contact <p>Key Points</p> <ul style="list-style-type: none"> - Tuck arms & chin to chest - Flatten out body - Ground contact, position, exercise options, curl up <p>Activity 1 – Ball Carry Bump & Sumo Tracking</p> <p>Key Points</p> <p>Ball carrier</p> <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space <p>Tracking</p> <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up - Tagging - Place lead foot in close to the ball carrier - Head to side or behind when making a tag 	<p>Activity 2 – Tackle Technique (front on)</p> <ul style="list-style-type: none"> - Tackle Technique (side on) <p>Key Points</p> <p>Ball carrier – when contact is inevitable</p> <ul style="list-style-type: none"> - Transfer the ball away from the defender - Make contact on defenders fringe/outside edge - Keep hips square maintaining leg drive straight down the field - Ball carrier attempts to stay on feet and exercise options i.e. off load <p>If going to ground –</p> <ul style="list-style-type: none"> - Hug ball to chest and squeeze with both hands - Make contact with hard parts of the body such as shoulders or hips in rolling motion before exercising options i.e. pass immediately, place or roll the ball <p>Tackling (as tracking plus)</p> <ul style="list-style-type: none"> - Hit – make strong contact with front of shoulder and drive with the legs - Stick and Squeeze - wrap arms and lock (hand to elbow) cheek to thigh (no gaps) - Maintain leg drive and finish on top, quickly regain feet <p>Activity 3 – Ball Presentation (under force)</p> <p>Key Points</p> <ul style="list-style-type: none"> - As above <p>Activity 4 – Sumo touch</p> <p>Key Points</p> <ul style="list-style-type: none"> - As Sumo tracking
Evaluation	Injuries
Next Session – Coach	Next Session – Players Players to bring mouthguard (If possible)

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

Description

- In a grid that is 20m wide and 20m long, players spread out with a partner
- For each of the exercises players are pitted against their partner
- The objective of these drills is to maintain your base of support and disrupt your partners. Starting positions vary with each of the drills. This can be taking a variety of different grips or holds – hand, wrist or body
- Free hands – hold partners open hand in squat position, they hold yours, attempt to slap the knees of your partner
- Standing Arm Wrestle – hold partners open had above your head, they hold yours, attempt to pull push partner off balance
- Turtle Back – one player starts on all fours, the other kneeling at the side. One attempts to stay on all fours, partner attempts to get opponent onto their back

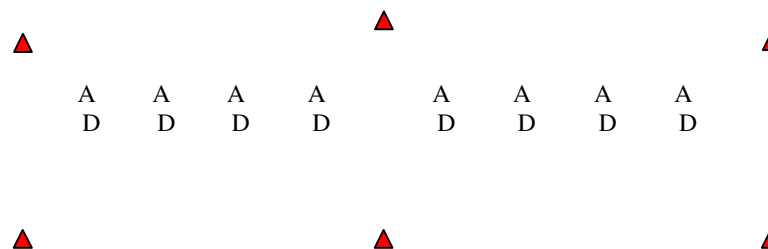
Variations/Progressions

- Turtle back have defender start lying face down

Coaching Points

- Use your opponents' strength and stability to either help maintain your balance and/or disrupt theirs.
- Try to maintain a low centre of gravity with a wide base of support.

Diagram



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

Description

Falling Backwards

- Player to sit on the ground with knees as close to the chest as possible, roll back with chin slightly tucked (Novice).
- Slapping the ground should be done simultaneously as the back touches the ground. Spreading the arms and slapping the ground creates a bigger surface area and thus the impact is absorbed over a larger area.

Falling Forwards

- Player starts on knees and practices falling fully forwards. As player falls they prepare for contact with the ground by tucking arms close to body and chin slightly towards chest.
- Before impact roll torso to present the side of the body and back to the ground.
- On contact with the ground, the player continues to roll and dissipate impact.

Coaching Points

Falling Backwards

- Create a bigger body area by slapping arms to either side.
- Practice timing of ground slap – simultaneously with back touching the ground.
- Flatten out body.
- Chin tucked slightly to chest.

Falling Forward

- Tuck arms and chin to chest.
- Present side of body and back to the ground.
- On impact with the ground, keep rolling and limit extended limbs.
- Do not throw hands forward to break fall.

Variations/Progressions

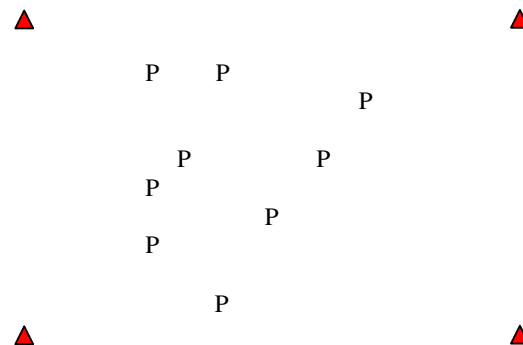
a. Novice

- Practice sitting with knees close to chest.
- Practice kneeling and falling forward with the ball.
- Practice collapsing to ground and then side roll.

b. Intermediate

- Squat and fall backwards with the ball.
- Falling off the back of a player who is kneeling on hands and knees with the ball.
- Forward roll with tucked shoulder and chin near the ball.
- Tumbling rolls using slap technique with the ball.
- Player starts in the squat position with their backside as close to the ground as possible. Player then rolls backwards (Intermediate).

Diagram



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

Description

- In a 5m x 5m grid an attacker (**A**) begins at one end of the grid with the ball and a defender (**D**) begins opposite on knees.
- **A** runs to a marker 1m in front of the defender.
- Attacking player slightly changes direction so as to attack the outside left or right shoulder (not the sternum) of the defender.
- Take the marker away. Attacking player will still work to the outside shoulders of the defender. Body position of upper torso leaning forward with feet wide. Step action short and rapid – tractor steps.
- Once the attacker has become familiar with the technique, defender is to kneel and push attacker off balance as they attempts to work to the side of the defender.
- Defender to push attacking player with tackling shield if possible. This simple drill also lends itself to evasive attacking techniques.

Variations/Progressions

a. Novice

- Practice with defender on knees. The defender will push on the hips of the attacking player when possible.

b. Intermediate

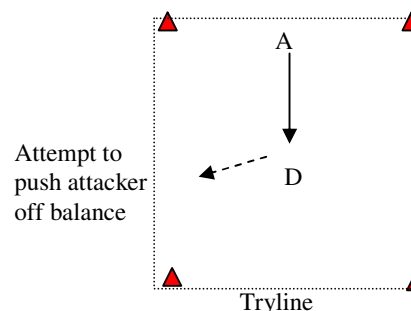
- Practice with the defender moving within a designated area and pushing the attacker on the hips.

Attacker runs through a corridor of defenders taking short steps, leaning forward in good body position. Defenders push hips of the attacker during the run. Attacker tries to maintain, balance and speed.

Coaching Points

- Ball in two hands. Upper torso leaning forwards.
- Footwork fast feet/short and rapid steps. Feet should never cross.
- Shoulders and hips square.
- If contact is imminent, ball needs to be transferred to outside arm, spare hand helps control the defender. Feet need to be as close to the defender as possible.
- Tractor steps need to be used during, and out of contact.

Diagram



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

Description

- In a 5m x 5m grid an attacker (**A**) begins at one end of the grid and a defender (**D**) begins opposite with a ball.
- (**D**) begins the activity by passing ball to (**A**) who is attempting to score a try at end of the grid
- Defender must get a two handed tag on the attacker and then attempt to push the Attacker out of the Grid using leg drive and a strong body position.
- If the defender pushes the attacker out of the grid then the defender wins, if the attacker gets over the tryline then the attacker wins

Variations/Progressions

- Start the players diagonally opposite each other
- Change the size of the grid

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

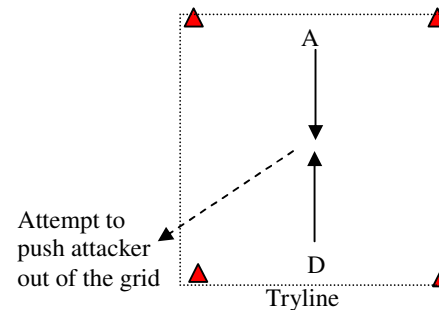
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



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

Description

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

Coaching Points continued

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tackling (as above plus)

- Hit – make strong contact with front of shoulder and drive with the legs
- Stick and Squeeze - wrap arms and lock (hand to elbow) cheek to thigh (no gaps)
- Maintain leg drive and finish on top, quickly regain feet

Variations/Progressions

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

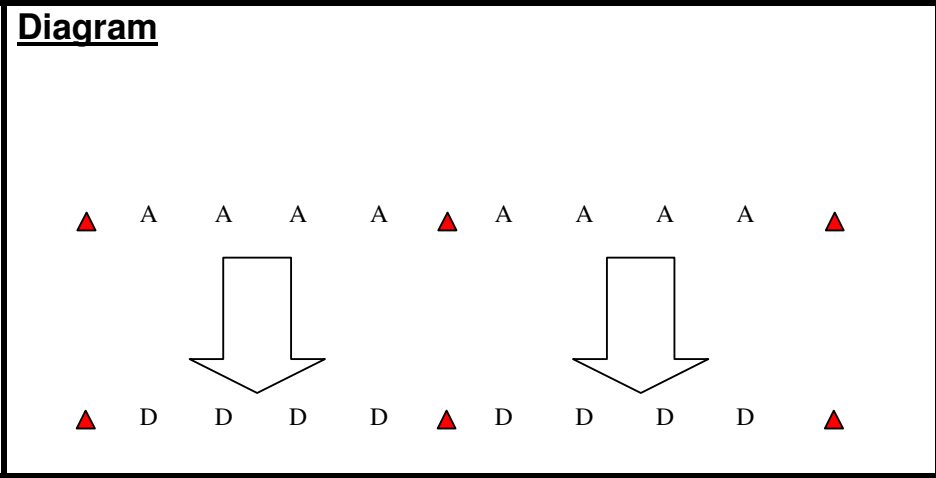
Coaching Points

Ball carrier – when contact is inevitable

- Transfer the ball away from the defender
- Make contact on defenders fringe/outside edge
- Keep hips square maintaining leg drive straight down the field
- Ball carrier attempts to stay on feet and exercise options i.e. off load

If going to ground –

- Hug ball to chest and squeeze with both hands
- Make contact with hard parts of the body such as shoulders or hips in rolling motion before exercising options i.e. pass immediately, place or roll the ball



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

Description

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

Coaching Points continued

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tackling (as above plus)

- Hit – make strong contact with front of shoulder and drive with the legs
- Stick and Squeeze - wrap arms and lock (hand to elbow) cheek to thigh (no gaps)
- Maintain leg drive and finish on top, quickly regain feet

Variations/Progressions

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

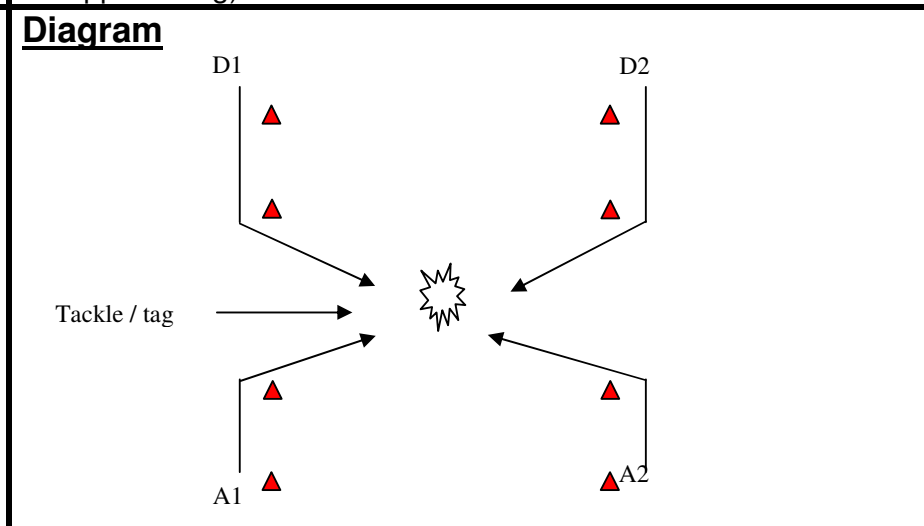
Coaching Points

Ball carrier – when contact is inevitable

- Transfer the ball away from the defender
- Make contact on defenders fringe/outside edge
- Keep hips square maintaining leg drive straight down the field
- Ball carrier attempts to stay on feet and exercise options i.e. off load

If going to ground –

- Hug ball to chest and squeeze with both hands
- Make contact with hard parts of the body such as shoulders or hips in rolling motion before exercising options i.e. pass immediately, place or roll the ball



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

Description

- A moves forward towards D's right shoulder
- A carries the ball forward at D walking/jogging or running through contact
- D makes a tackle on A and immediately gets to feet and attempts to stop D placing the ball
- A attempts to long place the ball
- A and D then repeat the activity on D's left shoulder
- A and D then swap roles and repeat. This is continued as long as necessary

Coaching Points continued

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tackling (as above plus)

- Hit – make strong contact with front of shoulder and drive with the legs
- Stick and Squeeze - wrap arms and lock (hand to elbow) cheek to thigh (no gaps)
- Maintain leg drive and finish on top, quickly regain feet

Variations/Progressions

- All progressions should start walking and progress to jogging and then running.
- Defender, on two knees, brings one leg up (opposite shoulder opposite leg).
- Add second defender and attacker for tackle support

Coaching Points

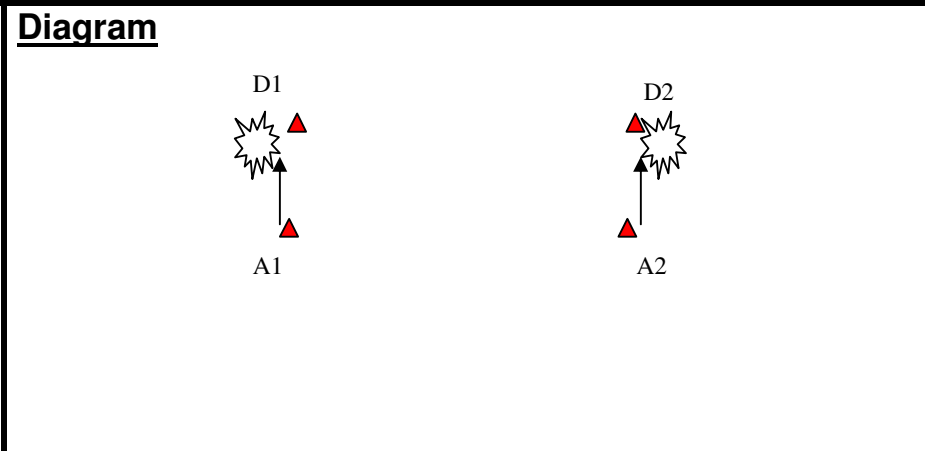
Ball carrier – when contact is inevitable

- Transfer the ball away from the defender
- Make contact on defenders fringe/outside edge
- Keep hips square maintaining leg drive straight down the field
- Ball carrier attempts to stay on feet and exercise options i.e. off load

If going to ground –

- Hug ball to chest and squeeze with both hands

Make contact with hard parts of the body such as shoulders or hips in rolling motion before exercising options i.e. pass immediately, place or roll the ball



ACTIVITY NAME:	Challenge Game – Sumo Touch	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- This is similar to a game of touch. After each tag the ball carrier can pass the ball immediately to restart play (don't play the ball between legs)
- The defender should attempt to drive the attacker for four or five steps (sumo tag)
- The attacker can offload at any time during or after a tag
- All two handed tags count, however the emphasis is on getting into a position to perform a sumo tag
- If the ball is dropped, or forward passed it is an immediate turnover

Variations/Progressions

- Reward defenders by having a changeover if a sumo tag is performed

Coaching Points

Ball carrier – when contact is inevitable

- Transfer the ball away from the defender
- Make contact on defenders fringe/outside edge
- Keep hips square maintaining leg drive straight down the field
- Ball carrier attempts to stay on feet and exercise options i.e. off load

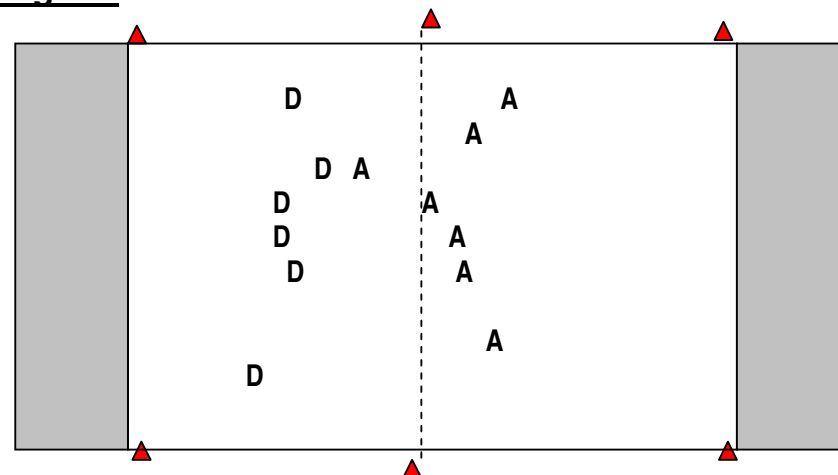
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



Session 3

Tackle Support

TRAINING SESSION FORMAT

Session 3 – Tackle Support	Group – TryRugby Mini/Midi
Session Objectives <ul style="list-style-type: none"> - Improve and Progress tackle technique - Develop an understanding of tackle support (Ruck and Maul) - Use game elements of Ruck and Maul in a game situation 	Equipment Required <ul style="list-style-type: none"> - 24 Markers - 4 Spare balls
Session Plan.	
<p>Warm Up - Passing Chain (short & long) static & dynamic</p> <p>Key Points</p> <p>Catch</p> <ul style="list-style-type: none"> - Head facing the ball, hands up and fingers spread - Turn the shoulders towards the target - Reach for the ball with both hands up, elbows spread - Watch the ball into soft hands <p>Pass</p> <ul style="list-style-type: none"> - Hands and elbows up, fingers spread - Hold the ball outside hip, lean forward over the ball - Turn head quickly to look at the target - Transfer the ball across the body towards the target - Fingers point at target after pass <p>Activity 1 – Contact and Maintain feet (support)</p> <p>Key Points</p> <p>Ball carrier – when contact is inevitable</p> <ul style="list-style-type: none"> - Transfer the ball away from the defender - Make contact on defenders fringe/outside edge - Keep hips square maintaining leg drive straight down the field - Ball carrier attempts to stay on feet and exercise options i.e. off load 	<p>Support at the Maul</p> <p>Maul</p> <ul style="list-style-type: none"> - Join from behind the last mans feet - Lower centre of gravity to stay on feet - Shorten strides, bind around teammates and maintain leg drive - Either secure the ball or maintain leg drive <p>Activity 2 – Tackle & Driveout 1 & 2</p> <p>Key Points</p> <p>Tackle Support</p> <ul style="list-style-type: none"> - Reduce speed and shorten strides - Lower centre of gravity to stay on feet - Position on the correct side of the tackle - Arrive through the gate and target the ball - Head up looking forward to prevent a collapse <p>Support at the Ruck</p> <p>Ruck</p> <ul style="list-style-type: none"> - Head up, hands up look at the target - Crouch into $\frac{3}{4}$ squat position, with weight on balls of feet - Make contact with front of shoulder and drive with the legs - Close arms around opponent or teammate - Finish on top and quickly regain feet <p>Activity 3 – Maul touch</p> <p>Key Points</p> <ul style="list-style-type: none"> - As tackle support & support at the maul <ul style="list-style-type: none"> - Ruck touch - As tackle support & support at the ruck <p>Warm Down</p>
Evaluation	Injuries
Next Session – Coach	Next Session – Players Players to wear Rugby jersey (if possible) Players to bring mouthguard (If possible)

ACTIVITY NAME:	Passing Chain (short & long) Static & Dynamic	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 12 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 4 Players (A1 – A4) stand between the markers and perform a controlled lateral short pass.
- Rotate the positions after a number of repetitions
- Progress to the 4 Players (A1 – A4) standing between the wider markers and perform a controlled lateral long pass.
- Ensure players work on the short pass before migrating to the long (spiral pass). Once the 4 players reach the end of the grid, fold around into the next channel and come back performing the lateral pass
- As soon as the ball carrier gets to the marker they begin moving forward performing a controlled lateral pass.

Variations/Progressions

- Have the players progress to moving – walk, jog and run, up and down the channels.
- Have players work up the middle of the grid between the two close markers on the short pass, returning using the outside markers in a wide channel

Coaching Points

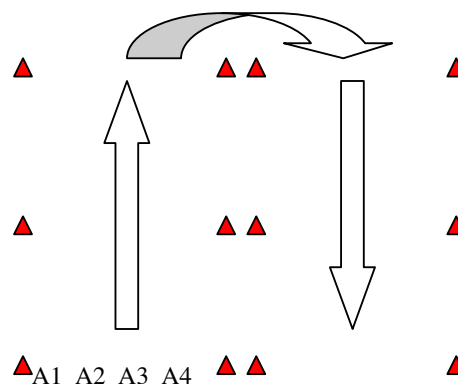
Catch

- Head facing the ball, hands up and fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands up, elbows spread
- Watch the ball into soft hands

Pass

- Hands and elbows up, fingers spread
- Hold the ball outside hip, lean forward over the ball
- Turn head quickly to look at the target
- Transfer the ball across the body towards the target
- Fingers point at target after pass

Diagram



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

Description

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

Variations/Progressions

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

Coaching Points

Ball carrier – when contact is inevitable

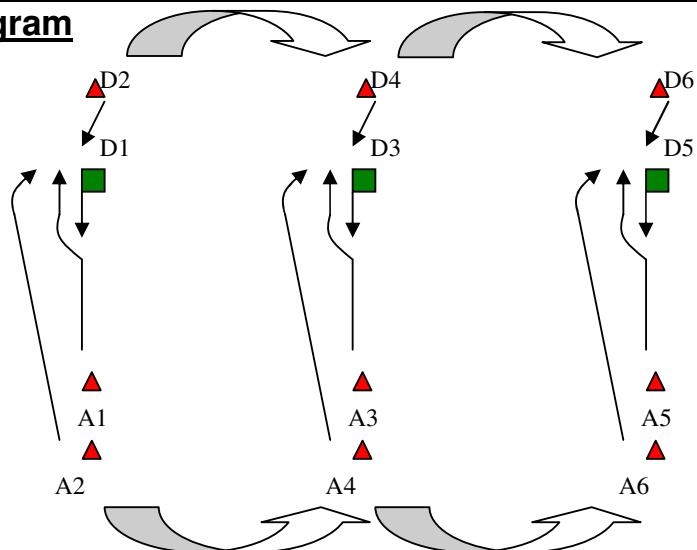
- Transfer the ball away from the defender
- Make contact on defenders fringe/outside edge
- Keep hips square maintaining leg drive straight down the field
- Ball carrier attempts to stay on feet and exercise options i.e. off load

Support at the Maul

Maul

- Join from behind the last mans feet
- Lower centre of gravity to stay on feet
- Shorten strides, bind around teammates and maintain leg drive
- Either secure the ball or maintain leg drive

Diagram



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

Description

- Two players facing each other. A1 is the attacker D1 the defender.
- D1 starts crouched with their hands on the ball, on the command A1 drives out D1 attempting to move them away from the ball
- Two techniques are used depending upon the height of D1. A1 either 'breaks the glass' (thrusting arm through the 'window' – plane made by hands and arms on ball) or 'chicken wings' (strikes the upper arm between elbow and shoulder) D1 to get them off the ball
- Players should practice on either shoulder
- Swap attacker and defender regularly

Variations/Progressions

- Add a second attacker. A1 now carries the ball into the contact, D1 tackles A1 and contests the ball. A2 arrives as tackle support and drives out D1 as in the static drill
- Add an additional defender D2 and increase the competition at the breakdown

Coaching Points

Tackle Support

- Reduce speed and shorten strides
- Lower centre of gravity to stay on feet
- Position on the correct side of the tackle
- Arrive through the gate and target the ball
- Head up looking forward to prevent a collapse

Support at the Ruck

Ruck

- Head up, hands up look at the target
- Crouch into ¾ squat position, with weight on balls of feet
- Make contact with front of shoulder and drive with the legs
- Close arms around opponent or teammate
- Finish on top and quickly regain feet

Diagram



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

Description

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

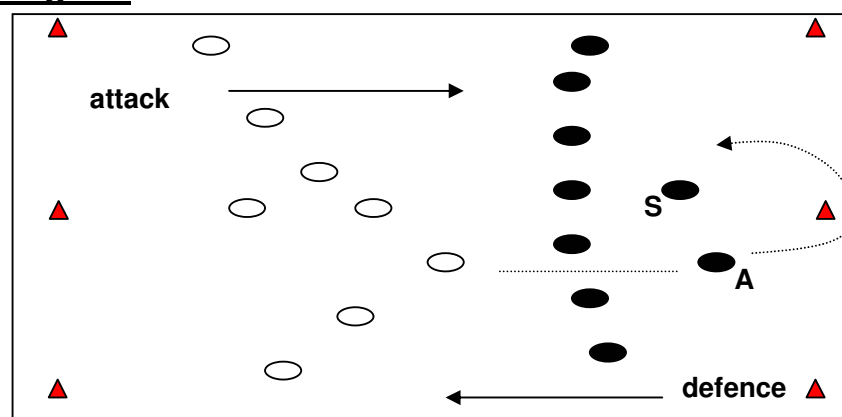
Variations/Progressions

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

Coaching Points

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

Diagram



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

Description

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

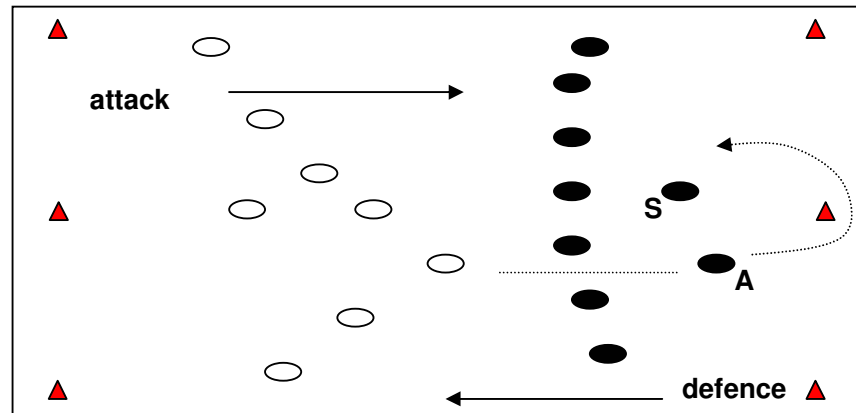
Variations/Progressions

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

Coaching Points

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

Diagram



Session 4

Lineout / Game Application

TRAINING SESSION FORMAT

Session 4– Lineout / Game Application	Group – TryRugby Mini/Midi
Session Objectives <ul style="list-style-type: none"> - Develop an understanding of lineout skills - Introduce pressure by incorporating contact and catch and pass - Improve confidence in contact through open activities - Use game elements of Ruck and Maul in a game situation 	Equipment Required <ul style="list-style-type: none"> - 24 Markers - 4 Spare balls
Session Plan.	
Warm Up – Landing & Jumping Square Key Points <ul style="list-style-type: none"> - Bend at ankle, knee and hip extending at take off. - Keep abdominals and buttocks tight and lean slightly forward. - Use arm action for greater drive. - Maintain good body shape keeping chest up and buttock out on landing. Activity 1 – Lineout Walk in and Movement <ul style="list-style-type: none"> - Lineout Move and Jump Key Points Jumping <ul style="list-style-type: none"> - Crouch by bending knees and have weight on the balls of feet - Arms bent at chest level, fingers spread - Drive legs and arms and reach for the ball - Land on two feet, bend knees on landing Throwing <ul style="list-style-type: none"> - With feet shoulder width apart face the target - Hands and elbows high, fingers spread - Elbows in, extend the arms forcefully towards the target, keeping the trunk still - Fingers point at the target after throw - Throw for accuracy before distance 	Activity 2 – 2 v 1 Straight Running Key Points <ul style="list-style-type: none"> - Cut down time & space - Commit the defender - Support player to maintain depth Activity 3 – Challenge Game Mini / Midi (lineout focus) Key Points <ul style="list-style-type: none"> - Allow each team to attack for a period of time - Stop and explain when people are using poor technique or are outside the laws of the game - Comment on good play and technique Warm Down
Evaluation	Injuries
Next Session – Coach	Next Session – Players Players to wear Rugby jersey (if possible) Players to bring mouthguard (If possible)

ACTIVITY NAME:	Landing & Jumping Square	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> Footballs <input checked="" type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

<p><u>Description</u></p> <ul style="list-style-type: none"> • In a 10m x 10m grid players spread out in two groups along one of the sides of the grid. • Players jump forward to and firstly on two feet then on one. • Start with short distances then progress. • The squat landing positions are held for a number of seconds. • The time of the hold can be increased as their strength increases. • Repeat the hold for a number of repetitions. • Progress from high, through to medium, then low squat positions. 	<p><u>Variations/Progressions</u></p> <ul style="list-style-type: none"> • Vary hand positions – behind head, out to both sides, above head. • One leg squat • Have two groups spread out along two sides of a grid. One side is numbered 1 the other side 2. On the command 1 or 2 players in that group jump using both feet across the square to the opposite side. • If the coach calls 3 both groups jump at the same time across the square.
---	---

<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Maintain good body shape. • Feet shoulder width apart toes pointing directly forward. • Extend arms in front of shoulders. • Look ahead, push chest out by drawing shoulders back. • Ensure a flat back and keep your buttock out. • Knees bent directly beneath the hips over the toes. • Hips stay level. 	<p><u>Diagram</u></p>
--	------------------------------

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

Description	Variations/Progressions
<ul style="list-style-type: none"> A1 starts in line with the cone, runs in, moves forward call 'set' then 'up' and jumps to receive the ball Hooker throws the ball to A1 when 'up' call is made When A1 receives the ball he/she turns and sets the ball for the Hooker to come and rip After each lineout the attacker and hooker switch roles 	<ul style="list-style-type: none"> Add a defender who starts opposite A and competes for the lineout

Coaching Points	Diagram
<p>Jumping</p> <ul style="list-style-type: none"> Crouch by bending knees and have weight on the balls of feet Arms bent at chest level, fingers spread Drive legs and arms and reach for the ball Land on two feet, bend knees on landing Jumpers to start, concentrating on explosive jump, and dynamic movement <p>Throwing</p> <ul style="list-style-type: none"> With feet shoulder width apart face the target Hands and elbows high, fingers spread Elbows in, extend the arms forcefully towards the target, keeping the trunk still Fingers point at the target after throw Throw for accuracy before distance 	

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

<p><u>Description</u></p> <ul style="list-style-type: none"> • H1 (hooker) throws the ball in to J1 Jumper • J1 starts at the 5m line and moves back • J1 calls ‘back, back, back, set, up’ • H1 throws the ball in • J1 catches and sets the ball • Hooker runs in and rips or receives a pop pass • J1 then moves across to become J2, H1 moves across to become H2 and the process repeats, moving forward from the 15m line <p>This is a continuous drill</p>	<p><u>Variations/Progressions</u></p> <ul style="list-style-type: none"> • Two Jumpers competing • Jumper can deliver off the top ball
---	---

<p><u>Coaching Points</u></p> <p>Jumping</p> <ul style="list-style-type: none"> • Crouch by bending knees and have weight on the balls of feet • Arms bent at chest level, fingers spread • Drive legs and arms and reach for the ball • Land on two feet, bend knees on landing • Jumpers to start, concentrating on explosive jump, and dynamic movement <p>Throwing</p> <ul style="list-style-type: none"> • With feet shoulder width apart face the target • Hands and elbows high, fingers spread • Elbows in, extend the arms forcefully towards the target, keeping the trunk still • Fingers point at the target after throw • Throw for accuracy before distance 	<p><u>Diagram</u></p>
--	------------------------------

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

Description

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

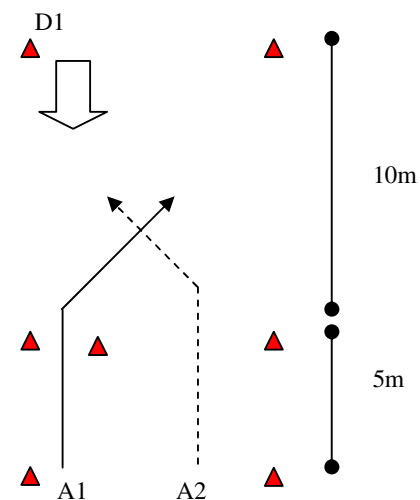
Variations/Progressions

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

Coaching Points

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

Diagram



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

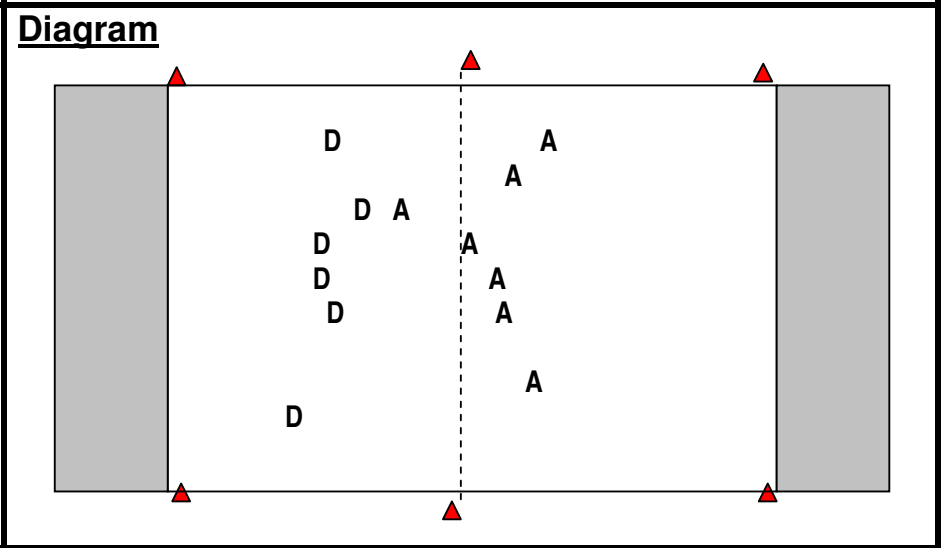
Description

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

Variations/Progressions

Coaching Points

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



Session 5

Scrum Body Shape, Game Application

TRAINING SESSION FORMAT

Session 5– Scrum Body Shape/Game

Group – TryRugby Mini/Midi

Application

Session Objectives

- Develop an understanding of the importance of core stability
- Develop an understanding of Scrum Body Shape & safety
- Improve contact skills through Attack v Defence

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Warm Up – Vertical Stance/Scrum Body Shape

Key Points

- Feet shoulder width apart, toes pointing directly forward
- Knees bent directly beneath the hips, over the toes
- Crouch into ¾ squat position, with weight on balls of feet
- Ensure a flat back and buttock 'out' (pelvic tilt)
- Push chest 'out' by drawing shoulders back
- Chin up off the chest and focused down, eyes forward
- Tighten abdominals

Activity 1 - Scrum Clusters & Scrum

Engagement

Key Points

- As above
- Learn "Crouch, Touch, Pause, Engage" sequence

Moving Under Force

Key Points

- As above

Activity 2 – 3 v 2 Straight Running

Key Points

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

Activity 3 – Modified Game

Key Points

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

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

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

Effective Scrummaging

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

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

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

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

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

Body Shape

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

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

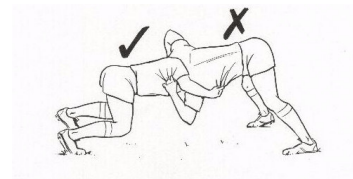
Body shape should remain consistent for all participants involved in the scrum; no matter what position they hold, from front row through to number 8.

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

Key coaching points

Body shape

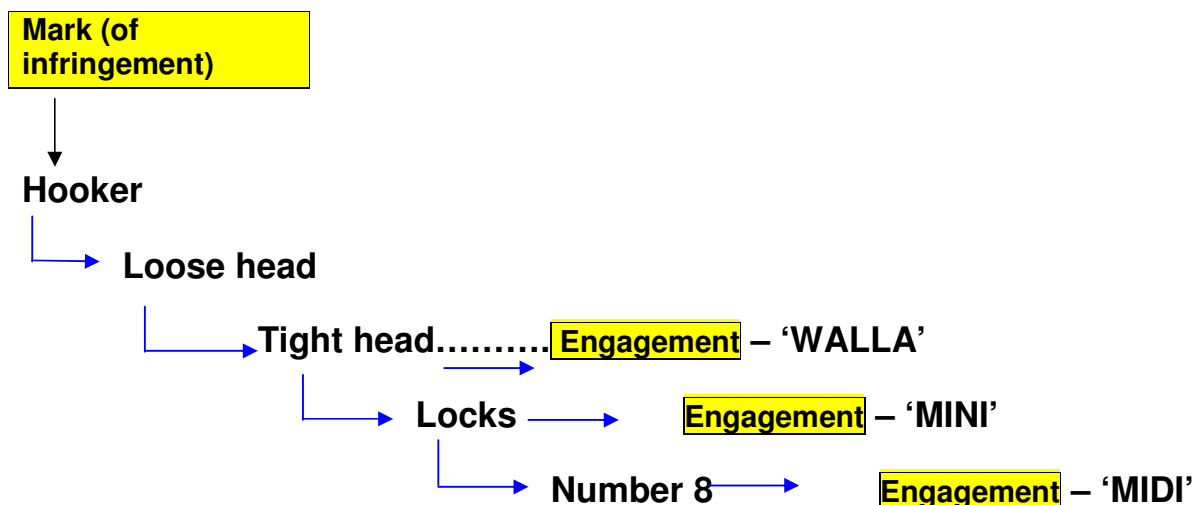
- Feet shoulder width apart, toes pointing directly forward
- Knees bent directly beneath the hips, over the toes
- Crouch into $\frac{3}{4}$ squat position, with weight on balls of feet
- Ensure a flat back and buttock 'out' (pelvic tilt)
- Push chest 'out' by drawing shoulders back
- Chin up off the chest and focused down, eyes forward
- Tighten abdominals



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

Scrum Assembly

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



Building the Front Row

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

Hooker (No2)

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

- Feet shoulder width apart toes pointing directly forward
- Ensure right foot heel is in line with left foot toe
- Crouch by bending knees with weight on balls of feet
- Place hands behind head with chin off chest and focused down, eyes forward

Hookers' call for scrum formation:

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

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

Loose Head Prop (No1)

The loose head prop is the first to join the hooker in assembling the scrum. This prop is referred to as 'Loose' because their head placement is outside that of the opposition prop opposing them and

consequently impact is only on their right shoulder. Listed below are a number of coaching points to consider:

- Approach from behind
- Plant right foot first next to hookers left foot
- Take a chest high bind on hooker
- Chin off chest and focused down, eyes forward

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

Tight Head Prop (No3)

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

- Approach from behind
- Plant left foot first next to hookers right foot
- Take a jersey shorts bind on hooker
- Chin off chest and focused down, eyes forward

Building the Second Row (locks)

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

Locks (4 & 5)

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

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

Building the Number 8 (MIDI RUGBY ONLY)

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

Number 8

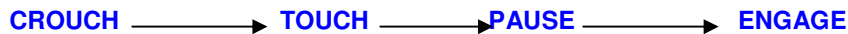
It is important that the number 8 provides a solid shoulder contact to support the locks and assist in driving forward after engagement. Once the locks have assembled ready for engagement, it is the responsibility of the Number 8 to correct and deficiencies in the scrums shape and to ensure all body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

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

Engagement Sequence

The Engagement is the most important feature in the scrum when dealing with safety and injury prevention. It is for this reason that all players MUST follow the referee's calls and apply all the correct techniques.

The engagement sequence includes:



This sequence is verbally managed by the referee.

CROUCH - This means that each front row bends at the hips and knees and stands “offset” to their opposing front row. Offset means that each player in the front row has their head to the left hand side of their opposing player.

TOUCH - Each prop reaches forward and using their outside arm touches the point of the opposing props outside shoulder. This establishes a safe distance for engagement.

PAUSE - Means to pause prior to the engage call from the referee, NOT to hold or grip the jersey of your opposition. While waiting, they should look forward and sight the space for their head during the engagement. The referee then checks that all is ready for the scrum to engage.

ENGAGE - The “engage” call is not a command but an indication that the front rows may come together when ready. Each member of the front row places their head under the shoulder of their opposite and looks forward.

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

When engaging the key coaching points are

Engagement sequence

- Assemble off-set, looking forward focusing on target area
- Crouch, touch, hold, engage

Crouch

- Front row crouched, others engaged
- Weight on balls of feet

Touch

- Props touch opposition on upper arm to judge distance
- Do not grip the jersey of the opposition
- Look forward

Pause

- Props and hooker focus on target area
- Support your own weight

Engage

- Engage opposition firmly with a short horizontal movement
- Props take binds and draw with arms
- Tighten abdominals and breath
- Maintain body shape and pressure on opposition scrums

Mayday Scrum

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

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

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

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

MAYDAY SCRUM PROCEEDURE

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

ACTIVITY NAME:	Vertical Stance & Scrum Body Shape	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

<p><u>Description</u></p> <ul style="list-style-type: none"> • In a 10m x 10m grid players spread out in the standing position • Upon the command players lower themselves into varied squat positions. • The squat positions are held for a number of seconds. • The time of the hold can be increased as their strength increases. • Repeat the hold for a number of repetitions • Progress from high, through to medium, then low squat positions. 	<p><u>Variations/Progressions</u></p> <ul style="list-style-type: none"> • Vary hand positions – behind head, out to both sides, above head. • One leg squat
<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Maintain good body shape. • Feet shoulder width apart toes pointing directly forward. • Extend arms in front of shoulders. • Look ahead, push chest out by drawing shoulders back. • Ensure a flat back and keep your buttock out. • Knees bent directly beneath the hips over the toes. • Hips stay level. 	<p><u>Diagram</u></p>

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

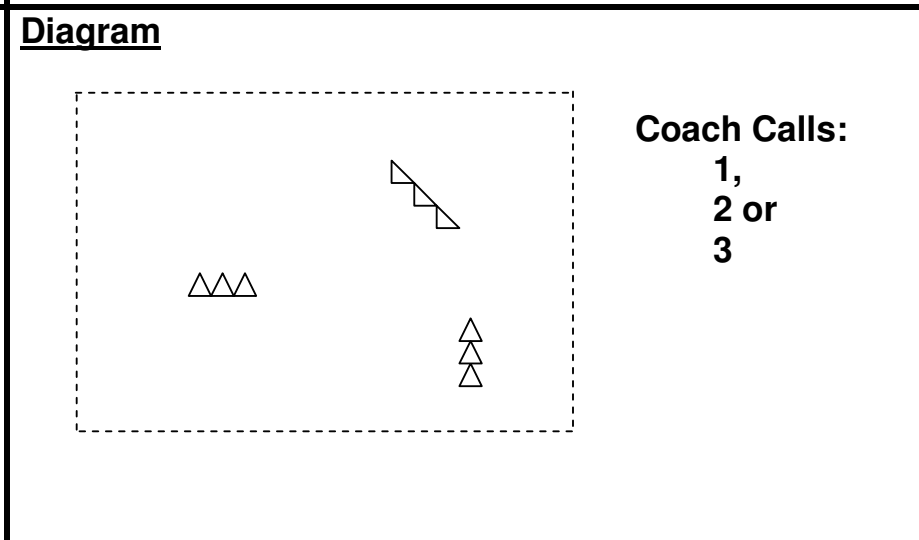
Description

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

Variations/Progressions

Coaching Points

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



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

Description

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

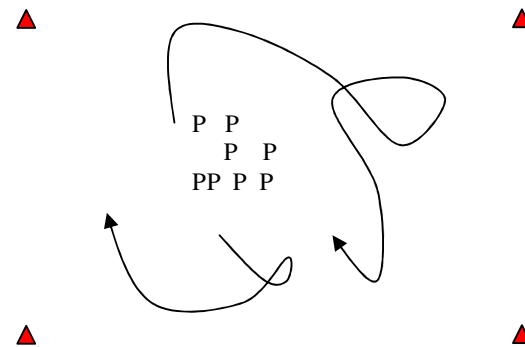
Variations/Progressions

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

Coaching Points

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

Diagram



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

Description

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

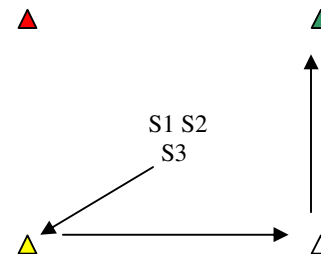
Variations/Progressions

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

Coaching Points

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

Diagram



ACTIVITY NAME:	3 v 2 – Straight Running /Cutting Down the Space	NUMBERS:	5+
EQUIPMENT:	<input type="checkbox"/> 2 Footballs <input type="checkbox"/> 6 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> 2 Agility poles Other:		

Description

- A1 Accelerates at full pace straight through agility poles, A1 is not allowed to change angle of run until after the agility poles
- A2 and A3 Accelerate at full pace and can't change angle of run until they have passed the middle cones
- The two defenders (D1 & D2) start on the cone and must communicate to get across to cover A1 and A2.
- D1 and D2 cannot move forward until A1 has reached the agility poles
- Attackers can run hands or progress to plays familiar to the team

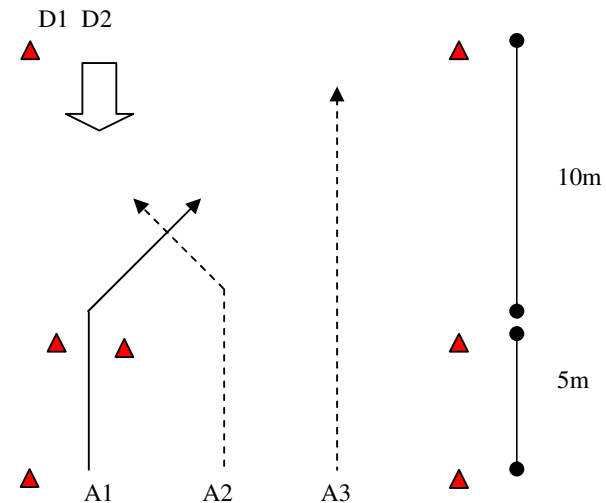
Variations/Progressions

- Increase or decrease the size of the grid
- Attackers only allowed to run a set move (ie. Switch) and A1 must hit the open runner
- Move on to 4 vs 3
- Increase the contact ie. Tackle

Coaching Points

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

Diagram



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

Description

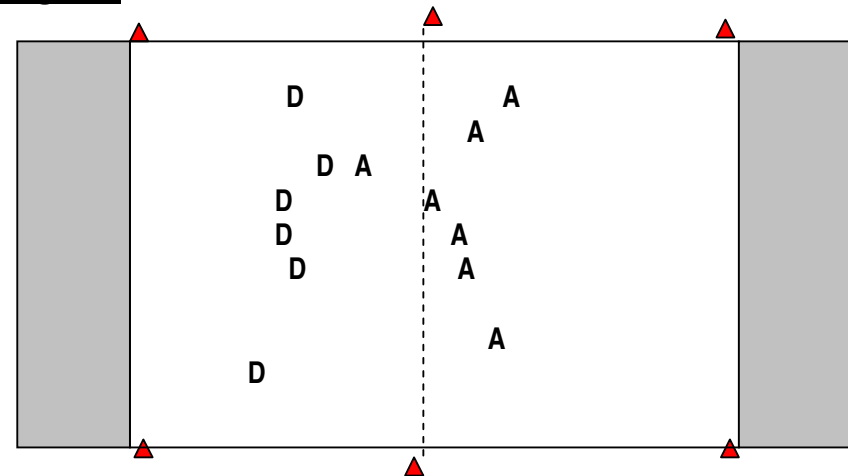
- This is a game of Mini / Midi with the coach stopping the game to point out key areas, problems and laws
- The game is essentially the same as Mini / Midi

Variations/Progressions

Coaching Points

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

Diagram



Session 6

Game Application

TRAINING SESSION FORMAT

Session 6 – Game Application	Group – TryRugby Mini/Midi
Session Objectives <ul style="list-style-type: none"> - Decision making - Game application 	Equipment Required <ul style="list-style-type: none"> - 24 Markers - 4 Spare balls
Session Plan.	
<p>Warm Up – Horizontal bridging</p> <p>Key Points</p> <ul style="list-style-type: none"> - Maintain good body shape - Keep body rigid with abdominals and buttocks tight throughout the exercise - Shoulders down and back - If raising a leg or arm keep them straight <p>Activity 1 – Shadow Touch</p> <p>Key Points</p> <p>Ball carrier</p> <ul style="list-style-type: none"> - Carry the ball in two hands - Run forward, at the defender to commit them - Lower centre of gravity (body height) and shorten strides when changing direction - Use fast feet to run into space <p>Tracking</p> <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Lower centre of gravity and approach the target from the side - Look forward at the target, hands up - Tagging - Place lead foot in close to the ball carrier - Head to side or behind when making a tag 	<p>Tagging</p> <ul style="list-style-type: none"> - Deny time and space by moving forward quickly - Place lead foot in close to the ball carrier - Head to side or behind when making a tag <p>Activity 2 - Attack v Defence 3 Channel Drill</p> <p>Key Points</p> <ul style="list-style-type: none"> - Cut down space - Commit the defender - Support player to maintain depth - Use the width when available <p>Activity 3 – Mini / Midi Game</p> <p>Key Points</p> <ul style="list-style-type: none"> - As opposite <p>Tackling (as tracking plus)</p> <ul style="list-style-type: none"> - Hit – make strong contact with front of shoulder and drive with the legs - Stick and Squeeze - wrap arms and lock (hand to elbow) cheek to thigh (no gaps) - Maintain leg drive and finish on top, quickly regain feet <p>Warm Down</p>
Evaluation	Injuries
Next Session – Coach	Next Session – Players

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

Description

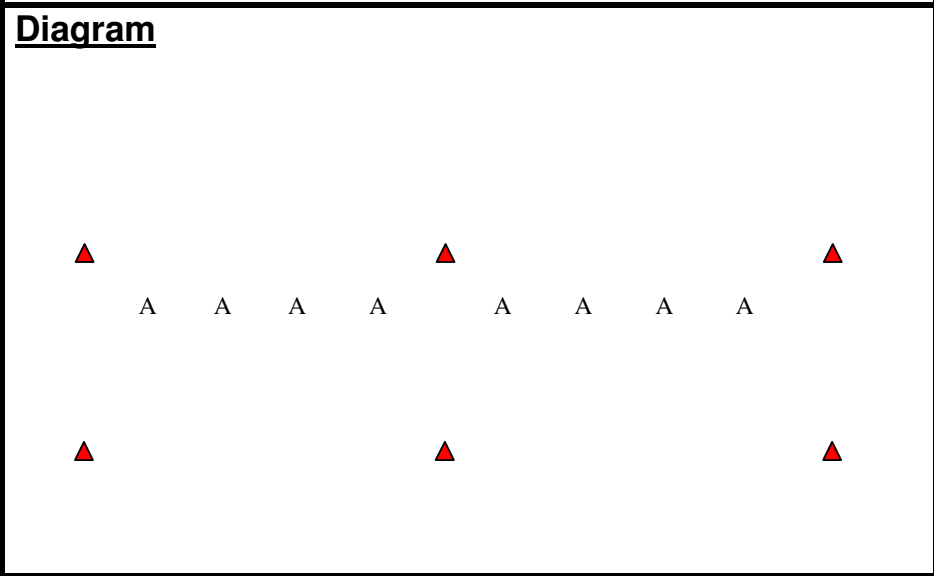
- Players are aligned side by side lying face down.
- Upon the coaches command players raise themselves into a horizontal hold (bridge) with their weight taken on their toes and forearms.
- The horizontal bridge is held for a number of seconds.
- Repeat the hold for a number of repetitions

Variations/Progressions

- Vary the time of the hold, the number of points of support and also the start position to increase the difficulty. E.g. Three points – 1 leg raised, two points - 1 arm and 1 leg raised, side bridge - weight on one forearm and leg.

Coaching Points

- Maintain good body shape
- Keep body rigid with abdominals and buttocks tight throughout the exercise
- Shoulders down and back
- If raising a leg or arm keep them straight



ACTIVITY NAME:	Shadow Touch	NUMBERS:	10+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- Two equal teams (team **A** and team **D**).
- The playing area needs to suit player numbers and skill level/age and is set out with markers (▲).
- Game of two handed tag rugby.
- Players must pair up with a player from the opposition.
- Each player must only mark and tag the player they are paired up with.
- The number of players will cause obstacles for the attacker enabling time for the opposite defender to track the ball carrier and make a tag
- Communication needs to be a key component of both attack and defence.

Variations/Progressions

- Must have a certain number of passes before a player runs with the ball.
- When tagged a player must either go to ground or present for a support player to complete a ball take.
- Tagged player must go to ground and pop off to support.
- The options after the tag are many and varied and are up to the needs of the team/coach.
- Players may be grouped so those two defenders can tag the one member of the other team. Eg players **D1** and **D2** are grouped with **A1** and **A2**. If **A1** has the football either **D1** or **D2** can make the tag.

Coaching Points

Ball carrier

- Carry the ball in two hands
- Run forward
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

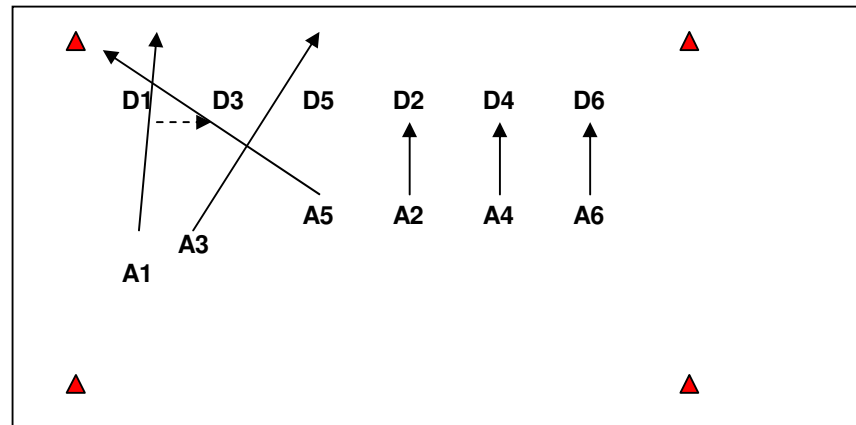
Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity
- Look forward at the target, hands up
- Make sure the players make a two handed 'Walla' tag

Tagging

- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Diagram



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

Description

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

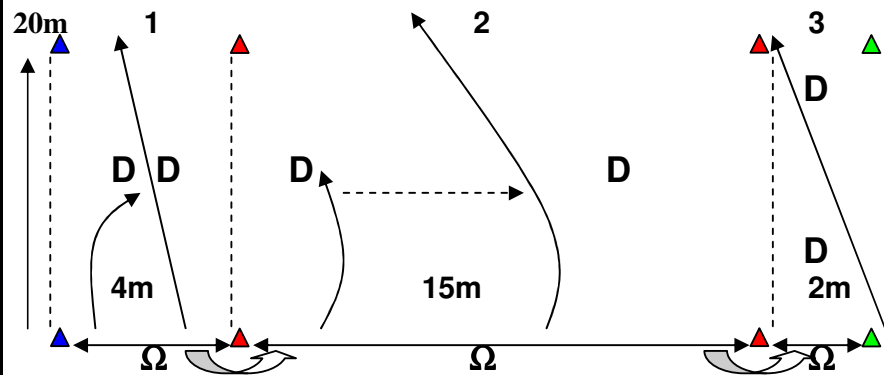
Variations/Progressions

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

Coaching Points

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

Diagram



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

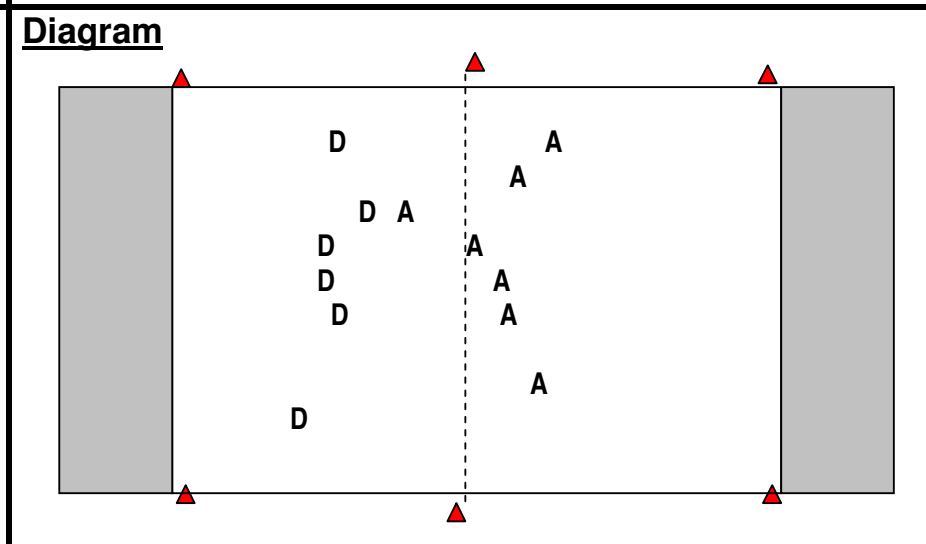
Description

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

Variations/Progressions

Coaching Points

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



Secondary Activities

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

ACTIVITY NAME:	Coaches call, First in	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> Footballs <input type="checkbox"/> 9 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

<p><u>Description</u></p> <ul style="list-style-type: none"> • In two (2) 10m x 10m adjacent grids the player commences in the centre at one end of the grid • When instructed, players run down the centre of the first grid. • As players approach the end of the first grid, coaches need to call out LEFT or RIGHT. • On this call, players are to react quickly and change direction to run to the corner marker at the end of the grid that is on their LEFT or RIGHT (depending on coaches call) 	<p><u>Variations/Progressions</u></p> <ul style="list-style-type: none"> • Introduce ball activities at the end of the grids (i.e. place, roll, pass etc) • Increase the number of grids as so more players are working at once • Choice of way to run is determined by the two attackers. Only one player can occupy a marker
--	--

<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Initiate Running speed with short, quick steps • Lean forward when running • Maintain foot work (speed) when changing direction by shortening stride length • Carry ball in 2 hands 	<p><u>Diagram</u></p>
---	------------------------------

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

Description

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

Variations/Progressions

- D begins by passing the ball to A who catches and immediately attacks
- D begins at the end of the grid and can move in any direction
- Change the grid shape by opening the defenders end (making it wider than the attackers end). This will form a funnel shape.
- Assign 2 points for the outside marker, 1 point for the inside. The defender starts on inside, attacker tries to fix defender, before changing direction

Coaching Points

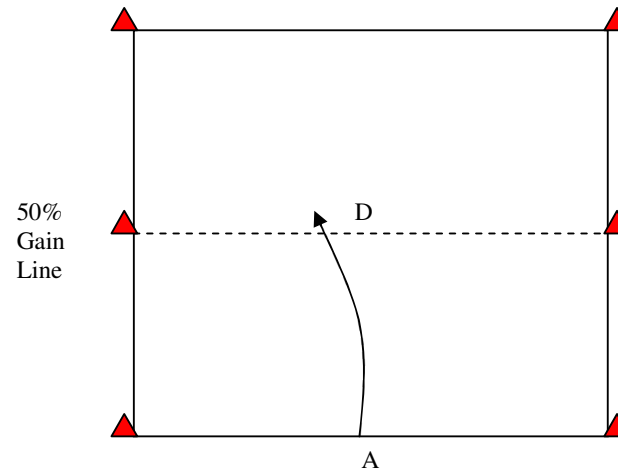
Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Kicking skills	NUMBERS:	4+
EQUIPMENT:	<input type="text" value="12"/> Footballs <input type="text" value="6"/> Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- A1 starts with the ball
- A1 moves forward and executes a place kick towards A2
- A1 and A2 then swap roles and repeat. This is continued as long as necessary
- Progress through to punt, long and lofted kicks (see Variations/Progressions)

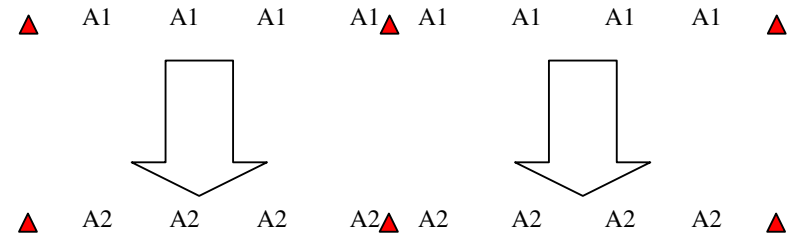
Variations/Progressions

- All progressions should start stationary and progress to jogging and then running.
- Catcher to call the type of kick they wish to receive
- Add a defender between the catcher and kicker

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram



ACTIVITY NAME:	Kicking Tennis	NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs	<input type="checkbox"/> 8 Markers	<input type="checkbox"/> Shields
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	<input type="checkbox"/> Tackle bags
	Other:		

Description

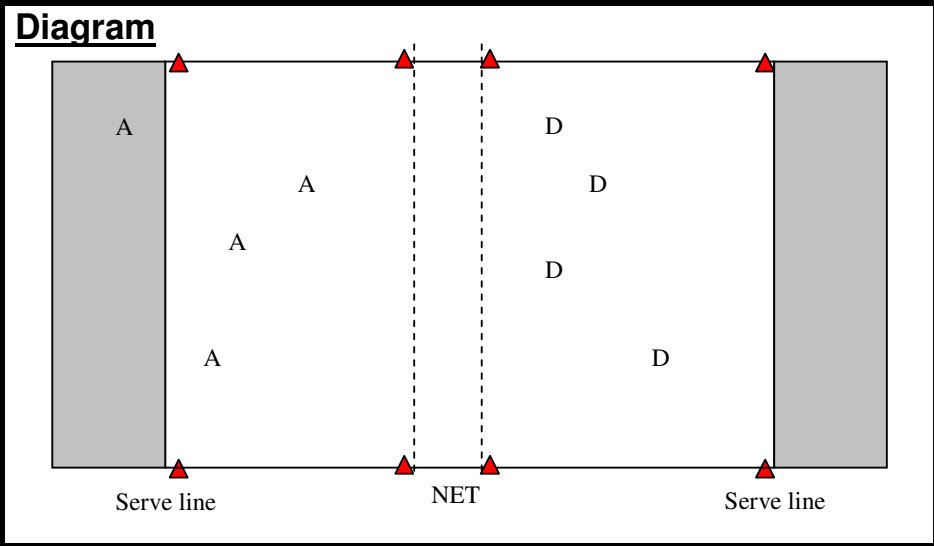
- The two teams (A) and (D)
- Team A attempts to get the ball to bounce more than once in team D's area
- To start the game the player with the ball must 'serve' (kick) the ball from behind the serve line, it must clear the 'net' without bouncing
- Players with the ball cannot move, but may kick the ball to team mates before kicking the ball over the net
- If the ball bounces more than once in the opponents area you score a point
- Teams alternate serve and kickers

Variations/Progressions

- Allow no bounces before a point is scored
- Grubber kicks can be used as long as they don't bounce on the net area
- Keep the service if you win the point
- 3 kicks and over

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet



ACTIVITY NAME:	Kicking End Ball	NUMBERS:	4+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:

Description

- One team starts with the ball. The first kick must always go backwards, after this they can kick the ball any direction
- Attackers can't run with the ball
- If an attacker, drops the ball then the ball is turned over
- The attacking team scores by kicking the ball into the in goal area to a catcher.
- After they score the game restarts with the other team from the goal line with the first kick being backwards.

Variations/Progressions

- Score doesn't count unless your whole team is past the halfway point, results in a turnover
- Players can run with the ball and if tagged there is a turnover
- Have two 'goal grids' at each end of the field

Coaching Points

- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Note

- Short kicks and moving into space is much more effective than long Hail Mary kicks that allow the defenders time to steal the ball
- Players should attempt to move into space
- Not all kicks have to be forward

Diagram

