

School of Rugby Curriculum

The following notes are a guide to delivery of the RFU Core Curriculum and should be used in conjunction with the accompanying DVDs.

Each session is designed to be last 100 minutes – note that Warm Up and Cool Down should be included in this time.

After warm up each session should begin with a Conditioned Game as suggested in the notes. In the notes, several games are usually suggested for each session – coaches should choose one or two (with appropriate progressions) that suit the age, experience and needs of the players. This game and others should be revisited and progressed during the session to check for understanding, development and progression.

The drills which follow are the foundation upon which technique can be developed, and then put back into the Game.

It should be remembered that although each part of a session has a main focus (Tackling, Contact, Handling) there will be opportunity to develop players in more than one of these areas during sessions.

Coaching Department

Session 1

Handling and Contact Skills

100 minutes

Handling – 60 minutes

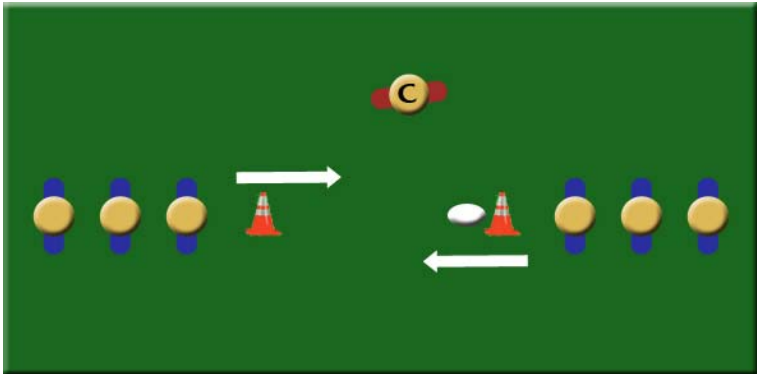
Objective – To develop the habit of a strong ball grip and an effective secure carry of the ball

Refer to the Games DVD

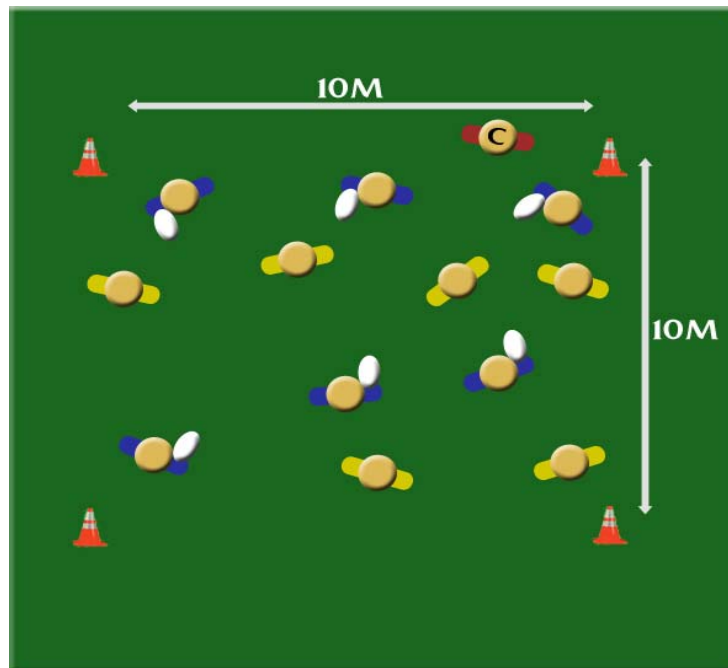
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- Game 1 – Rugby Netball (Develop to 2 ball Rugby Netball, and Knock down Rugby Netball)
- Game 2 - Any Direction Touch
- Grip and Carry Game (See practice 7)

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Practice 1 Warm up, emphasising Grip and Carry	 <p><i>Player picks up ball - Jog across, carrying ball & put down</i></p>	<ul style="list-style-type: none">• Two hands spread wide on the ball• Thumbs and forefinger spread more than 90 degrees• Five finger pressure• Keep ball close to sternum• Elbows out

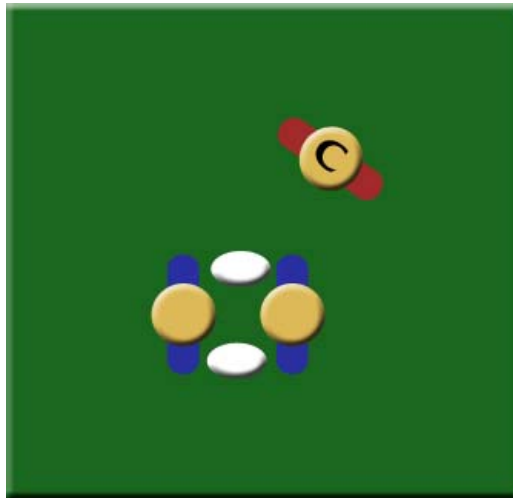
Practice 2
Develop a
strong ball
grip



*10m by 10m square - 6 ball carriers - 6 defenders .
Ball carriers move around square and defenders try and
knock ball out their hands. Attackers and Defenders
change roles.*

- Same coaching points as above

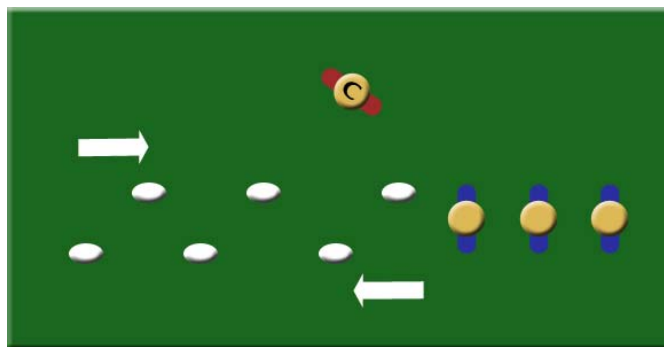
Practice 3
Develop a
strong ball
grip in
competition



2 players stand facing one another, arms out wide with a ball in each hand. Both players holding ball with one-handed grip. Compete to pull ball away without twisting wrists or moving body.

- Same coaching points as above

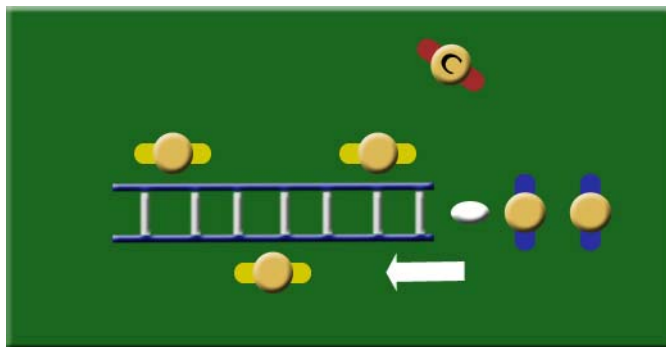
Practice 4
Develop a
strong ball
grip in both
left and right
hands



Player picks up ball in one hand and runs to next ball, puts original ball down one handed and picks up other ball with other hand. Continues for all six balls and returns in the same manner to the start point.

- Same coaching points as above

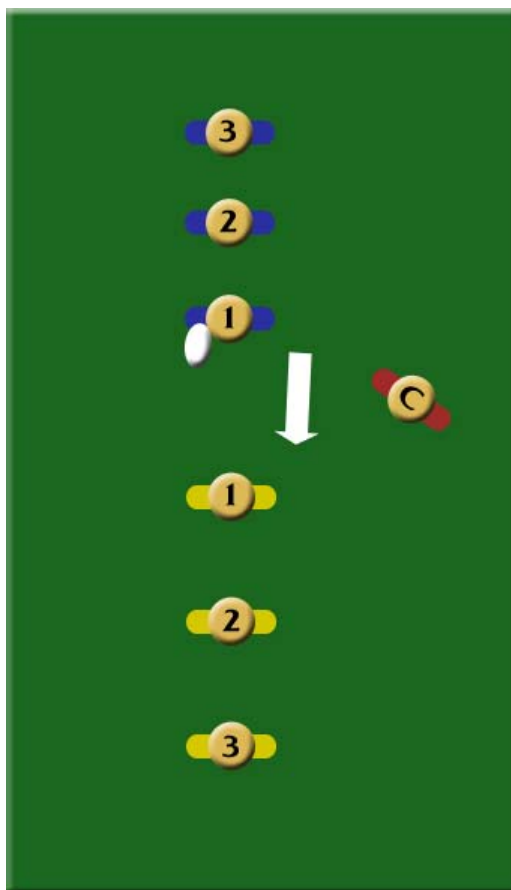
Practice 5
Develop a strong ball grip and carry with running distraction



Run through ladder concentrating on a 2 handed carry. Introduce coach to try and knock ball down. Progress to a one handed carry changing hands, facilitating offload grip.

- Concentrate on the carry with strong ball grip
- Ball in two hands
- Close to sternum
- Elbows out

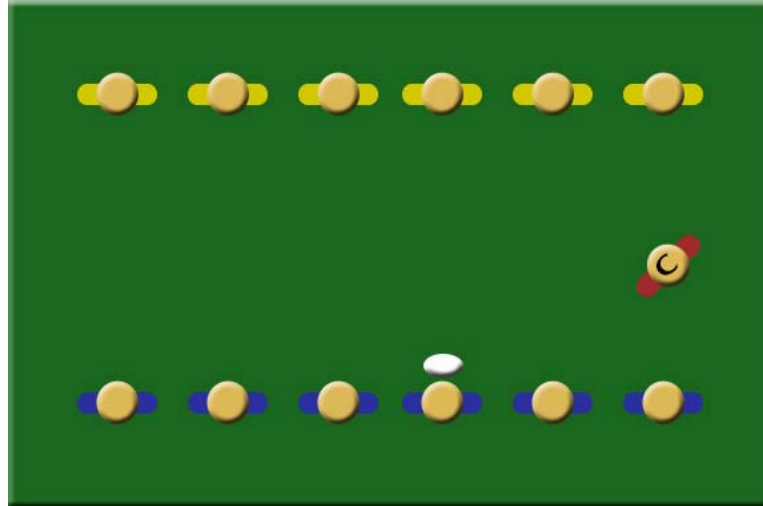
Practice 6
Develop a strong ball grip and carry in the tackle and offload



Attacker 1 runs at shoulder of Defender 1 who executes a passive tackle. Attacker 1 offloads to Attacker 2 who repeats exercise with Attacker 3. Progress the offload to one handed.

- Ensure carry and grip is accurate
- Use a one-handed off load

Practice 7
Develop a strong grip and carry in a conditioned game



*Equal players each side (minimum of 6 per team).
Players can move on and off the ball.
Pass can be forwards or backwards.
No contact with player only on ball.
Vary the type of offload e.g. Any overhand offload, underhand passes, one-handed offload.*

- Emphasise key coaching points for grip and carry
- Control and accuracy of offload

Contact Skills – 40 minutes

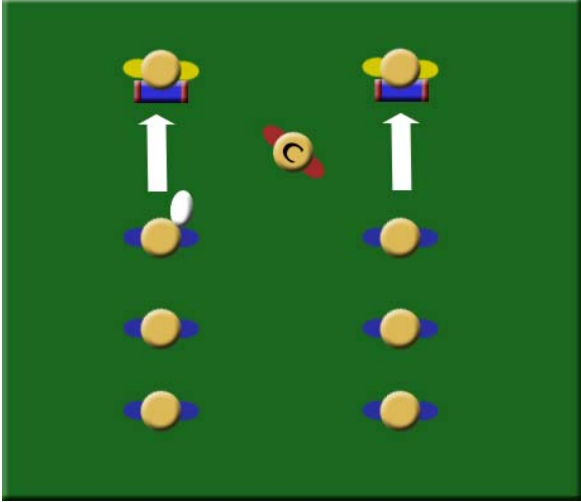
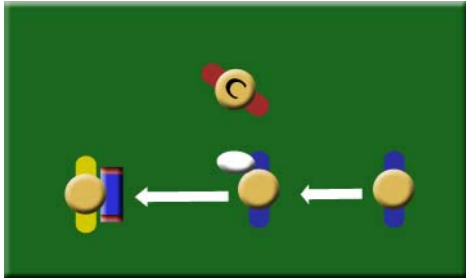
Objective – To develop Ball Presentation skills and support of the Ball Carrier to maintain forward momentum in contact

Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 3 - Ruck Touch**
- **Game 3 Progression -Clean Ruck Touch**

During the session, the practices overleaf should be used to improve technique.

Objective	Practical Activity	Coaching Points
<p>Practice 1 To present the ball under control when tackled to the floor</p>	 <p><i>Ball carriers in single file take ball into the shields alternately and under control of the coach. The coach can give feedback after each contact where necessary</i></p>	<ul style="list-style-type: none"> • The bag for this exercise is the space. <i>(Encourage the attacking of space)</i> • Leg Drive is vital <i>(Stay on feet buy time)</i> • Keep ball secure and away from opposition • Body management. Ball under chest, fight shoulder down to floor but not to far as to go on back <i>(turtle)</i> • Consider placing or rolling of ball if under pressure
<p>Practice 2 Latching, to assist ball carrier to maintain momentum and present the ball</p>	 <p><i>Ball carrier takes ball into shield with leg drive & good low height, support player latches ASAP & slides past ball carrier onto tackler</i></p>	<ul style="list-style-type: none"> • Low Body Height & strong Leg Drive • Communication <i>(stay-up drive)</i> • Latch from rear, strong inside arm, hips close and slide past ball. • Timing – latch on to the ball carrier early. • Hold ball carrier up & drag him through the tackle, clearing the tackler out of the way if possible

Session 2

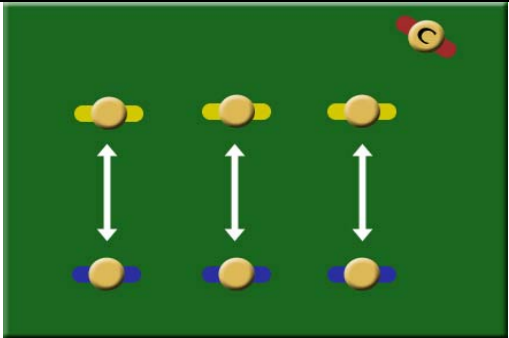
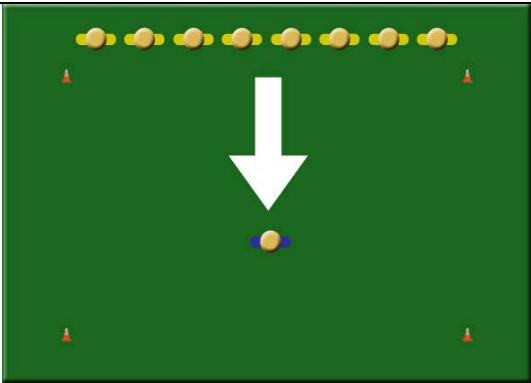
Tackling and Contact Skills

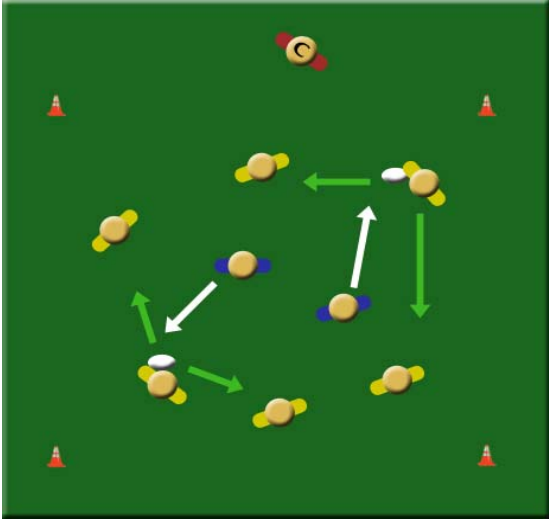
100 minutes

Tackling Skills – 40 minutes

Objective – To introduce the notion of Tracking

During the session the following practices should be used:

Objective	Practical Activity	Coaching Points
Practice 1 Introduce the notion of TRACKING	 <p><i>Tracking: In pairs facing each other, player tracks opponent by following/mirroring their running lines and uses a two-handed touch as a tackle.</i></p>	<ul style="list-style-type: none"> • Control movement all time • Tackler has to stay in mirror position • Track/Follow the player to the point of contact • Keep balanced on toes • Avoid planting both feet • Close enough to make an effective tackle
Practice 2 RUGBY KABADI! To develop tracking and working together in defence	 <p><i>Attackers run from one line to the other avoiding getting touched. When touched, the player joins hands with the defender to track down other attackers. Split into two groups of three when six defenders. Try to catch all players.</i></p>	<ul style="list-style-type: none"> • Track an attacker • Movement – balanced and accelerate together into the tackle • Communication – work as a team to keep shape • Anticipation • Close down space and time • Work as a team - move as fast as the slowest person

<p>Practice 3</p> <p>To develop individual understanding of who and when to tackle - introduce 'hunt a tackle'!</p>	 <p>6 players move around the grid handling the ball, passing in any direction. 2 Defenders try to touch players in possession of the ball. Work individually and progress to working together.</p>	<ul style="list-style-type: none"> • Close down time and space • Anticipate who to tackle • Timing – to arrive with ball – man and ball together • Anticipate blind spots and come at the ball from sideways. • Two players work together - communicate • Track the ball carrier
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Contact Skills – 60 minutes

Outcome:

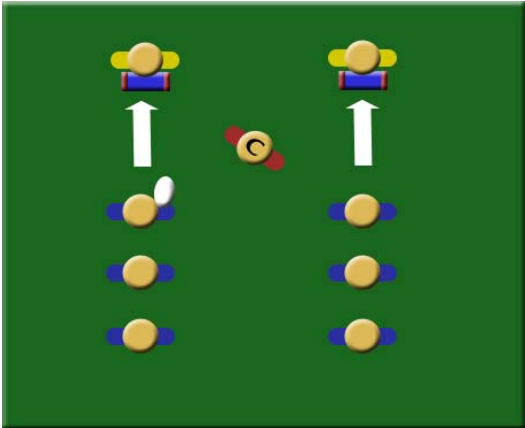
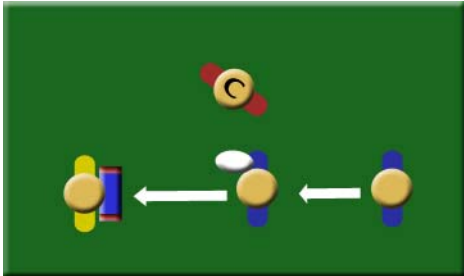
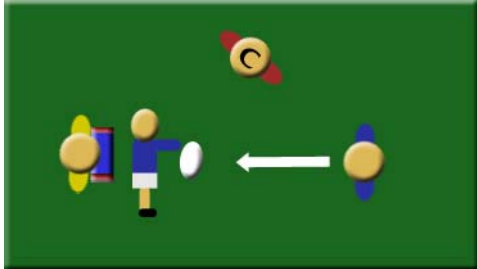
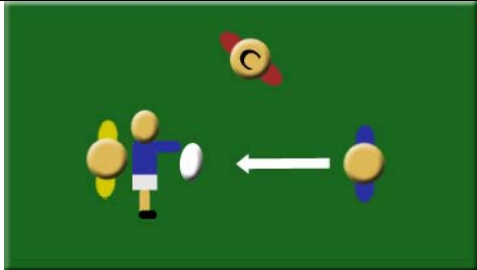
To develop clearout techniques to remove opponents from the Tackle area

Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- Game 3 Progression -Clean Ruck Touch
- Game 4 - Bib Game
- Game 5 -Blindside Game

During the session, the practices overleaf should be used to improve technique.

<p>Recap Session 1:</p> <p>Ball Presentation and Latching</p>	<p style="text-align: center;"><i>Ball Presentation</i></p>  <p style="text-align: center;">Latch</p> 	<p>As session 1</p> <ul style="list-style-type: none"> • The bag for this exercise is the space. (<i>Encourage the attacking of space</i>) • Leg Drive is vital (<i>Stay on feet buy time</i>) • Keep ball secure and away from opposition • Body management. Ball under chest, fight shoulder down to floor but not too far as to go on back (<i>turtle</i>) • Consider placing or rolling of ball if under pressure • Low Body Height & strong Leg Drive • Communication (<i>stay-up drive</i>) • Latch from rear, strong inside arm, hips close and slide past ball. • Timing – latch on to the ball carrier early. • Hold ball carrier up & drag him through the tackle, clearing the tackler out of way if possible
<p>Practice 3</p> <p>Clearout, to remove opponents from the contact area</p>	 <p style="text-align: center;"><i>Shield carrier stands over the tackle bag, which is lying on the floor, support player hits the tackle shield clearing him away from the ball which is on the floor.</i></p>	<ul style="list-style-type: none"> • Look for the ball • Be lower than the threat • Head up • Chin off chest • Sink hips • Hips lower than shoulders • Support player must drive over & past the ball while staying on his feet. • Drive low to high
<p>Practice 4</p>	 <p style="text-align: center;"><i>Start with tackled player on floor trying to present the ball, the tackler (wearing a tackle suit) is low over the ball simulating competing for the ball, trying to steal the ball. Support player clears out from only 1-2 metre away.</i></p>	<ul style="list-style-type: none"> • Control momentum Get lower than the opposition • Place head under the opponents chest or shoulders • Lift and drive opponents backwards • Use arms/hands to move defenders. • Keep chest over the ball • Drive legs & decide how far past the ball to go (depends on closeness of support)

Session 3

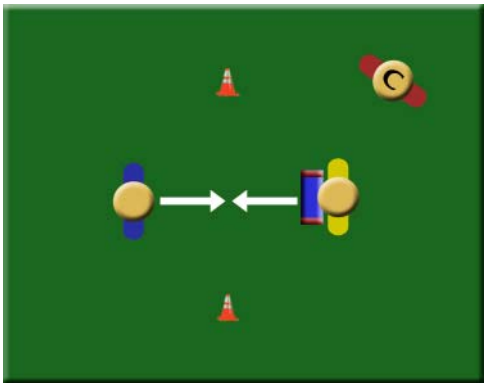
Tackling and Handling Skills

100 minutes

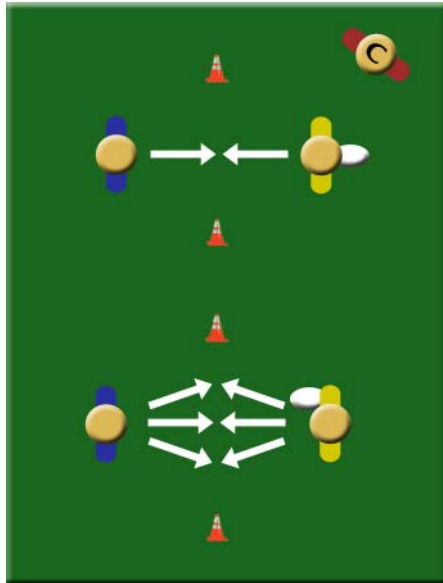
Tackling – 40 minutes

Outcome – To introduce basic Tackle Technique – Foot positioning and Body Position

During the session the following practices should be used to develop technique:

Objective	Practical Activity	Coaching Points
<p>Practice 4 To develop foot positioning and body positioning for the tackle</p> <p>Progress to introduce correct body position and develop shoulder contact and leg drive</p>	 <p><i>1v1 Tackler has arms behind back and drives into tackle shield with correct foot position from 2m.</i></p> <p><i>Progress from walking to jogging - introduce the notion of three small steps whilst the shoulder is in contact with the Shield.</i></p> <p><i>Consider how best to hold the tackle shield.</i></p>	<p>Foot Positioning:</p> <ul style="list-style-type: none"> • Shorten the steps nearer the target. • Stride/step into the split to initiate the tackle (avoid jumping and planting both feet) • Feet close in – strong base • Same leg, same shoulder • Stay big • Head is always up • Focus on chest hitting pad <p>Body Positioning:</p> <ul style="list-style-type: none"> • Stay 'Big' for as long as possible - Knees bent, body upright, sink at the hips • Head up, eyes open, chin off chest (No ducking of the head) • Hips square - Belt Buckles facing the target • Focus on the impact area for the shoulder. • Head close to the side of target • Head close, shoulders will follow close • Drive through the tackle with three small steps to keep the feet on the ground – 'Feet to purchase on the ground'. • Head in line with spine • Eliminate mid air diving into the tackle

Practice 5
To introduce
boxer Hands



*Working in pairs, one suit between two.
Tackler walks towards the attacker who is
holding ball behind his back. Execute the
tackle and knock the ball to the ground.
Progress to ball carrier changing his angle so
that tackler has to alternate tackling shoulder.*

- Hands up and in front of the body like 'boxer's hands'
- Arms and hands shoot forward quickly on contact with shoulder.
- Strong grip
- Squeeze arms

N.B. Only after the feet are in Place and the body sinks, then Shoulder makes impact can the hands attempt to knock the ball down (avoid arms 'fishing' for the ball)

Practice sequence of the tackle:

- Foot position
- Body position with hips square
- Shoulder contact
- Drive
- Hands and arms grip tightly

Progress to gaining feedback from partner (reciprocal coaching)

Handling – 60 minutes

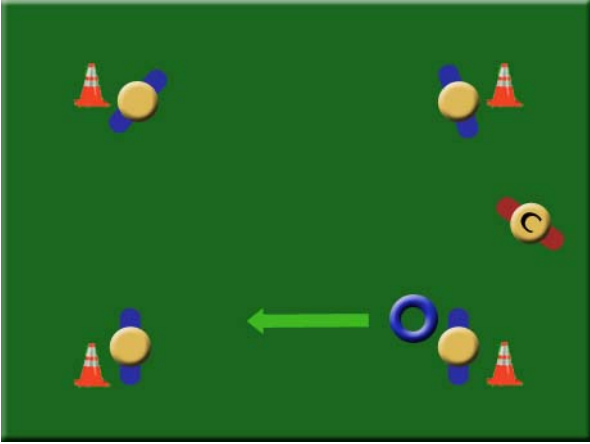
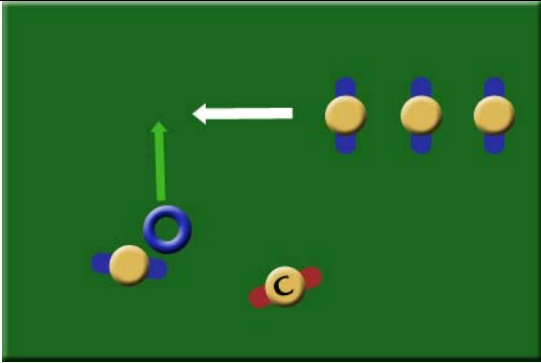
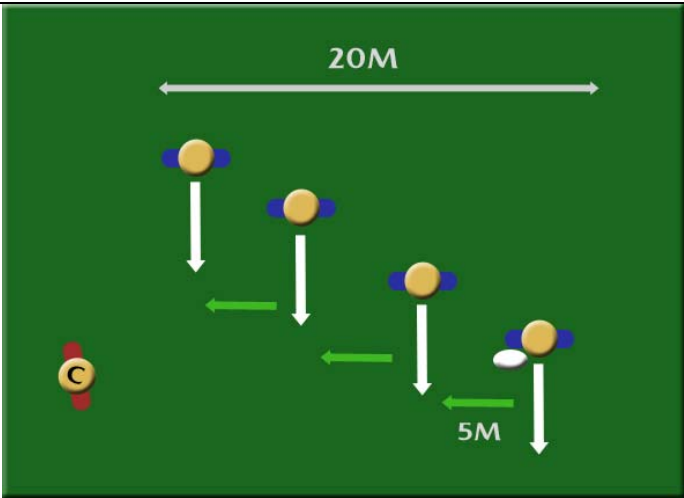
Outcome – To develop the early catch and the mechanics of the push pass

Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 6 - Parramatta Game**
- **Game 7 – Defensive Line Game**

During the session, the practices overleaf should be used to improve technique.

Objective	Practical Activity	Coaching Points
Practice 8 Develop the Early Catch	 <p>4 players - 1 kuyt - 4 cones. One handed kuyt throw around the square - focus on the catcher implementing the coaching points.</p>	<ul style="list-style-type: none"> • Quality control on grip and carry • Hands up • Early catch extended arms towards movement of the ball • Thumbs together (in preparation for grip) • Bring in towards chest but not tight to the body
Practice 9 Develop the early catch with correct feet positioning	 <p>Using kuyt feeder passes to catcher who catches grip and carries straight - Carry out at walking pace.</p>	<ul style="list-style-type: none"> • Catcher stands with outside foot up to ensure body stays square
Practice 10	<p><i>As practice 9 but use rugby ball, at walking pace</i></p>	<ul style="list-style-type: none"> • As Practice 9
Practice 11 Develop the mechanics of Push Pass	 <p>Walking passing in 4s up the pitch practicing push-passing technique.</p>	<ul style="list-style-type: none"> • Feet position -outside foot up • Early catch • Ball carry at sternum height • Ball pointed down • Elbow up at 90° & bring ball across the body • Wrists and arms to follow through • Twist hands down before executing pass to ensure ball flight • Pass the ball as you step onto inside leg • Passer takes step forward once pass has been made (he must not stop to pass or after he has passed; this ensures that the defender commits to the attacker)

Session 4

Handling and Tackling Skills

100 minutes

Handling Skills – 60 minutes

Outcome

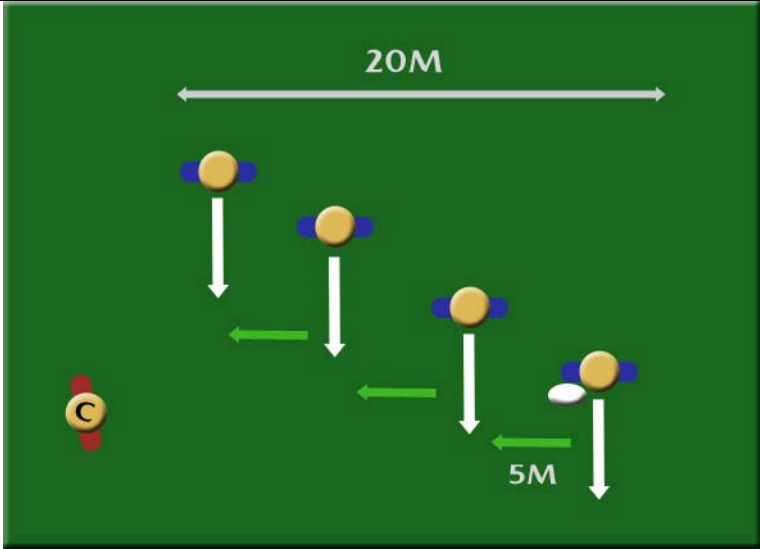
To Revise Passing Skills and Develop Running Lines

Refer to the Games DVD

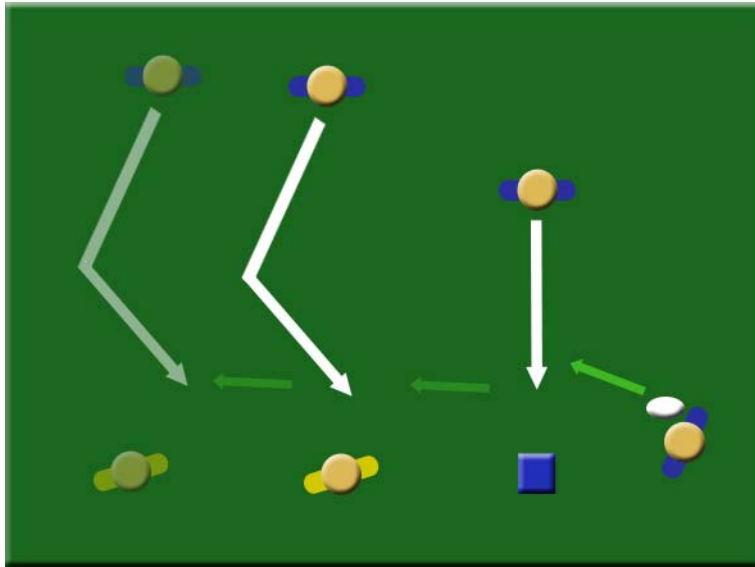
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- Game 8 - Attacking a Drift Defence Game
- Game 9 - Colours Touch
- Game 10 - Number Touch

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Revise the mechanics of Push Pass (Practice 11)	 <p><i>Walking and passing in 4's up the pitch, execute perfect practice. Progressing through to jog and then at pace. Vary pass distances - up to 10metres between passes. Pass from both sides.</i></p>	<ul style="list-style-type: none">• Revise the mechanics of catch and pass• Outside foot up• Early catch• Ball carry at sternum height• Ball pointed down• Elbow up at 90 degrees and bring ball across the body• Wrists and arms to follow through• Look to twist hands down before executing pass to ensure ball flight• Pass the ball as you step onto inside leg• Passer takes a step forward once pass has been executed• Precise technique and accurate execution

Practice 12
Develop the
Push pass
with the
passive
introduction
of running
lines
(out to in)



*2 v 1 plus tackle bag. Practice off both hands
Progress to a 3 v 2 plus tackle bag (play off 1st receiver or
2nd receiver).*

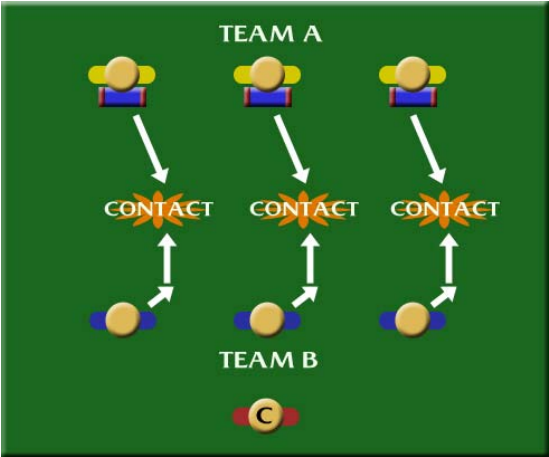
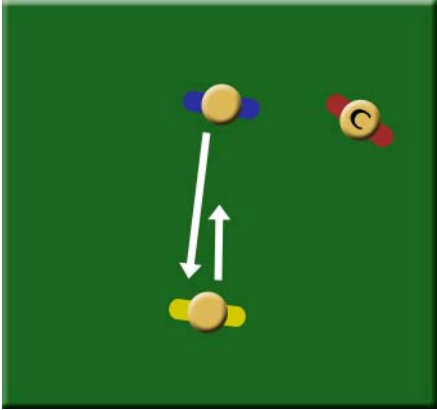
- Attackers run line to take defenders away (out)
- Open the gap (curve the run)
- Change angle (to in)
- Hit the gap at pace (side step into the gap to take the pass)
- Attack inside shoulders of defenders
- No compromise on passing technique
- Control the weight of the pass

Tackling – 40 minutes

Outcome

Offensive and Passive Front Tackle – To develop the use of the arms and introduce the leg lift and leg drive. Focus on the impact area and the use of the grip tackle

During the session, the practices overleaf should be used to improve technique.

Objective	Practical Activity	Coaching Points
<p>Practice 6 To revise Tracking exercise and Tackle Technique.</p>	 <p><i>3v3 Revise tracking and tackle technique Coach (using hand signals) controls attackers holding shields.</i></p>	<ul style="list-style-type: none"> Defenders work together as a line Communicate Hit together Concentrate on good tackle technique Head up, eyes open Foot in close between split - same foot, same shoulder Body position with hips square Shoulder contact with head to the side Boxer hands - arms grip tightly Drive
<p>Practice 7 Emphasise use of arms, leg lift and drive</p>	 <p><i>1 v 1 attacker in tackle suit. Progress to use ball and compete for possession after completion of the tackle.</i></p>	<ul style="list-style-type: none"> Revise tackle technique Head and leg lift on same side Hook the leg at the short base of the hamstring, just above the knee to off balance the attacker Drive through with 'lawn mower' action of arm lifting leg Maintain strong grip with both hands <p>Progress to use ball and compete for possession after completion of the tackle.</p> <ul style="list-style-type: none"> Target shoulder just below the ball Drive feet through the tackle Put attacker on to his back Follow through to land on the attacker Encourage 'RELOAD' principle with players back on feet ready to compete for the ball

Session 5

100 minutes

Contact and Handling Skills

Contact – 50 minutes

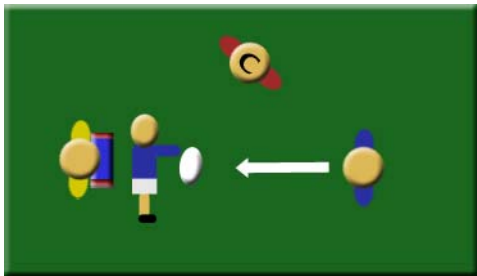
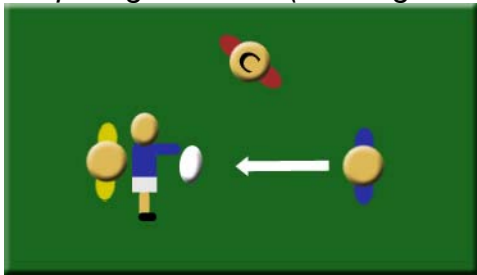
Outcome – To develop the Decision making of attacking players in the contact area

Refer to the Games DVD and appendix

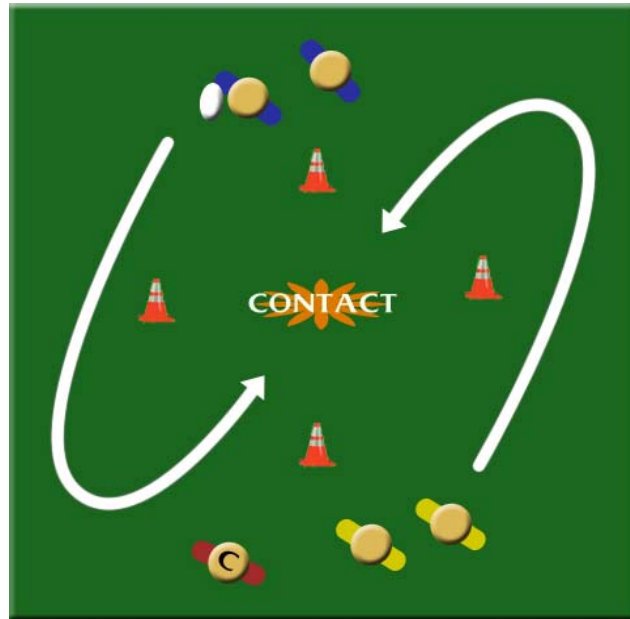
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 11 - 6v2v2v2 Game – Mix Shields, Tennis Ball Defenders**
- **Game 5 - Blindside Game**

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Re-cap Session 2: Clearout	<p><i>Clear out</i></p>  <p><i>Clear competing defender (wearing tackle suit)</i></p> 	<p>As in session 2</p> <ul style="list-style-type: none">• Look for the ball• Be lower than the threat• Head up• Chin off chest• Sink hips• Hips lower than shoulders• Support player must drive over & past the ball while staying on his feet.• Drive low to high <ul style="list-style-type: none">• Control momentum Get lower than the opposition• Place head under the opponents chest or shoulders• Lift and drive opponents backwards• Use arms/hands to move defenders.• Keep chest over the ball• Drive legs & decide how far past the ball to go (depends on closeness of support)

Practice 5
Dealing
with 1 or
more
defenders
at the
Breakdown

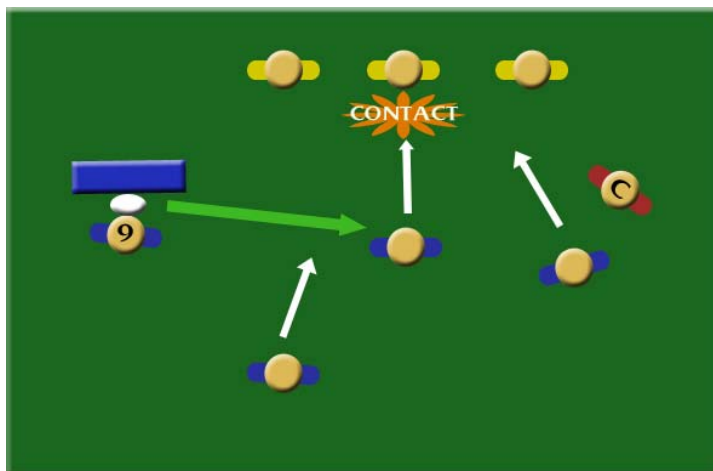


Four cones in place as above, ball carrier & his support player start as shown & run around cones to the opposite side & then run into the middle where the contact will be made. 2 defenders in suits run opposite way & 1 tackles & the other competes.

- Identify early which player is the threat to possession
- Focus on the clearout
- Good body position/technique
- Control momentum Get lower than the opposition
- Place head under the opponents chest or shoulders
- Lift and drive opponents backwards
- Use arms/hands to move defenders.
- Keep chest over the ball
- Drive legs & decide how far past the ball to go

Practice 6
Identifying
Threats
from
different
angles

Breakdown



9 passes to Ball Carrier who takes the tackle or passes to next receiver. Support Players (including 9) Clearout. Defenders in suits.

- Communication, identify your man (the threat to possession) early.
- Encourage ball carrier to stay up.
- Leg drive, latch if possible
- Good clearout technique
- Use arms to grab defenders

Handling 50 minutes

Outcome – To develop passing under pressure and the recognition/understanding of the best space to attack

Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

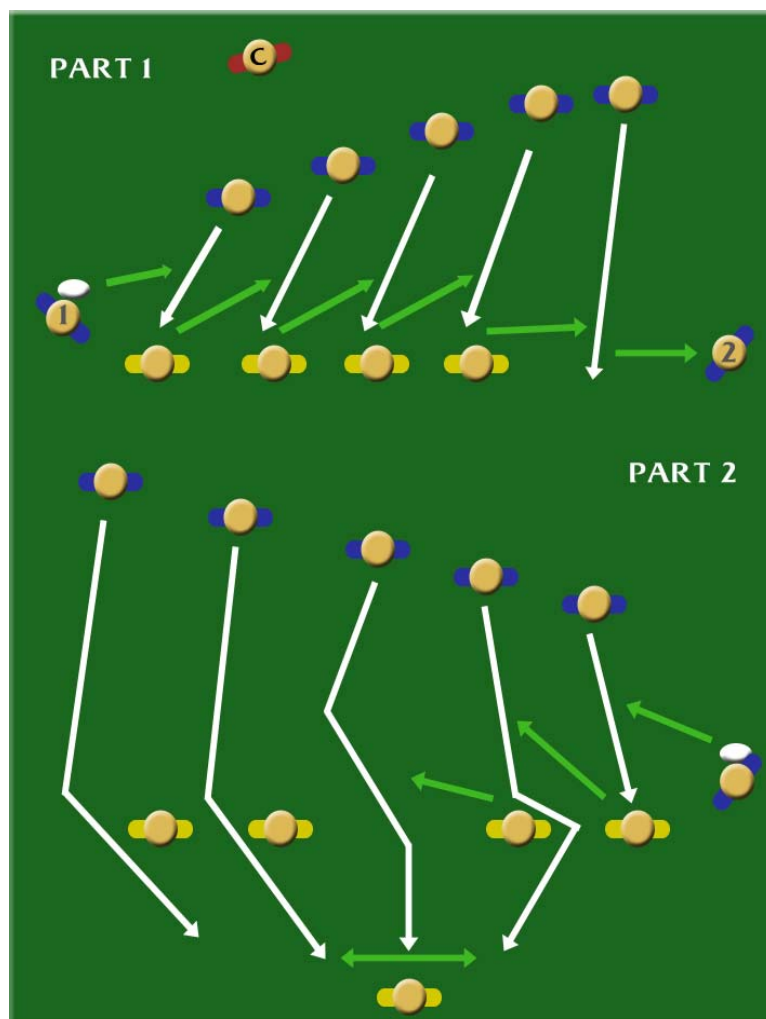
- **Game 8 - Attacking a Drift Defence Game**
- **Game 12 - Kneel Touch**
- **Game 10 - Number Touch**

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Re-cap Session 3	<i>2 v 1, 3 v 2's, together with mechanics of passing and running lines</i>	<ul style="list-style-type: none"> • No compromise on passing technique and emphasise running lines

Practice 13

Develop an understanding of when and where to break through the tackle line (attack the gaps in the defence) - play behind the tackle line, support and finish



2 PHASE PRACTICE

Part 1

Hold defenders to give attackers space in the outside channel. End attacker passes to feeder 2. Attackers to realign to attack off feeder 2

Part 2

Defenders align to leave an obvious gap/hole in the defensive line. Attackers to recognise gap/hole, play behind the line to the hole and through the line at the hole Outside runners to support the break through the gap Defenders to alter the gap hole each time (coach controls defence to create a gap/hole).

- No compromise on technique

Part 1

- Attack inside shoulders
- Ensure outside attackers hold their depth off the inside passer
- Play in the face of the defender
- Pass deep
- Pass flat to overlapping player
- Accurate passing – no compromise on technique

Part 2

- Realign quickly
- Look up
- Identify hole
- Communicate
- Attack inside shoulders
- Accurate passing – no compromise on technique
- Time the run into the gap
- Line break attackers to use footwork and accelerate through hole
- Outside support read the body language of the line breaker
- Support and finish

Session 6

100 minutes

Contact and Tackling

Contact – 50 mins

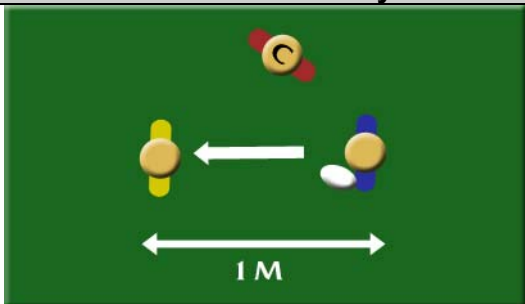
Outcome – To keep the ball off the ground in contact, stay on your feet and initiate the maul

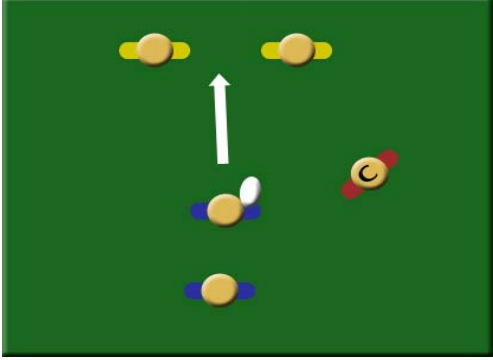
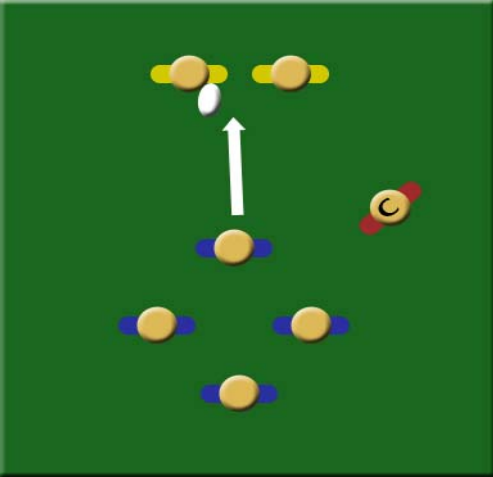
Refer to the Games DVD and appendix

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- Game 11 - 6v2v2v2
- Game 5 - Blindside Game (Narrow pitch)

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Practice 7 Control Defender	 <p><i>Ball carrier steps into tackler & fights to stay on his feet. Tackler, in a controlled way, tries to put ball carrier on floor.</i></p>	<ul style="list-style-type: none">• Keep ball away from defender, tight and low under chest• Big step into defender, strong wide base, stay low.• Use strong lead arm to grab & control the tackler ('dalek')• Fight to stay on feet maintaining wide base

<p>Practice 8 Set Up & Drive</p>	 <p><i>Ball carrier takes big step into defenders. Support quickly onto ball; secure & drive 5m. Disciplined defence staying on side but still trying to get to ball or put initial ball carrier to floor.</i></p>	<ul style="list-style-type: none"> • As above. • Ball carrier fight to stay up on feet. • Communication • Support player, rip the ball out with lead leg close, elbow high, chest on ball, drive down with shoulder. • Use the ball carrier as a shield. • Stay facing forwards with low body height & leg drive
<p>Practice 9 Adding Support</p>	 <p><i>Defenders start with ball, facing ball ripper. The ball is ripped, 2 support players drive past the ball & the 3rd takes the ball. Drive 5 metres then repeat. Defenders oppose once ball is ripped.</i></p>	<ul style="list-style-type: none"> • Communication • Strong rip with low body height. • Support players work past ball with strong inside arm & leg, create arrowhead. • Head to Head - work heads on the inside of defenders. • 3rd support player take the ball, stay in line and behind, take control and communicate. • Drive forward

Tackling – 50 mins

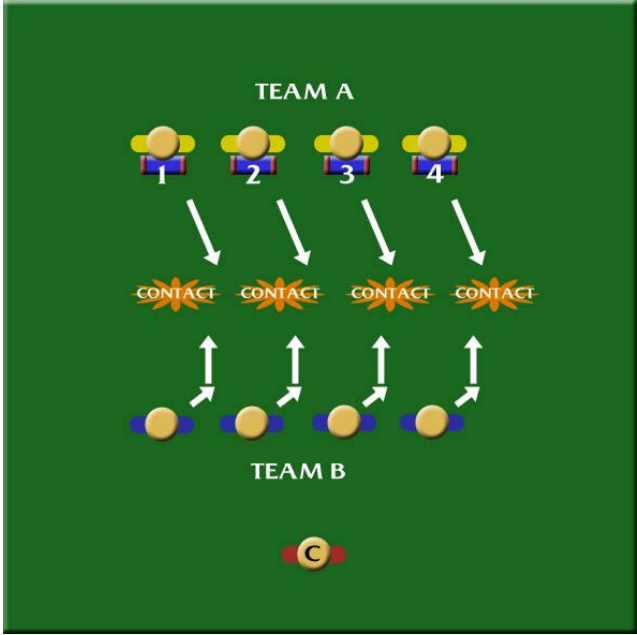
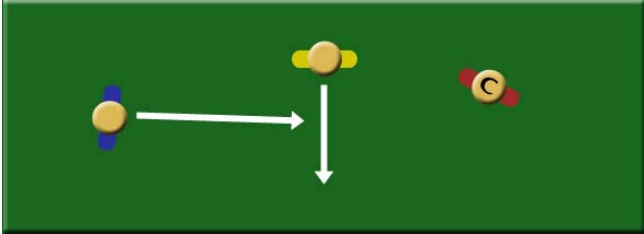
Outcome - To introduce the use of different tackle techniques – side and rear tackles

Refer to the Games DVD

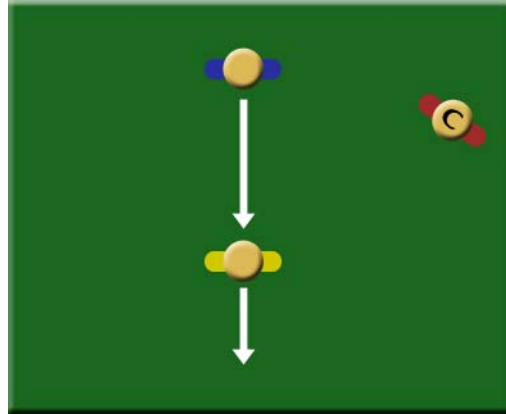
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 9 - Colour Contact – Rugby League Play the Ball**
- **Game 10 - Number Contact – As above**

During the session, the practices overleaf should be used to improve technique.

Objective	Practical Activity	Coaching Points
<p>Practice 9 Revise Tracking and Front Tackle Technique.</p>	 <p><i>4 v 4 - Coach controls attackers with commands. Tacklers change their position after each tackle.</i></p>	<ul style="list-style-type: none"> Defenders work together as a line Communicate Equal spacing between tacklers Hit together Concentrate on good tackle technique Head up, eyes open Foot in close between split - same foot, same shoulder Body position with hips square Shoulder contact with head to the side Boxer hands - arms grip tightly Drive
<p>Practice 10 Introduce the Side Tackle</p>	 <p><i>1 v 1 with attacker in tackle suit. Ball held by the attacker in the furthest hand. Start with walking pace and build up to 75%. Attackers must attempt to keep moving forward and must not stop when being tackled. Tackle from both sides, off both shoulders</i></p> <p><i>Progress to tackling an attacker who attempts to fend/hand-off.</i></p>	<ul style="list-style-type: none"> Stay Tall with feet in close Head behind the attacker Strong grip Hit with shoulder aiming for the thigh (between knees and hips) Strong hand and arm grip Drive through with the legs (avoid diving into the tackle) Complete the tackle - tackle to the ground 'Reload' on to feet quickly to compete for the ball Stay tall, head up, eyes open Chop or fend off attackers arm with the inside arm Step in close with feet Head behind the attacker Hit with shoulder Grip tightly with arms Drive through with legs Complete the tackle - tackle to the ground 'Reload' on to feet quickly to compete for the ball

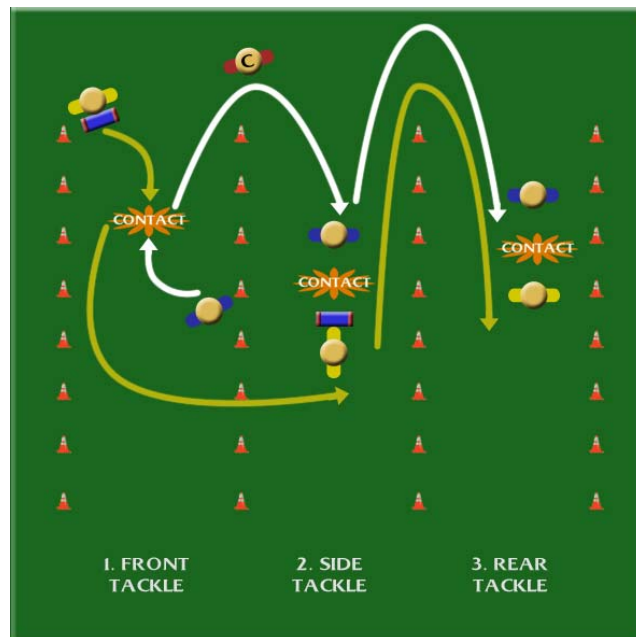
Practice 11
Introduce the
Rear Tackle
chasing back
from behind
the attacker



*1 v 1 with attacker in tackle suit.
Ball held by the attacker in two hands.
Start with walking pace and build up to 75%.
Attackers must attempt to keep moving forward
and must not stop when being tackled.*

- Feet close
- Strong grip – tight with arms and hands
- Start at waste and slide down
- Head on top or to side and tight to the legs
- Keep attackers legs to the side of the tacklers body
- Complete tackle fully before 'reloading'
- Reload onto feet and compete for the ball

Practice 12
Practice a
front, side and
rear tackle
under pressure



Three channels with the defender practicing a front tackle, a side tackle and a rear tackle under pressure.

- Emphasise good tackle technique in all three tackles - front, side and rear

SESSION 7

Contact, Handling and Tackling Skills

100 minutes

Contact and Tackling – 60 minutes

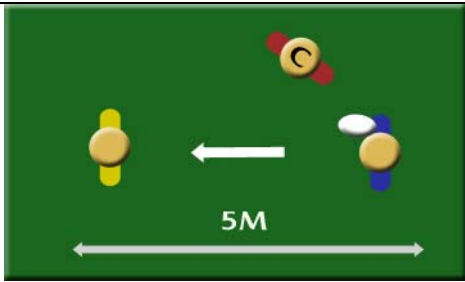
Outcome – To develop the Offload (Pass out of Tackle), also introduce the use of defensive Guard techniques and the Drift Defensive system

Refer to the Games DVD

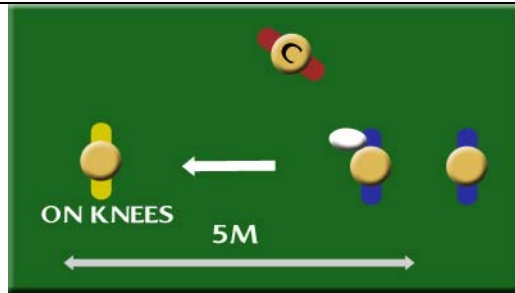
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills for both the Contact/Offload part of the session; and the Defence ideas introduced. It may be that one group of players leave the game and work on issues from the Contact/Offload part of the game, using the Drills below; the other group work on issues arising from the Defence/Tackling part of the game. When these have been addressed, go back into the game before changing the Drills the players go into.

- Game 5 - Blindside Game (Full contact)
- Game 9 - Colours Game (Contact)
- Game 10 -Number Game (Contact)
- Game 13 - Breakout (Particularly for Offload)
- Game 11 - 6v2v2v2
- Practice 16 (See below)

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Re-cap Mauling	1 v 1 2 v 2 4 v 2	<ul style="list-style-type: none"> • As session 4
Practice 10 To attack space & play the ball out of a side tackle or weak tackle	 <p>Ball carrier runs at suited defender & uses footwork to step either side, protecting ball as he does so.</p>	<ul style="list-style-type: none"> • Ball in two hands on approach. • Evasive footwork • Move ball to outside hand & fend with inside arm. • Ball back in 2 hands when past defender. • Drive legs through and out of the tackle

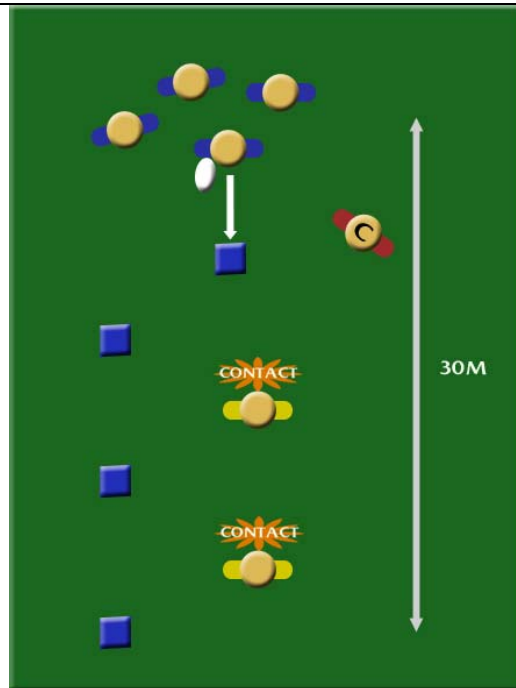
Practice 11



*As above but run so as defender can tackle either side.
Support player works on his reaction to the direction the ball carrier goes & his line of running.
Progress to more than one support runner.*

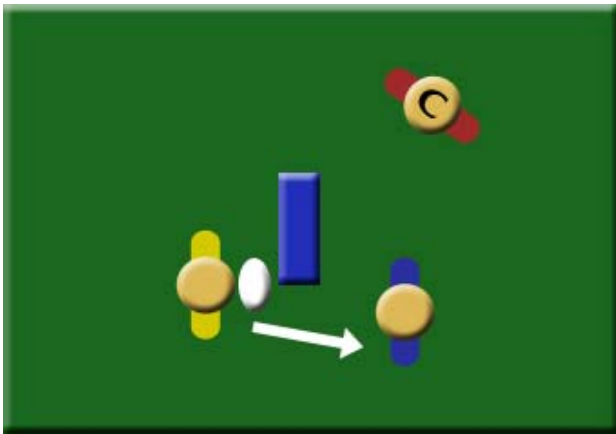
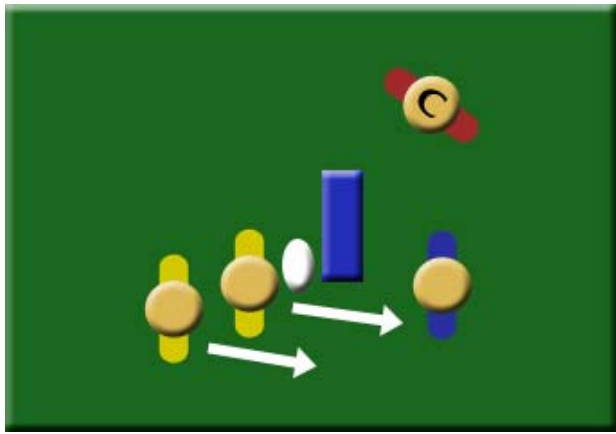
- As above
- Support player, communicate & react to ball carrier do not direct him (ie I'm on your left)
- Depth of support
- Weight and accuracy of pass
- Develop different passes (lift pass, chest pass, one hand pass)

Practice 12



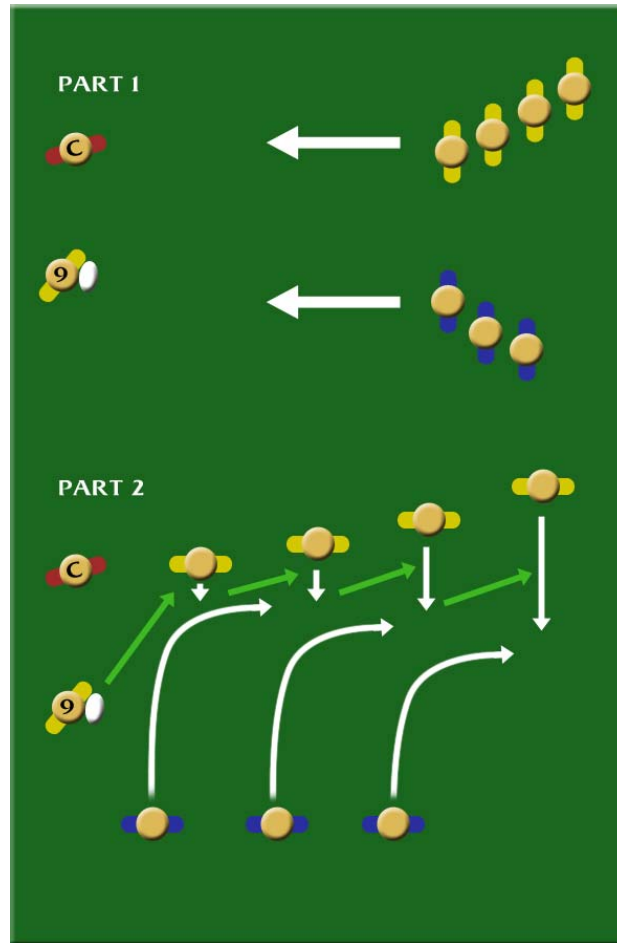
*Ball Carrier runs at tackle bags (or poles) & offloads to support who carry through offloading & supporting.
Defenders in suits make the tackle.
Progress by replacing bags with defenders.*

- Communication
- Depth
- Footwork – change angles
- Keep ball in 2 hands & move ball away from tackler as he approaches.
- Ball back in 2 hands to off load.
- Weight and accuracy of pass
- Consider passing ball prior to contact where possible.

Objective	Practical Activity	Coaching Points
<p>Practice 13 Develop the technique for a passive guard tackle: Outside 22m area - the aim is to give a metre in contact to isolate the ball carrier and attack the ball.</p>	 <p><i>Attacker picks up ball from ruck position and drives forward. Guard tackler starts in a three point defensive position. Use a tackle bag as a ruck indicator. The attacker must start behind the bag.</i></p>	<ul style="list-style-type: none"> • Stay low using 3-point stance • Do not give the attacker any indication of your intention. • Concede a metre to your advantage. • Explode to a higher position - lean forward with a wide base - feet offset and split. • Attack back of the shoulders and pull down with strong grip. • Attack the ball - clamp the ball underneath the attackers chest • Keep head low and close to the attacker's body. • Spine in line.
<p>Practice 14 Develop the technique for the Impact Guard Tackle: Inside the 22m area or close to the try line where ground cannot be conceded. Sometimes two men need to tackle</p>	 <p><i>As 1 v 1 but build up to 2 v 1. Progress to develop impact tackle with leg drive into the ruck.</i></p>	<ul style="list-style-type: none"> • Stay low from 3-point stance. • Explode early into the space and stay on feet (no diving or lunging forward) • Short fast steps. • Tackler's head up, to the side, eyes open and spine in line. • Sink at knees & bend at waist to stay lower than attacker • Stay low and use leg lift tackle back into the ruck. • Drive attacker back into his own players who are lying on the ground in the ruck.

Practice 15

Develop
'Heads Up'
Defence and
introduce the
Drift or In to
Out defensive
system (simple
drift from the
inside to out)



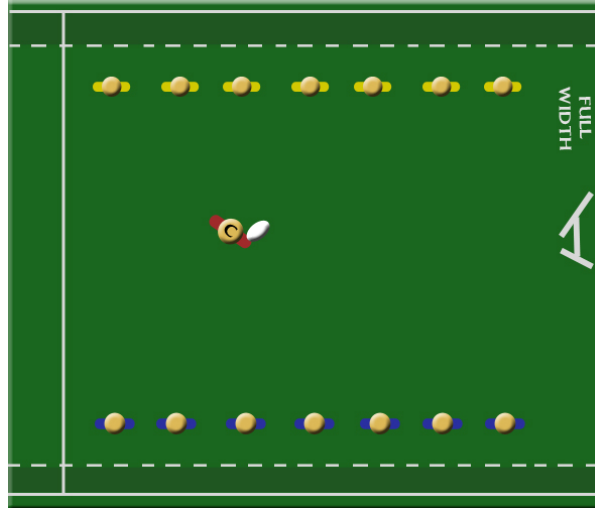
4 v 3. Starting together players from both teams run out and form an attacking line and a defensive line. Attacking team has more numbers and can only pass ball at this stage.

- 'Heads up' defence means that each defender must LOOK (scan) between the ball and the attacking alignment to number off
- Usually use drift defence when less defenders than attackers
- Defenders need to be slightly staggered i.e. slightly behind the defender inside
- Defenders align with outside foot forward and opposite inside shoulder of attacker
- Spacing is important - mark as much space as possible – end defender sets width of line
- Start from an on-side position
- Point at attacker and communicate
- Line speed is important and is set by inside defender
- All players must take the space first – Up then Out - 1st two steps must be forward
- 1st defender initiates the drift only when his man has passed the ball
- Communicate and trust your support defender on the inside
- Inside defenders must work hard
- Defenders can tackle if appropriate
- Aim for good tackle technique
- Touchline is another defender

Practice 16

Practice Guard Tackle technique in a conditioned defence Game Situation

Practice Drift Defensive system in a conditioned defence Game Situation



Normal game rules - encourage players to play. Defenders execute Guard defence technique and then drift defensive system. Coach gives feedback on effectiveness of defence. The coach must set up the situational exercises during the game

- Encourage all types of tackle techniques.
- Ensure correct tackle technique.
- Ensure correct situational tackle e.g. side, front, rear tackles, impact and two man tackles, guard tackles, etc
- Condition the defence to practice the appropriate defensive systems

Handling – 40 minutes

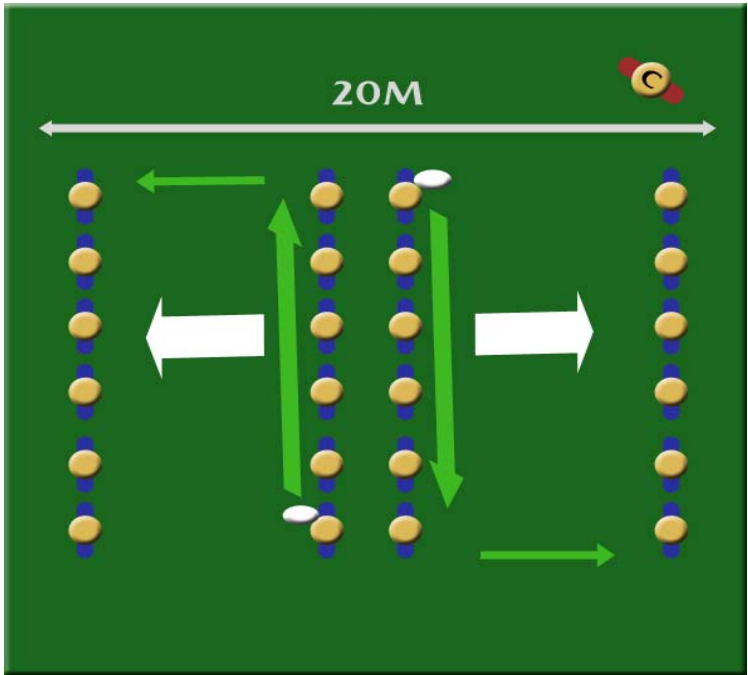
Outcome - To develop off the ball running in order to create and manipulate space for the Ball carrier and support runners

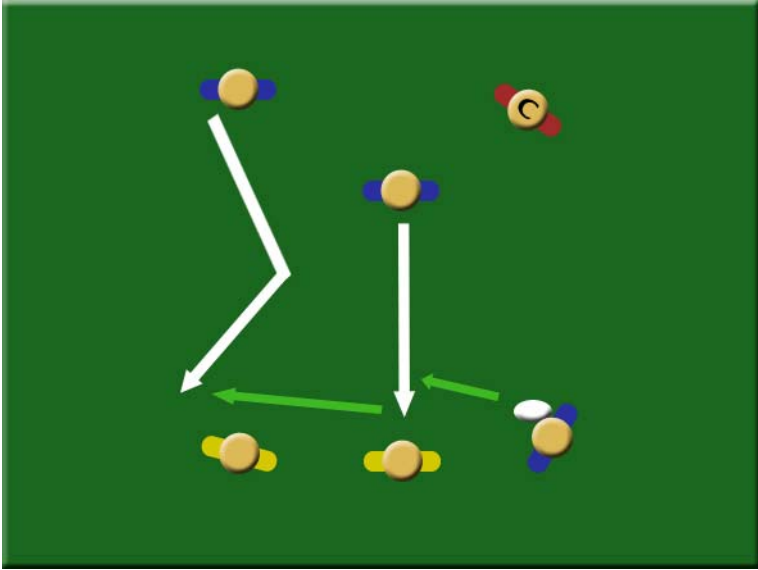
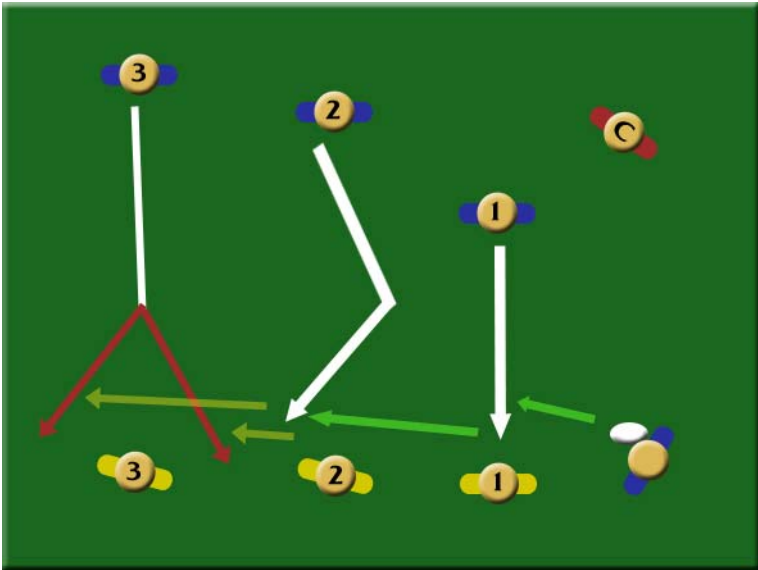
Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 9 - Colour Touch**
- **Game 10 - Number Touch**
- **Game 14 - Attacking Wave Game**
- **Game 8 - Attacking a Drift Defence Game**

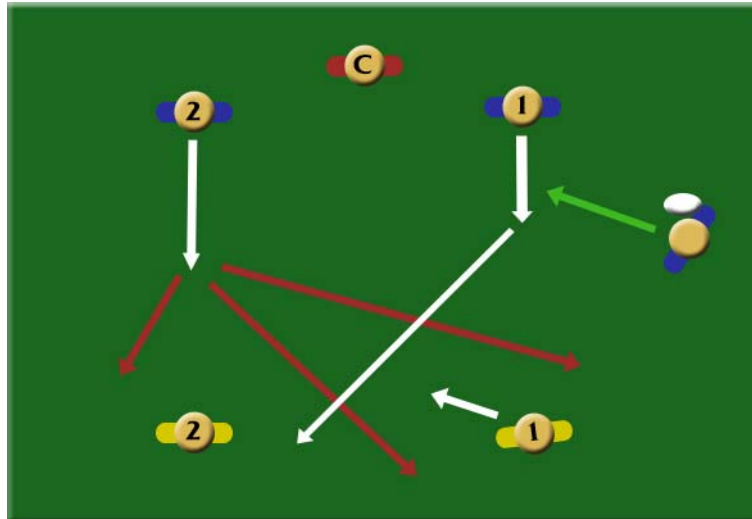
During the session, the following overleaf should be used to improve technique.

Objective	Practical Activity	Coaching Points
<p>Practice 14 Revise timing of run, communication and passing technique</p>	 <p>20M</p> <p>4 groups of 6 players - continuous passing with 2 balls.</p> <p>Inside line of players face outside line of players.</p> <p>Ball starts with inside line of players.</p> <p>Pass ball across line running towards outside line of players - end when ball is passed to man opposite.</p> <p>Both outside groups run towards each other passing the ball - when groups meet in middle the balls transfer over to the other group and groups continue to run and pass to the opposite end.</p> <p>Ball is passed to groups which are now located on the outside, and the exercise continues.</p>	<ul style="list-style-type: none"> • Timing of run • Communication • No compromise on passing technique

<p>Practice 15 Develop 'off the ball' running to manipulate defenders/space using the 'In to Out' Ball</p>	 <p>2 v 2. First receiver runs straight, second receiver runs an In to Out line, beating the defender on the outside. Practice from both sides.</p>	<ul style="list-style-type: none"> • Attackers run line to take defenders in • Open the gap outside (curve the run) • Change angle (to out) • Hit the gap at pace (side step out to the gap to take the pass) • Attack outside shoulders of defenders • No compromise on passing technique
<p>Practice 16 Practice different running lines (in/out, overs/unders, short/long)</p>	 <p>3 v 3 Attacker 2 runs an 'in to out' line and has three options:- take the gap himself – pass to attacker 3 on an 'In' line, or pass to Attacker 3 on an 'Out' line. Attacker 3 reacts to his defender and the ball carrier.</p> <p>Practice from both sides.</p>	<ul style="list-style-type: none"> • No compromise on passing technique and running lines <p>Ball Carrier:-</p> <ul style="list-style-type: none"> • Time the run • Change running lines • Look up • Pick up cues from the defender's body position (feet, hips, shoulders and head) • Communicate • React to support player <p>Support player:-</p> <ul style="list-style-type: none"> • Look up • Run good lines • Times his run • Picks up cues from his defender <p>Reacts to the ball carrier</p>

Practice 17

To develop the 'Cut', 'Switch' or 'Scissors' move from a 2v2 situation



Attacker 1 must initially run straight – he then moves at speed towards Attacker 2. Attacker 2 holds his running line and lets Attacker 1 get to him.

Attacker 1 has three options depending on what the defender 2 does:

- *Short push pass outside the defender*
- *Sharp switch attacking outside defender 1*
- *Shallow switch attacking inside defender 1*

Practice from both sides.

Ball carrier identify the cues:-

- Defenders, head, eyes, hips, shoulders, feet positions
- Balance of defenders
- Gaps

Ball Carrier:-

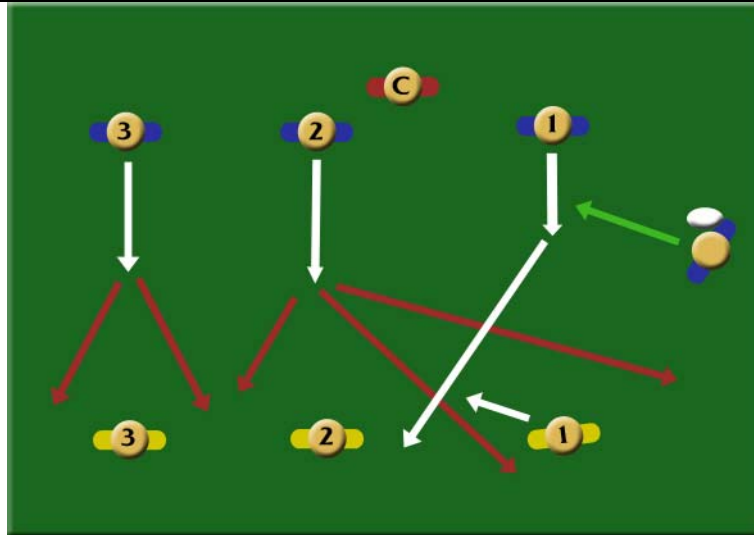
- Good grip and carry
- Shows ball to his own support payer
- Makes good decisions
- Executes weighted pass

Support player:-

- Runs good lines
- Good timing of run
- Reacts to the ball carrier

Practice 18

To develop the
'Cut' or
'Scissors' move
from a 3v3
situation



Options are:

- Switch with attacker 1 and 2.
- Dummy switch attacker 1 goes through the gap.
- Dummy switch pass to attacker 3 running an 'In' line or an 'Out' line

Pass from both sides

Progress to attacker 3 running cut/switch/scissors line and options off the 2nd receiver

- As above with ball carrier making good decisions based on looking up, picking up cues in the defence – support players looking up, picking up cues and reacting to the ball carrier - execute accurately

SESSION 8

Handling, Contact and Tackling

100 minutes

Handling - 40 minutes

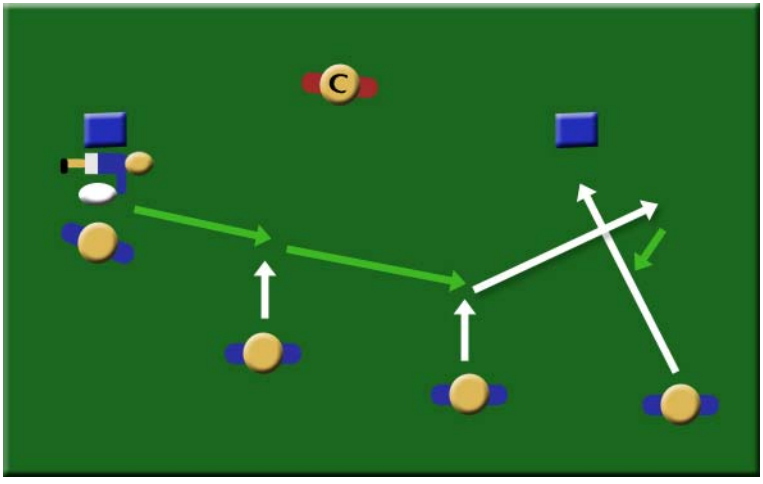
Outcome – To develop accurate spin passing under pressure

Refer to the Games DVD

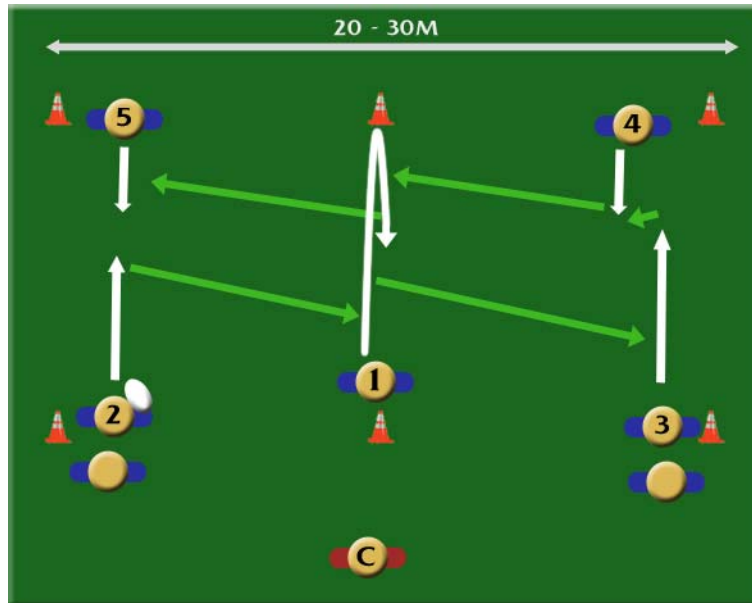
The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills

- Game 7 - Defence Line Game
- Game 1 – Rugby Netball (Pass from ground variation)
- Practice 22

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Practice 19 Clear ball effectively from the ruck with an accurate spin pass	 <p><i>Spin pass from ruck situation</i> <i>Attackers switch and take contact to present the ball. Passer executes accurate spin pass to 1st receiver who passes to 2nd receiver – then cut/switch/scissors with 3rd receiver to create ruck situation – exercise is repeated.</i></p>	<ul style="list-style-type: none"> • Ball just inside rear foot • Sink at hips • Wide stance with front foot pointing towards target • Hand position – level or split grip • Pass from the ground – no pick up or backlift • Top hand provide power • Bottom hand provides direction • Transfer weight horizontally • Stay low – don't stand up • Follow through with hands pointing at target

Practice 20
Develop
accurate
Spin Pass
on the run

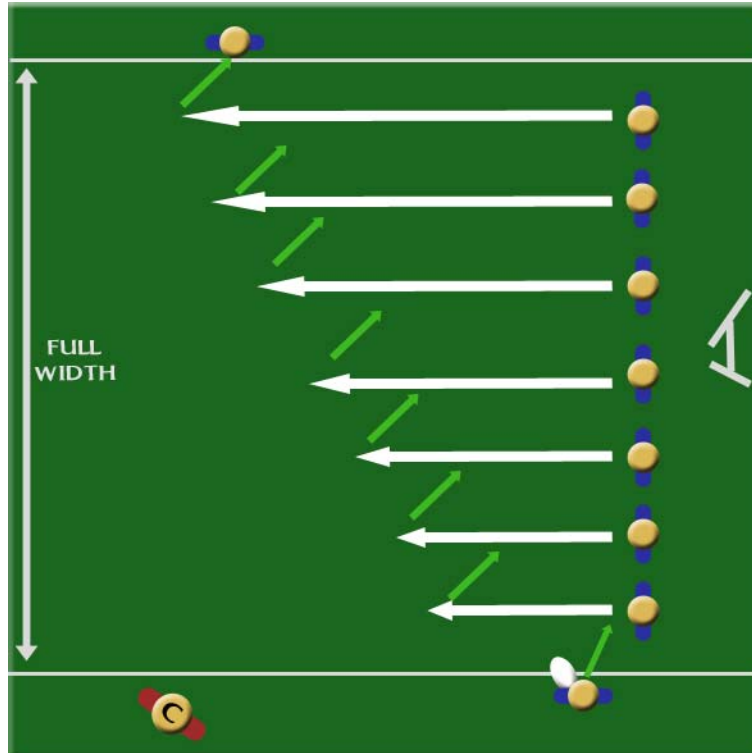


20-30m wide grid - work the middle Attacker 1 (A1) continuously. Attacker 2 (A2) passes to A1 who passes to A3. A3 drops pass off to A4 who passes to A1 who then passes to A5 and the exercise is repeated

Practice passing off left and right hands.

- Hand position – level or split grip
- Fingers spread
- Top hand provides power
- Bottom hand gives direction
- Elbows bent and move to full extension
- Follow through with long arms – not short and stabby – avoid crossing hands
- Catching sequence
- Pass off outside foot with next step forward
- Balance over feet with head and upper body over the ball
- Flight of ball flat and hard arriving at chest height

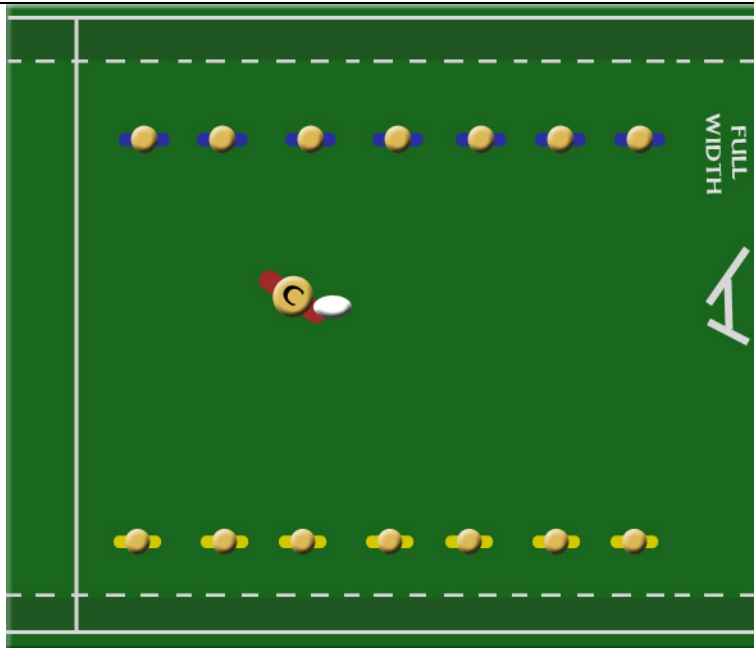
Practice 21
Develop
accurate
Spin
Passing at
speed



Minimum 7 players maximum 9 – use width of pitch and 2 feeders - take the ball off feeder 1 and pass, running forward, across the attacking line to the end attacker who passes to feeder 2. Pass from left and right hand. feeders - take the ball off feeder 1 and pass, running forward, across the attacking line to the end attacker who passes to feeder 2. Pass from left and right hand.

- As above
- No compromise on passing technique
- Accurate passing at pace
- Attack the ball at pace - do not slow down to catch the ball

Practice 22
Practice
spin passing
in a
conditioned
game
situation of
Rugby
Netball



- Identify/create/manipulate the space by off the ball running
- Support the ball carrier
- Good decision making of when and who to pass to
- Accurate execution of pass
- No compromise on passing technique

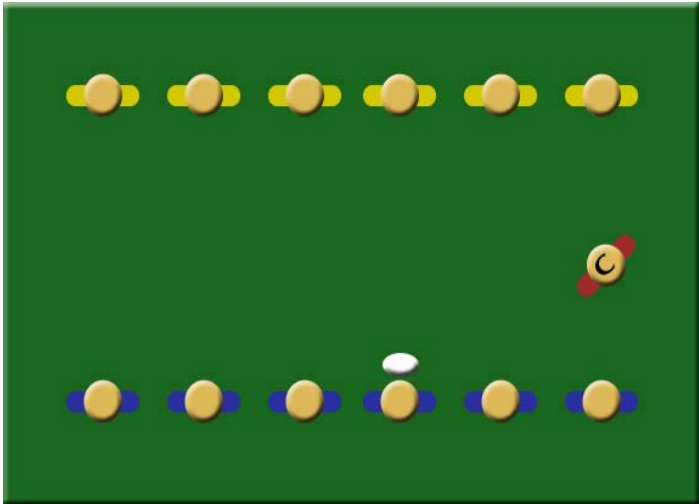
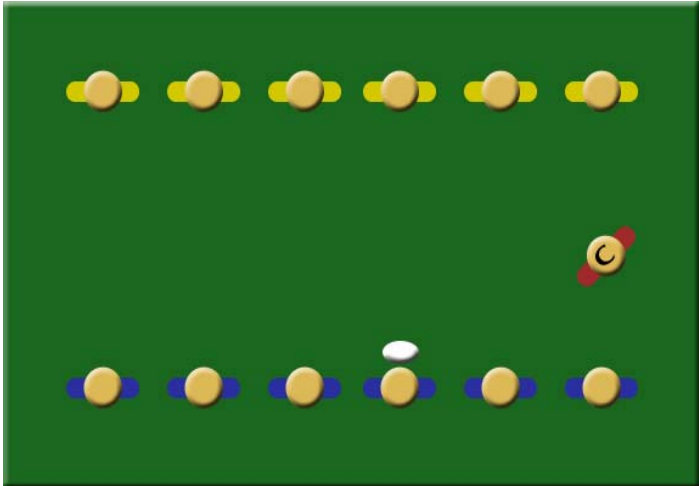
2 teams of 7 – 9 players, playing across half the pitch. Try scored if a player catches the ball in the 5m area. Spin pass only allowed. Players can run with ball but ball is turned over on 2 handed touch by opposition. On turn over, first pass must be backwards. After a try, the team continues to attack by playing the opposite way, but again first pass must be backwards.

Contact - 30 minutes

Outcome:

To develop good decision making when off loading

During the session, the practices overleaf should be used to improve technique.

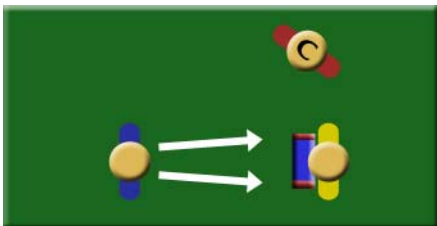
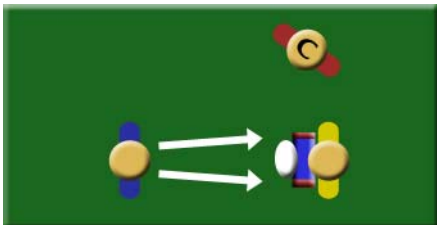
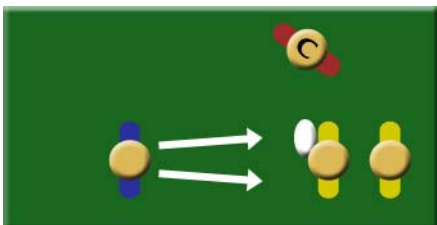
Objective	Practical Session	Coaching Points
Re-cap Off Load	See <i>Practices 10, 11 and 12 previously</i>	<ul style="list-style-type: none"> As session 5
Practice 13 Encourage players to attack space & play the ball prior or out of tackle situations	 <p><i>Divide group into teams of equal numbers 6v6, 8v8 in an area big enough to enable attackers to run into space & offload. Defenders in suits play grip touch, using enough physicality to stop the attacker making unrealistic yards up the pitch. Develop practice to introduce a time limit on availability of the offload if too slow, ball between legs or turnover.</i></p>	<ul style="list-style-type: none"> It is not “pass at all costs”. Make good decisions Encourage players to take opportunities. Support players to work hard on running lines to look for the offload. Communication Ball in two hands Disciplined defence, no offsides (<i>we want a positive feeling in attack</i>) but be realistic.
Practice 14 Offload under more pressure	 <p><i>8v8 - Encourage attackers to look for space & attack it, looking for offloads as they do so. Defenders in suits increase physicality, controlled by coach. All tackles around the legs only.</i></p>	<ul style="list-style-type: none"> Ball retention is vital. Leg drive through the space will make it easier to fight arms free Ball in 2 hands after contact. Communication & lines of running from support players. Be direct, go forward not sideways

Tackling – 30 minutes

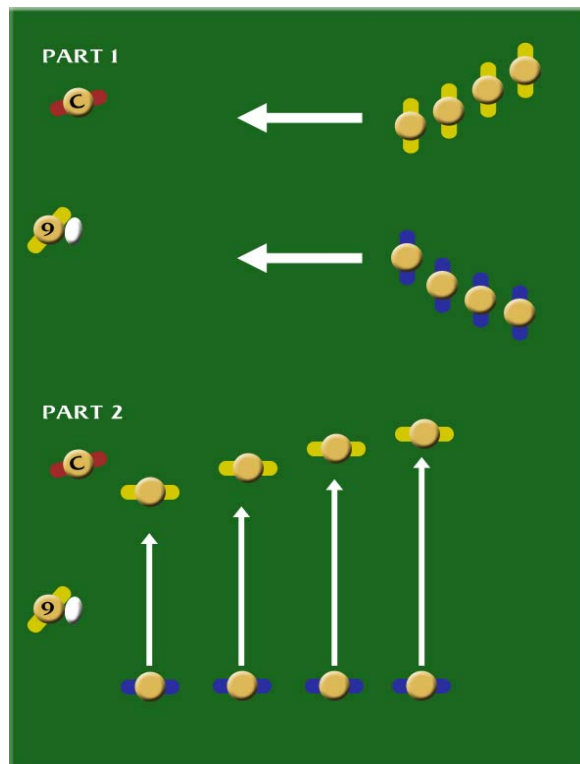
Outcome:

To introduce the basic technique and body mechanics of the Impact Tackle –
Introduce the Man on Man Defensive system

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Practice 17 (A) Revise feet/body/arm positions with head on tackle.	 <p>1 v 1 facing each other. One player holding a shield, the other 2m away. Players advance towards each other (walking/jogging). Hit just underneath the ridge on the contact pad. Alternate both shoulders.</p>	<ul style="list-style-type: none"> • Head up and eyes open • Square hips • Body upright with hips sunken slightly and knees bent. • Lead foot into split - close to attacker • Follow the attacker to the point of contact – hit below ridge of shield • Shoulder contact & grab with arms • Shorten the steps nearer the target. • Stride step into split to initiate tackle. • Leg as close into split as possible • Head up • Hips and body straight in line • Focus on hitting pad with chest, shoulder and arm to spread impact • Stay big and tall until last moment
Practice 17 (B) Introduce body position and arm action. To focus on the contact with chest/shoulder and arm	 <p>1 v 1 facing each other. One player holding a shield, the other 2m away. Hit just underneath the ridge on the contact pad. Alternate both shoulders.</p>	<ul style="list-style-type: none"> • Good use of arms to wrap up ball, preventing offloads (Strong grip) • Hands up high and in front of the body (Boxer hands) • On impact move the arms quickly through and round the ball carrier • Other arm wraps around the back • Drive hard with the legs keeping feet to ground
Practice 17 (C) To introduce The squeeze with leg drive	 <p>1 v 1 with safety support player. Attacker, wearing suit, takes the full impact tackle and support player stays behind attacker for safety reasons (to stop him being 'dumped')</p>	<ul style="list-style-type: none"> • Stress the impact • Increase contact • On contact squeeze arms • Drive legs • NO spear tackles, i.e. hips higher than shoulders <p>N.B. Sequence - Feet in place - Body sinks – Head position - Shoulder impact – grab with arms</p>

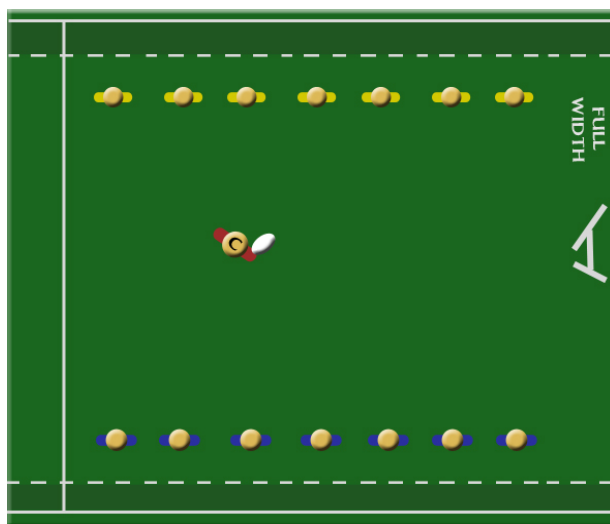
Practice 18
Introduce the
Man on Man –
Flat Four
defensive system.



4 v 4 - Starting together players from both teams run out and form an attacking line and a defensive line. Flat four because the winger is standing up in the defensive line. Usually when equal numbers of attackers and defenders, or more defenders.

- Usually Man on Man when equal numbers of attackers and defenders or more defenders
- When the ball is played the defensive line races forward and takes the man opposite
- Defensive alignment with outside foot forward – opposite outside (or inside) shoulder of attacker but must all do the same
- Point and communicate (press)
- Line speed is important – straight up (create pressure)
- A flat defensive line moving up together – the shape of the line is important

Practice 19
Practice the
Impact Tackle in
conditioned
Defence Game
Situation



Normal game rules - encourage players to play. Defenders execute Impact Tackle technique and the Man on Man defensive system. Coach gives feedback on effectiveness of defence. The coach here must set up the situational exercises during the game.

- Encourage all types of tackle techniques.
- Ensure correct tackle technique.
- Ensure correct situational tackle e.g. side, front, rear tackles, impact and two man tackles, guard tackles, etc
- Condition the defence to practice the appropriate defensive systems

**Practice the
Man on Man
Defensive
System in a
Game Situation**

Session 9

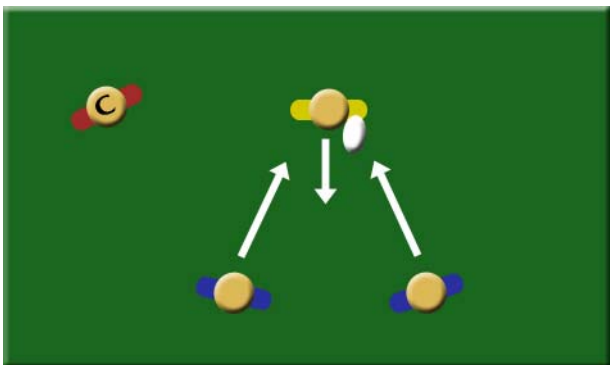
Tackling, Contact and Handling

100 minutes

Tackling – 30 minutes

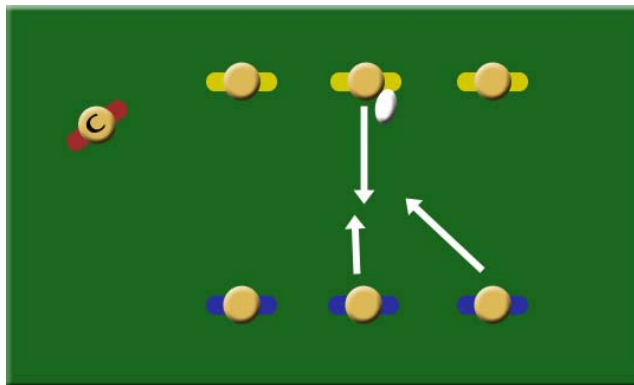
Outcome – Introduce different defensive systems and develop understanding of when and where to use the different systems

During the session, the following practices should be used to improve technique:

Objective	Practical Activity	Coaching Points
Practice 20 Develop the 'two man tackle'	 <p><i>Attacker carrying the ball in two hands in front – attack the gap between both defenders. Attack from left then right.</i></p>	<ul style="list-style-type: none">• Two man tackle when two defenders can tackle simultaneously• Support tackler must make a decision based on what he sees• If tackler goes low, support tackler goes high• If tackler goes high, support tackler goes low• Communicate• One tackle low around the legs• One tackle high attacking the ball• Leg drive together• Stop the off-load• Tackler who attacks the ball must compete for the turnover

Practice 21

Develop decision making of tacklers in a game situation

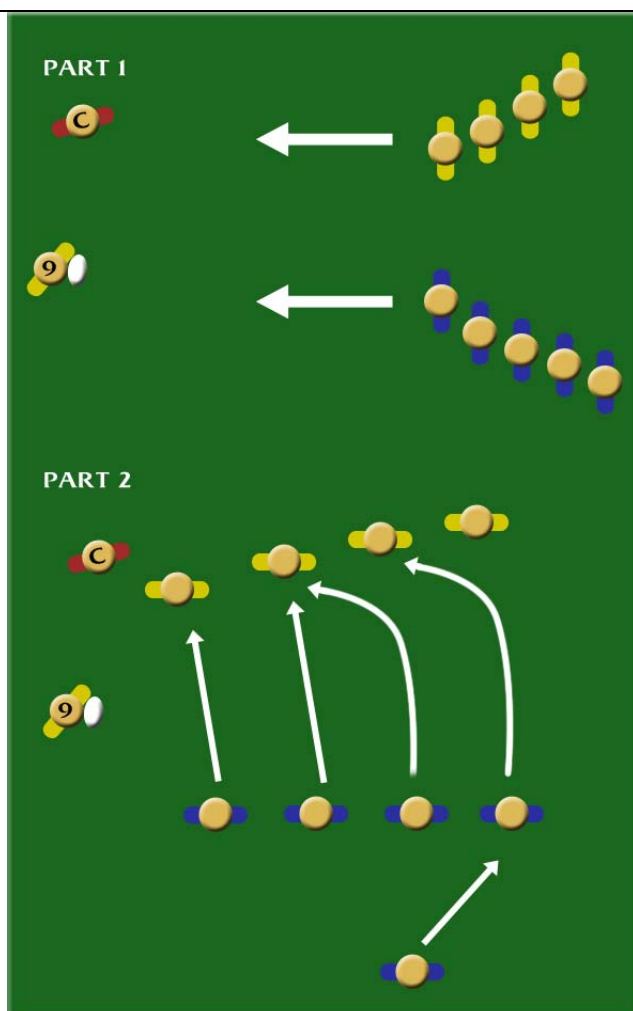


Game of 3 v 3 – Attackers wear tackle suits. Middle attacker attacks the gap. Defenders try to double/two man tackle and must stop the off load

- As above
- Tacklers must make the tackle and stop the off-load
- Tacklers must make appropriate decisions to stop, tackle, clamp or dislodge the ball from the attacker
- Hit and wrap the ball
- Tackler near the ball goes high

Practice 22

To introduce the OUT TO IN defensive system



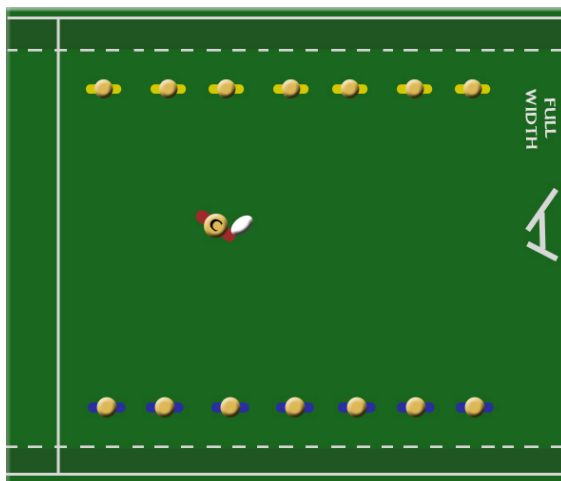
4 v 4 plus a covering fullback. Starting all together, players from both teams run out and form an attacking line and a defensive line.

- The aim of OUT to IN defence is to force the ball back inside and stop it from getting to the wide men
- This system is usually used when the numbers are equal, when the defence is out numbered or when very close to the defending team's goal line.
- Defenders align with outside foot forward and opposite outside shoulder of attackers
- The outside defenders sets the line speed and leads the defence
- Defenders go up and in to create a vacuum for the attackers to run into
- A fast line speed is very important for the outside defenders
- Outside attackers are left for sweepers (covering blind side wing and full back)

Practice 23

Practice the 2-man tackle in a conditioned Defence Game Situation

Practice the Out To In Defensive System in a Game Situation



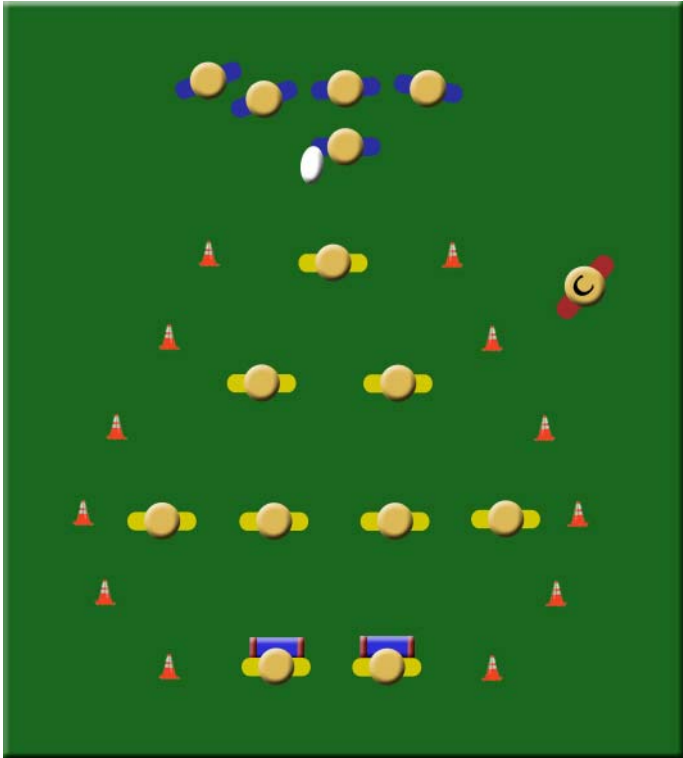
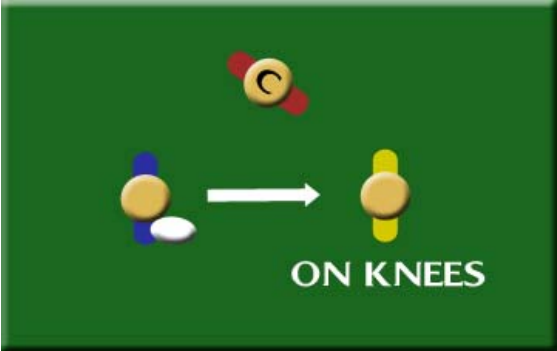
Normal game rules - encourage players to play. Defenders execute 2-man tackle technique, and the Out To In defensive system. Coach gives feedback on effectiveness of defence. The coach here must set up the situational exercises during the game.

- Encourage all types of tackle techniques.
- Ensure correct tackle technique.
- Ensure correct situational tackle e.g. side, front, rear tackles, impact and two man tackles, guard tackles, etc
- Condition the defence to practice the appropriate defensive systems

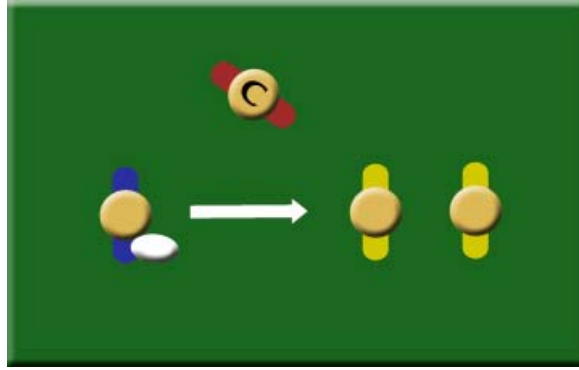
Contact/Continuity – 35 minutes

Outcome – To develop continuity skills and improve decision making under increasing pressure before during and after contact. To introduce contesting the ball at the tackle.

During the session, the practices overleaf should be used to improve technique.

Objective	Practical Session	Coaching Points
Re-cap running at space & offload	<p><i>Divide group into teams (equal numbers) in an area big enough to enable attackers to run into space & offload. Defenders play grip touch, using enough physicality to stop the attacker making unrealistic yards up the pitch.</i></p>	<ul style="list-style-type: none"> As session 6
Practice 15 Decision Making Pre/during & post contact	 <p><i>In a coned area a group of players to run at spaces around defenders in tackle suits & make the decisions whether to pass early, offload, stand up & maul or as a last resort go to ground & place ball/clearout. Defenders start at 50% then build up to full on.</i></p>	<ul style="list-style-type: none"> Make early decisions & play. Be positive, look to draw & pass where possible. Attack space & offload, or stay up & maul (going to ground is the last resort). Maintain possession of the ball even if we make wrong decisions. Communication Depth of support Use footwork and change of angles
Practice 16 Contesting the tackle	 <p>Ball carrier runs either side of tackler who makes tackle then quickly gets back on feet to compete for the ball. Low intensity working on technique of both players in competing & presenting.</p> <p>Progress to 2v2</p>	<ul style="list-style-type: none"> Make a positive tackle controlling the ball carrier to the floor. Get back to feet quickly Stay as low to the ground as possible Keep your body weight on the tackled player through your arms. Spinning around with chest on the tackled player. Get hands on ball & work on getting leg & chest over & past the tackled player.

Practice 17
Dump
tackle
support to
compete



Ball carrier to be grabbed /bear hugged & hip tossed by the tackler & controlled to the floor facing away from the attacking support. The defensive support player to attack ball quickly

Progress to 2v2

- Tackler turn and dump with strong arms & grip
- Control ball carrier to floor in a compromised position.
- Trap tackled player with face up & ball trapped on chest.
- Support player must get to the ball quickly

Handling Skills – 35 minutes

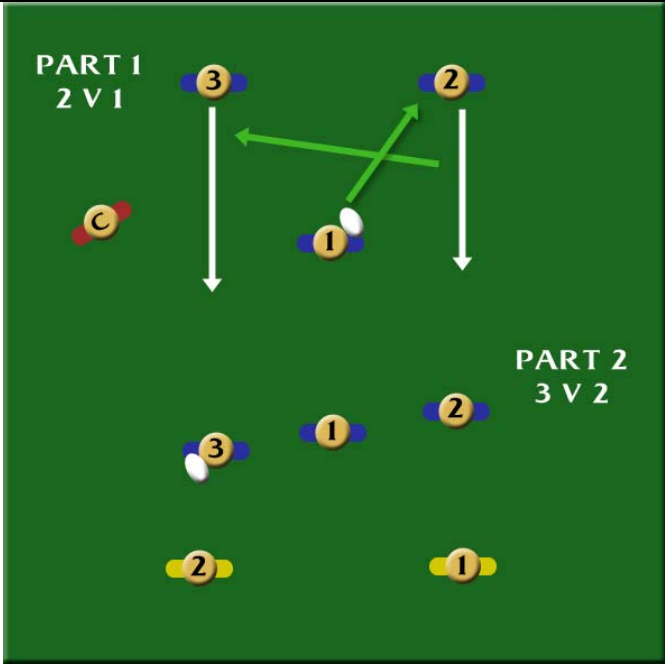
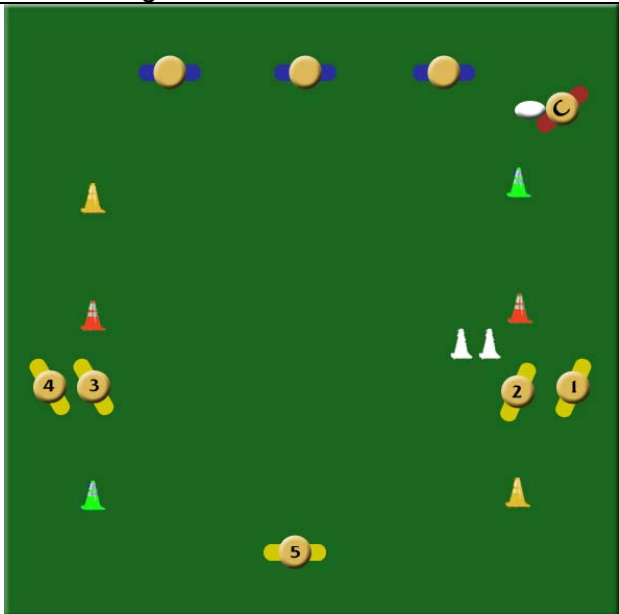
Outcome: To develop decision making and understanding of when and why to pass

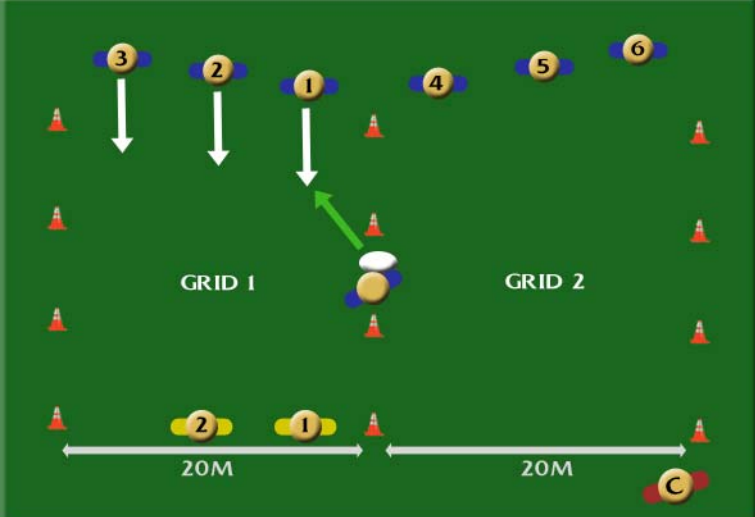
Refer to the Games DVD

The following Conditioned Games will be suitable for introducing and developing the identified techniques and skills in this session:

- **Game 9 - Colour Touch**
- **Game 15 - Mismatch Touch**
- **Game 10 - Number Touch**
- **Game 14 - Attacking Wave Game**

During the session, the practices overleaf should be used to improve technique:

Objective	Practical Activity	Coaching Points
<p>Practice 23 Develop Decision-making</p>	 <p><i>Part 1 – 2 v 1</i> Attacker 1 starts with ball and passes to Attacker 2 or 3 - Both 2 and 3 then attack 1.</p> <p><i>Part 2 – 3 v 2</i> Once beaten Attacker 1 becomes an attacker with 2 and 3 who attack Defenders 2 and 3. Progress to 4 attack 3 defenders.</p>	<ul style="list-style-type: none"> • Look up • Pick up cues from opposition head, eyes, hips, shoulders and feet positions • Consider balance of defenders • Be aware of positions of support players • Scan – look, receive, check, check again, action • Be aware of options • Recognise what the defenders do • Make a decision • Accurate execution - No compromise on catch/passing technique • Catcher must run at speed to attract/hold defender • Support runner – keep depth - read body language of defenders – react
<p>Practice 24 To develop attacking decisions based on the type of defensive formation</p>	 <p><i>3 attackers v 4 plus 1 defenders - 4 sets of coloured cones. Coach calls a colour and 2 defenders enter grid via that coloured cone thus varying where the defenders are coming from. Coach passes ball to attackers who attack defenders. Defenders cannot chase back. Attackers must beat defender 5 to finish.</i></p>	<ul style="list-style-type: none"> • Look • Recognise the problem – where is the defence coming from? • Pick up cues from defenders and support players • Decide on a solution • Execute with accurate passing technique • Support and finish

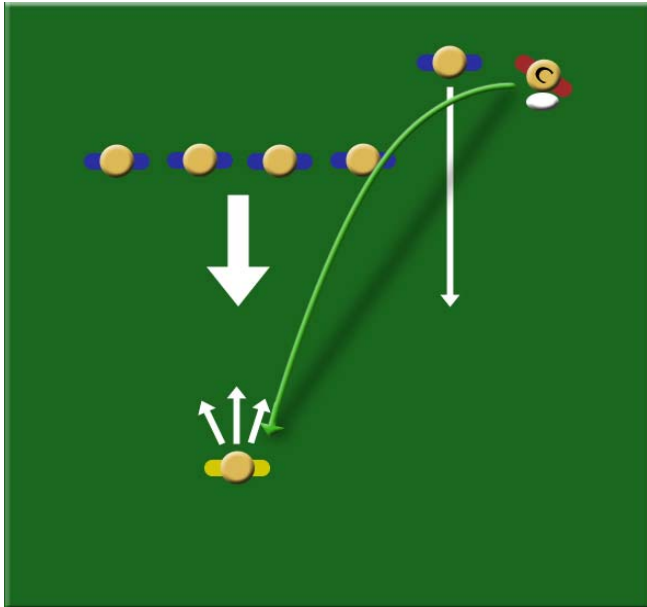

<p>Practice 25 Continuous Activity to develop decisions under increasing pressure</p>	 <p><i>Feeder passes to Attacker 1 (A1) who attacks with Attackers 2 (A2) and 3 (A3) against Defenders 1 (D1) and 2 (D2)</i></p> <p><i>Once successful A1 and A2 become defenders in Grid 2 against A4 A5 A6. A3 becomes the feeder.</i></p> <p><i>The original feeder, D1 and D2 get in position to attack in Grid 1 with A4 and A5 being the defender with A6 being the feeder. The exercise is continuous in this fashion.</i></p> <p><i>Progress to a 4 v 3 situation.</i></p>	<ul style="list-style-type: none"> • Maintain accuracy and execution of passing • Manipulate defenders off the ball with good running lines • Good decision making by ball carrier – LOOKING and picking up cues from the defence • Recognise the different types of defensive formations • Identify where the defenders are coming from • Good support and reaction to the ball carrier
	<p>Use practice 28 here if an interactive game is required.</p>	

The following sessions overleaf can be used with a combination of the Games you have used during the season

Tackling/Defence Skills

SESSION – Game Situations

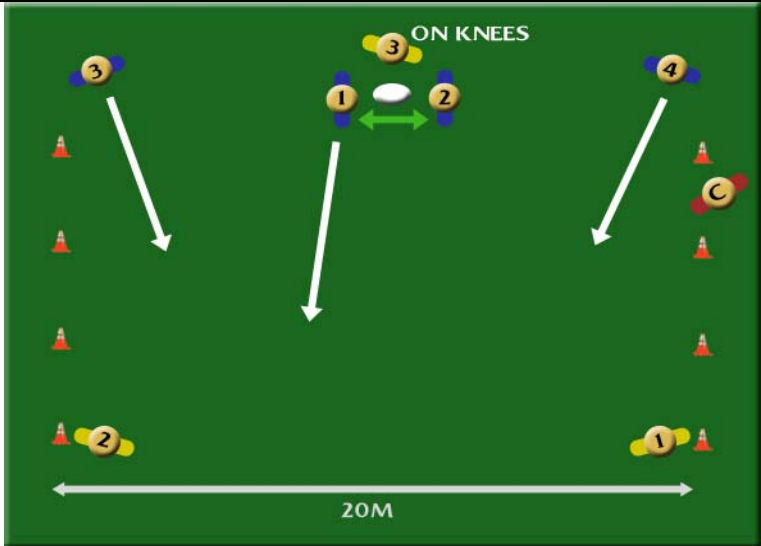
Aim: Develop understanding of the Kick Chase; defending the counter attack, and the use of different defensive systems.

Objective	Practical Activity	Coaching Points
<p>Practice 24</p> <p>Develop a 'chase team' and keep the attacking threat in the middle.</p>	 <p><i>Coach kicks the ball to the defending player. Four defenders (chase team) start with chests on the ground. A fifth defender next to the coach plays the chase team onside. Catcher runs at the chase team and tries to beat them. The team approaches the catcher and tries to keep him central to the line.</i></p>	<ul style="list-style-type: none"> • Chaser puts defenders on side • Defensive line keeps its shape • Press as fast as the slowest player in the line • No player should step in and there should be no dog legs • Communicate • Track the catcher so that he is always in the middle of the defensive line of four • Complete the tackle
<p>Practice 25</p> <p>Conditioned defensive game from different defensive situations (from open play or even set play)</p>	 <p><i>Normal game rules - encourage players to play. Coach nominates the defensive system. Defenders execute the required defensive system. Coach gives feedback on effectiveness of defence. The coach here must use his knowledge and his skill to set up the situational exercises whilst the game is going on. E.g. guard tackle situations in the out field and close to try line; kick chase with kicking allowed, etc.</i></p>	<ul style="list-style-type: none"> • Encourage all types of tackle techniques. • Ensure correct tackle technique. • Ensure correct situational tackle e.g. side, front, rear tackles, impact and two man tackles, guard tackles, etc • Condition the defence to practice the appropriate defensive systems, e.g. – Drift, Man on Man, Out to In

Handling Skills

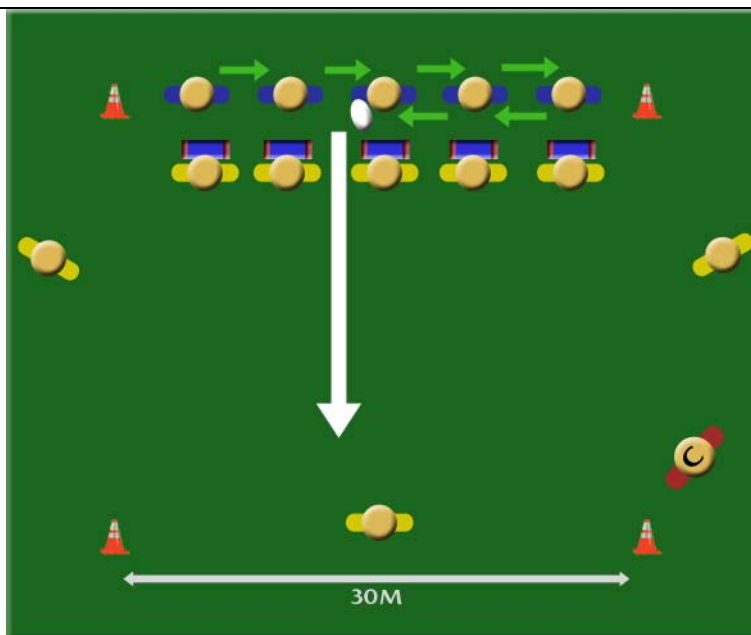
SESSION – Supporting the line break

Aim: To develop decision making and understanding of the ball carrier and support runners after the line break

Objective	Practical Activity	Coaching Points
Practice 26 Develop effective support after the line break	 <p>20 metre grid</p> <p>Defenders D1 & D2 are defenders at the back. Only one is active (agree between them) Attackers A3 and A4 are attackers on front cones Attackers A1 and A2 pass the ball between them. On coach's whistle whoever is holding ball attacks with A3 and A4. Player without ball stays where he is. Defender D3 chases back so that pressure comes from the front and back.</p>	<ul style="list-style-type: none"> Aim is to beat defenders and score <p>Ball carrier:-</p> <ul style="list-style-type: none"> Identify the space Identify where the defenders are coming from Identify where your support is Make a decision Attack at speed and execute with accuracy <p>Support runner:-</p> <ul style="list-style-type: none"> Identify the same solution to the problem as the ball carrier Identify what the other support runners are doing React and communicate Attack space

Practice 27

Develop effective support after the line break



5 defenders with tackle shields - 3 defenders operating as cover. Attackers are stationary and pass ball along line. On the whistle ball carrier is free to get through tackle shield. All other attackers must work to get through the pads and get in support of line breaker. Play to score.

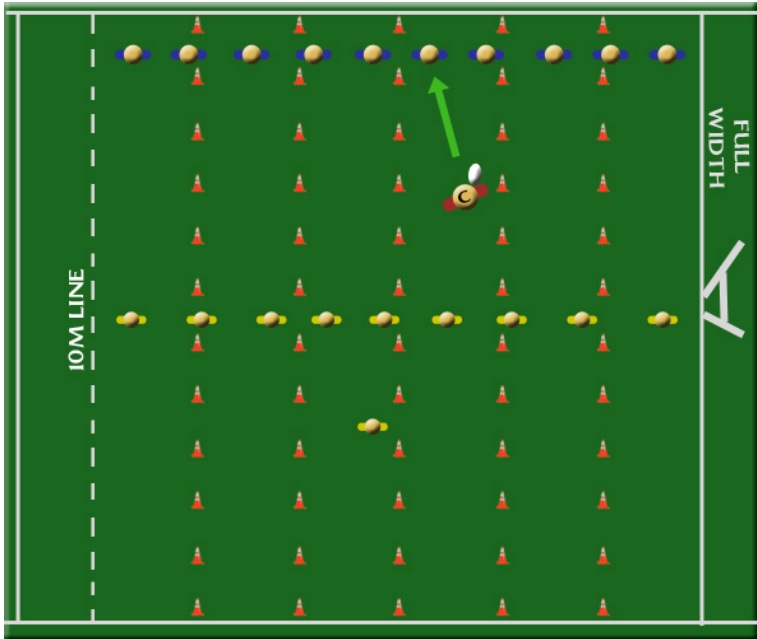
Ball carrier:-

- Creates the line break
- Assess where the defensive cover is coming from
- Attack try line at speed
- Assess whether he will become isolated
- Make good decisions
- Execute accurately
- Play to score

Support runner:-

- Work hard to get through the defensive line
- Read body language of ball carrier
- React and communicate
- Identify space and manipulate position to allow ball carrier to execute a pass to them
- Play to score

Practice 28
Identify the defensive system (the problem) & identify, create / manipulate the space and execute an effective attack to score (the solution)



*Playing area is try-line to 10-metre line across width of pitch. Mark out 6 channels with cones.
 Minimum 10 aside.
 Attackers to attack what they see.
 Defence to be set by the coach using the channels.*

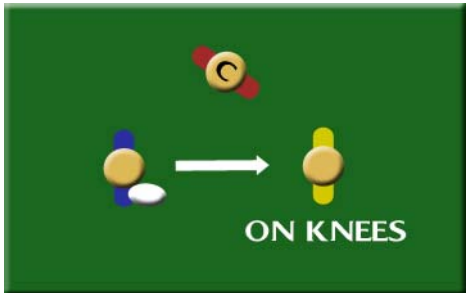
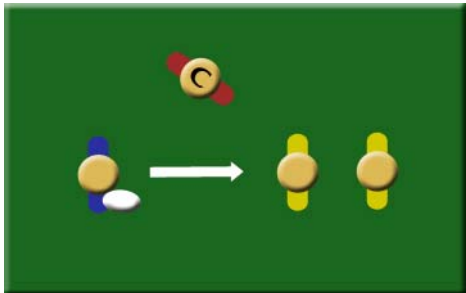
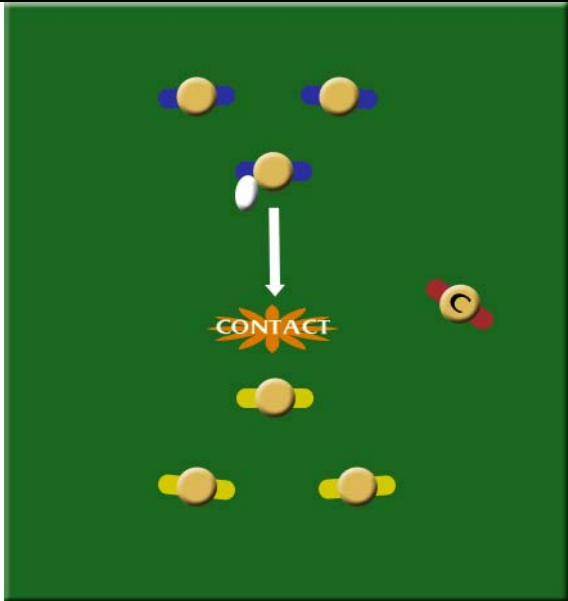
- Identify the defensive system (identify the problem)
- Know how to beat the defensive system (understand the solution)
- Create and manipulate space
- Effective decision making
- Communicate
- Accurate execution at pace (execute the solution)

Defensive System	Attacking Solution
Drift	Fix defenders on inside. Run 'holding lines'
Man on Man	Play with depth, kicking options, attack 'inside' the defence
Holes on the outside	Kicking options, holding lines

Continuity/Contact Skills

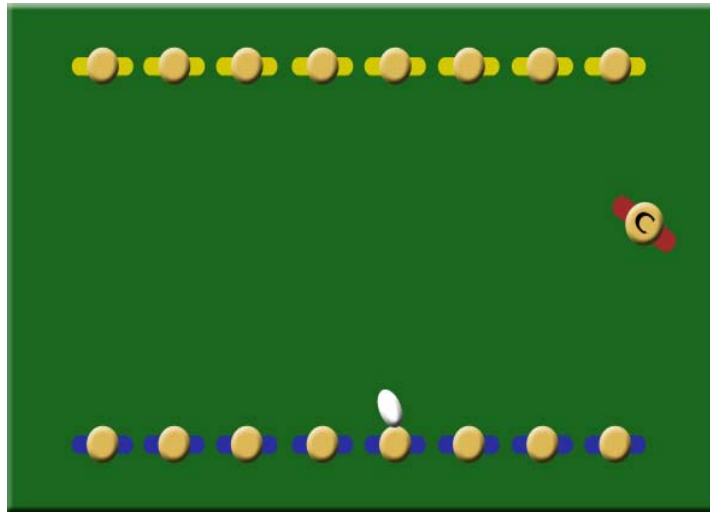
SESSION 8 - Contesting & Decision-making

Aim: To improve decision making and contact skills in attack and defence under increasing pressure

Objectives	Practical Activity	Coaching Points
Re-cap contesting	<p>1 v 1</p>  <p>1 v 2</p>  <p>Progress to 2 v 2</p>	<ul style="list-style-type: none"> Ball carrier to look after ball & control his body management Tackler to make effective tackle, control ball carrier to the floor & compete Support players to work on their clearout/ latch techniques or their tackle assist/clearout counter ruck. Coach to control as ref. Players to listen & respond to coach.
Practice 18 Contesting/ Securing possession	 <p>3 v 3. As 2v2 but intensity of competition is increased. Players to use decision-making skills in identifying threats & removing them and securing or winning the ball. Defensive support to recognise a positive tackle & chance of turnover - hit and clear or compete. Coach to set tempo and physicality and also referee the laws.</p>	<ul style="list-style-type: none"> Ball carrier concentrate on leg drive, body management. Attack support concentrate on clearout technique Defensive player concentrate on tackle technique, competing for ball & clearout technique.

Practice 19

To improve decision making & contact skills under pressure



Divide group into equal teams, 8v8, with the defensive team in tackle suits. Full on game with attacking team to use decision-making skills & contact skills to break the defensive barrier & score. 2 minutes time limit on the attack & change the widths of the pitch to encourage different decision-making.

Any turnover - ball to be thrown back towards attackers' goal line for a quick re-start.

- Options are to pass, offload or maul with ruck as last resort.
- Ball retention is key
- All techniques to be applied
- Encourage play with ball in hand, attack space, go forward, good decision making, support, be direct and quick ball in contact.