

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

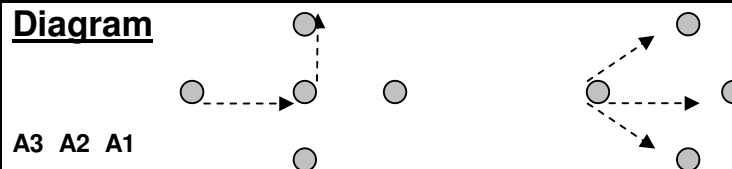
Variations/Progressions

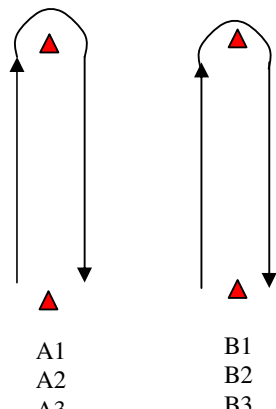
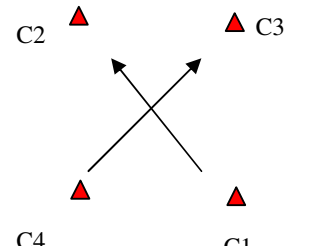
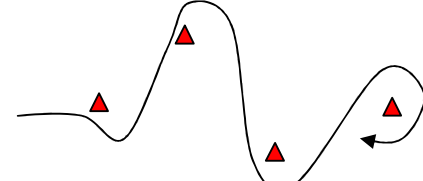
- As players approach the end of the first grid, coaches need to call out LEFT or RIGHT.
- On this call, players are to react quickly and change direction to run to the corner marker at the end of the grid that is on their LEFT or RIGHT (depending on coaches call)
- Introduce ball activities at the end 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

Diagram



ACTIVITY NAME:	Kicking Relay	NUMBERS:	6 + players
EQUIPMENT:	<div> <input type="text" value="8"/> Footballs <input type="text" value="8"/> Markers <input type="text"/> Shields <input type="text"/> Tackle bags </div> <div> <input type="text"/> Contact suits <input type="text"/> Agility poles Other: </div>		
Description <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <p>1.</p> 	
		<p>2.</p>  <p>3.</p> 	

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.

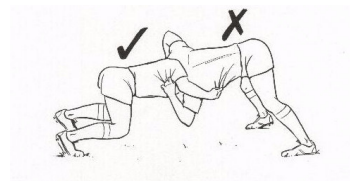
Body shape should remain consistent for all participants involved in the scrum; no matter what position they hold, from front row through to number 8.

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

Key coaching points

Body shape

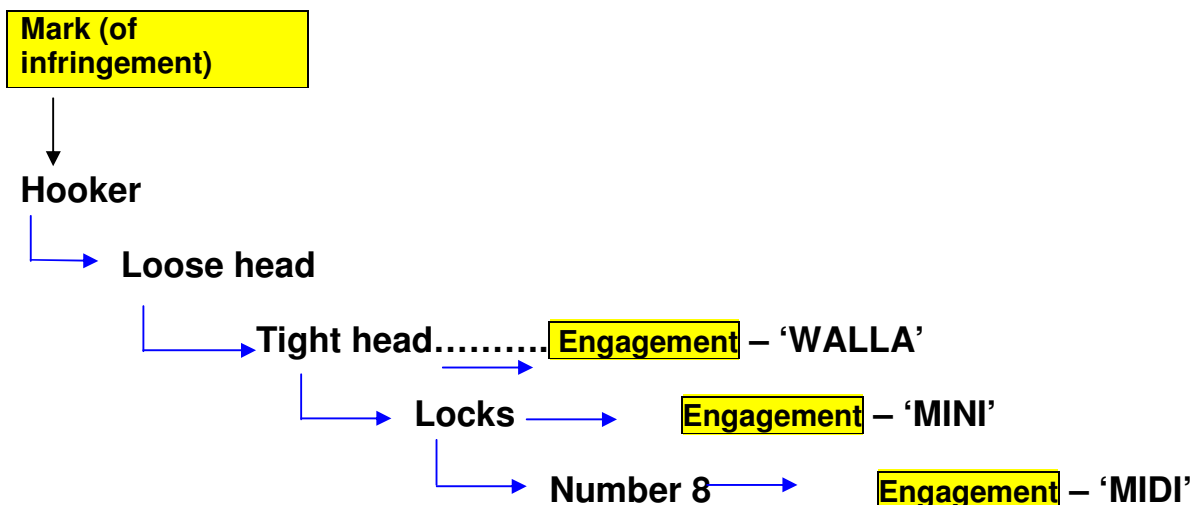
- Feet shoulder width apart, toes pointing directly forward
- Knees bent directly beneath the hips, over the toes
- Crouch into $\frac{3}{4}$ squat position, with weight on balls of feet
- Ensure a flat back and buttock 'out' (pelvic tilt)
- Push chest 'out' by drawing shoulders back
- Chin up off the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

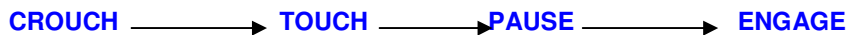
It is important that the number 8 provides a solid shoulder contact to support the locks and assist in driving forward after engagement. Once the locks have assembled ready for engagement, it is the responsibility of the Number 8 to correct and deficiencies in the scrums shape and to ensure all body 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="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

- 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.

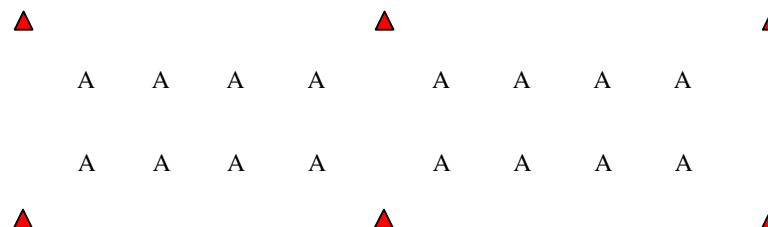
Variations/Progressions

- Vary hand positions – behind head, out to both sides, above head.
- One leg squat

Coaching Points

- 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.

Diagram



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.

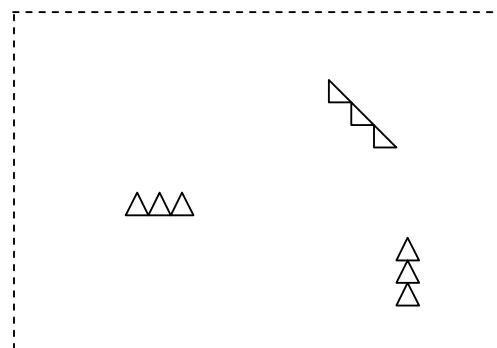
Variations/Progressions

- 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"/> 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

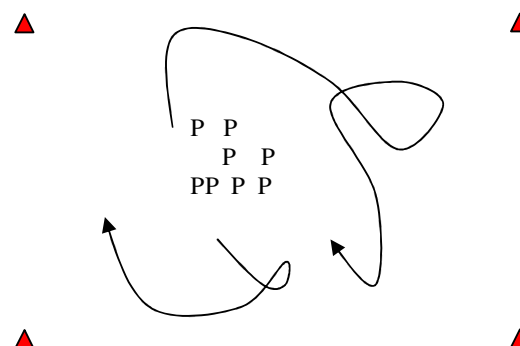
Variations/Progressions

- 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:	Walla Game (Scrum Focus)	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

- 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

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

