

Skill No.	Play from the Maul – Half Back skill development.	Date	Feb 2010
------------------	---	-------------	----------

Objective	The objective of this game is to reduce mass mauling, common in mini rugby, into a micro maul to maintain forward movement and ball retention. Encourage every player to take responsibility for the half back role.
------------------	--

Equipment	
Balls	1
Cones	4
Shield	N/A

Bags	N/A
Suits	N/A
Bibs	2 colours

Drill Requirements	
Area	Try line to 10 meters out.
Players	All
Time	20 minutes

Practice Description

- The tackles start as touch and progress to grip, then full tackling.
- The ball carrier passes or attacks spaces trying to draw at least two defenders to the tackle area.
- If starting with touch, the coach calls for the ball carrier to “stand” when touched. Two defenders must place a hand on the tackled player before the ball is passed out of the standing tackle. The nearest support player acts as half back.
- Progress to the nearest support player having to rip and passing away from the standing tackle.
- Progress to the support player securing the ball and driving the maul three paces forward before ripping and passing to a half back player. Coach conditions the defence to give ground.
- Progress to the first support securing and two more support players sealing off either side of the ball.
- Always have one more defender in the maul than attack. Once full contact is allowed this may happen anyway.

Set Up Diagram



Key Coaching Points

- Focus on the decision making of the acting half backs at each tackle.
- Focus on the body positions and mauling techniques of the attack.
- If techniques are not to standard, award a turn over.
- The attacking players must always be driving the micro maul forward when ripping or spinning.
- Do not allow the ball carrier to attack just one defender. They must attack spaces between defenders to draw them into the tackle area.
- Avoid one pass contact patterns. Demand the players look, recognise and take advantage of any disruption to the defence.

Relevance to the game

- This game encourages high tempo and quick decision making.
- Situation recognition and scanning.
- Inviting all players to take responsibility for half back positions that occur.
- The attack looks to keep the defence on the back foot.