

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		Activity 2 – 2 v 1 Straight Running	
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.		Key Points <ul style="list-style-type: none">- Cut down time & space- Commit the defender- Support player to maintain depth	
Activity 1 – Lineout Walk in and Movement <ul style="list-style-type: none">- Lineout Move and Jump		Activity 3 – Challenge Game Mini / Midi (lineout focus)	
Key Points		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	
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		Warm Down	
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			
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 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 two groups along one of the sides of the grid.
- Players jump forward to and firstly on two feet then on.
- 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.

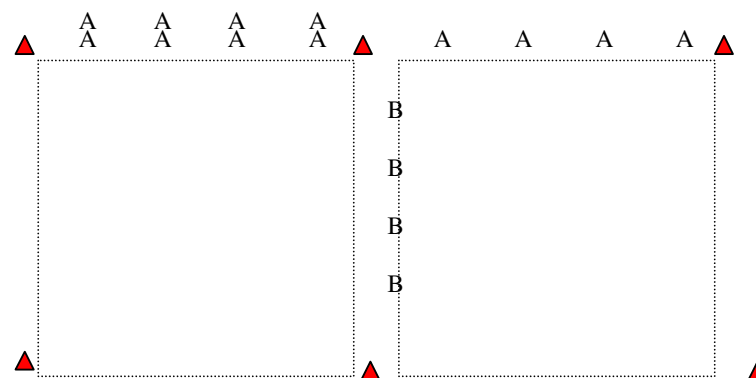
Variations/Progressions

- 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.

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:	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"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- 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

Variations/Progressions

- Add a defender who starts opposite A and competes for the lineout

Coaching Points

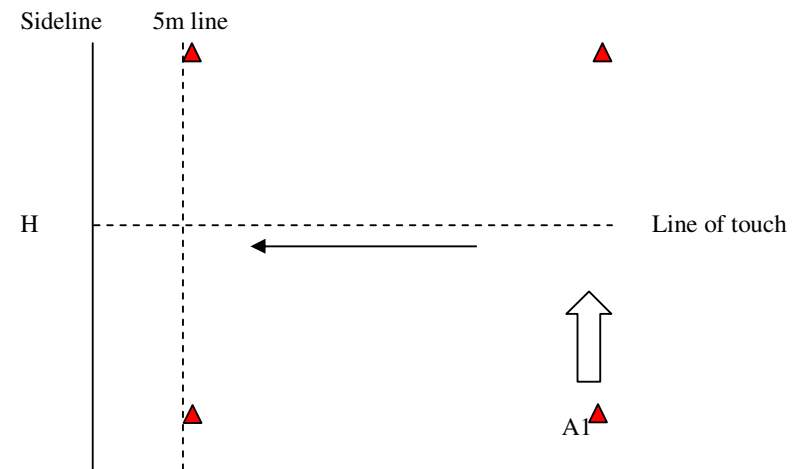
Jumping

- 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
- Jumpers to start, concentrating on explosive jump, and dynamic movement

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

Diagram



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"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- 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

This is a continuous drill

Variations/Progressions

- Two Jumpers competing
- Jumper can deliver off the top ball

Coaching Points

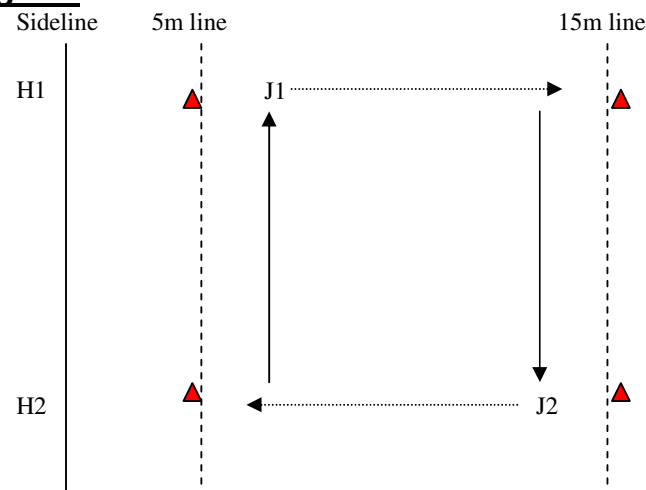
Jumping

- 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
- Jumpers to start, concentrating on explosive jump, and dynamic movement

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

Diagram



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"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	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

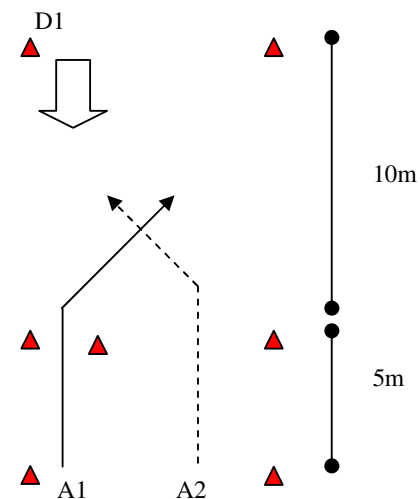
Variations/Progressions

- 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"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

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

Diagram

