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PARTNER PICK UP

Overview

In a 5m x 5m grid 2 players prepare to begin by adopting a strong body position (wide base of support and low centre of gravity). Upon the coaches command both players attempt to pick each other up so that their partners feet are off the ground. In attempting to prevent this, players must continually assess their centre of gravity, and lower it to prevent any advantage to their partner.

Coaching Points

- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.
- Use Dynamic foot movements to resist and apply forces.



ANKLE WRESTLING

Overview

In a 5m x 5m grid 2 players shake hands and maintain this grip for the entire drill. When instructed both players attempt to hit their partners ankles with their spare hand. Players must also attempt to prevent their partner from hitting their own ankles by dynamically moving their feet while maintaining a strong body position.

Coaching Points

- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.
- Use Dynamic foot movements to resist and apply forces.



LEG HOOK WRESTLING

Overview

In a 5m x 5m grid 2 players shake hands and maintain this grip for the entire drill. When instructed both players attempt to lift one of the legs of their partner by performing a leg hook. Players must also attempt to prevent their partner from grabbing their knees by dynamically moving their feet while maintaining a strong body position.

Coaching Points

- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.
- Use Dynamic foot movements to resist and apply forces.



WRIST GRIP KNEE SLAP

Overview

In a 5m x 5m grid 2 players take hold of their partners left wrist with their right hands. When instructed players must attempt to slap their partners knees using their left hands. In order to prevent this occurring both players must maintain their balance by dynamically moving their feet, and lower their centre of gravity by bending at the knees and the waist.

Coaching Points

- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.
- Use Dynamic foot movements to resist and apply forces.



OPPOSED GET TO FEET

Overview

In a 5m x 5m grid 2 players adopt the starting position. Player 1 lies face down on the ground with their arms by their sides. Player 2 kneels down at right angles to player 1 beside their hips with their hands behind their back. When instructed player 1 attempts to get to their feet, while player 2 attempts to stop them. Both players must use dynamic feet movement and a low centre of gravity in order to achieve their aim.

Coaching Points

- Dynamic movements through feet and hand drive
- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.



KING OF THE RING

Overview

In a 5m x 5m grid lies a smaller 2m x 2m grid. 4 players stand on the outside coneS, 1 player stands in the smaller grid as the “King”. One at a time, the outside players have a designated period of time to move the “King” outside of the smaller grid. If they succeed they become the “King’, if not they return to their cone and the next player takes their turn. All players must use dynamic feet movement

Coaching Points

- Dynamic movements through feet and hand drive
- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.



2v1 SHADOWING

Overview

In a 5m x 5m grid 2 players stand on two sides of the grid perpendicular to each other. These players can move side to side between the two cones of their side of the grid. One player stands in the middle of the grid and attempts to stay square on to the two players moving between the cones.

Coaching Points

- Dynamic movements through feet and hand drive
- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.



HANDS ON SHOULDERS

Overview

In a 5m x 5m grid 1 player adopts a strong body position with a wide base of support and a low centre of gravity. Player 2 places their hands on the shoulders of player 1 and on the coaches command attempts to destabilise their partner. The non pushing player must resist the forces by adjusting and modifying their stance.

Coaching Points

- Dynamic movements through feet and hand drive
- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.



ROLL OVERS

Overview

In a 5m x 5m grid 2 players adopt the starting position. Player 1 lies face down on the ground with their arms by their sides. Player 2 kneels down at right ankles to player 1 beside their hips with their hands behind their back. When instructed player 2 must attempt to roll player 1 onto their back who resists these efforts.

Coaching Points

- Dynamic movements through feet and hand drive
- Maintain balance by widening feet position
- Move feet wide then narrow, rather than narrow then wide
- Bend at the knees and the hips rather than just the hips.



CAPTAIN BALL

Overview

A player lies on their back on the ground with a ball. Other players stand in a line perpendicular to the player at a distance of at least 5 metres. The player performs a chest push pass to the first player in line, who catches the ball and returns it to the player lying on the ground with a chest pass. The sequence repeats for all players in the line. When the last player has caught and returned the ball, the roles change with the player on the ground joining the front end of the line, and the player to last receive the ball moving to the position to lie on the ground. Players in the line shuffle along to realign.

Coaching Points

- Start with the ball held in 2 hands on the chest
- Contract the abdominals first
- Perform a “crunch”
- Extend the arms as the upper body crunches
- Follow through with the arms at the target



PUSH PASS RELAY

Overview

In a channel that is 3 metres wide and no longer than 5 metres, a defender is positioned on their knees at the midpoint. An attacker with ball runs at the defender then makes a minor angle change to engage the defender's shoulder. The attacker accelerates with strong leg drive, and looks to go to ground as far forward past the initial tackle line as possible. Upon going to ground the attacker will play their option as required by the Tackle Law, by performing a push pass back to the next attacker waiting in line, 5 metres away. Reinforcement should be given to players who can perform the skill the quickest with the most accurate pass.

Coaching Points

- Go to ground as quickly as possible
- Contract the abdominals first, then perform a crunch
- Push the ball from the chest and extend the arms as the upper body crunches
- Follow through with the arms at the target



PUSH PASS CHANNEL

Overview

A 40 x 5 metre channel 4 attackers play against 4 defending players spaced every 10 metres on their knees. To commence the drill an attacker with the ball runs at the defender and makes a minor angle change to engage the defender's shoulders. The attacker accelerates with a strong leg drive and looks to go to ground as far forward past the initial tackle line as possible. Upon going to ground the attacker will play their option as required by the Tackle Law by performing a push pass back to a supporting player. Supporting players should trail in depth of a least 3 metres and accelerate to receive the pass.

Coaching Points

- Go to ground as quickly as possible
- Contract the abdominals first, then perform a crunch
- Push the ball from the chest and extend the arms as the upper body crunches
- Follow through with the arms at the target



BACK & CLEAR CIRCUIT

Overview

4 players lie on their backs, legs straight, with their feet meeting in the middle at a central point. A player commences with the ball and performs an abdominal crunch, reaching with their arms as for the push pass. Rather than passing, the player continues to crunch, and reach, and places the ball at their feet on the left hand side. This player then recoils to their starting position and the next player on the left crunches and reaches to retrieve the ball. They then extend to lay down before performing a crunch and reach to their left where they will place the ball.

Coaching Points

- Start with the ball held in 2 hands on the chest
- Contract the abdominals first
- Perform a “crunch”
- Extend the arms as the upper body crunches
- Follow through with the arms at the target
- Deliberately place the ball so that it remains stationary.



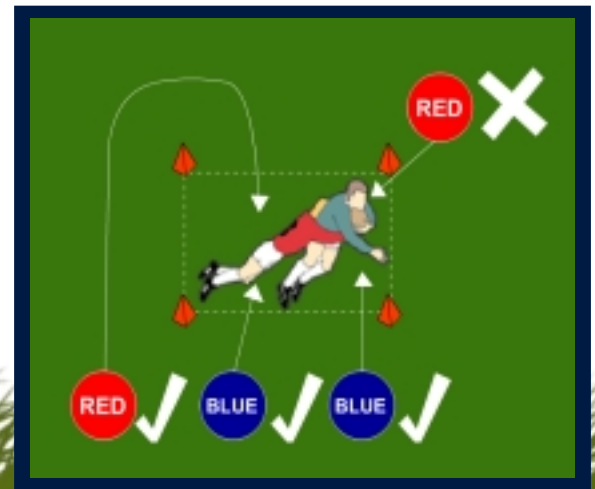
THE GATE

Overview

The gate describes an area from where players can enter into the tackle situation to contest for the ball and is largely determined by the players lying on the ground. The diagram clearly shows where the players can and cannot enter into the tackle situation. Players that do not come through the gate are liable to be penalized.

Coaching Points

- Strong body position — shoulders above hips, head up and neck extended.
- Drive in an upward motion to prevent a collapse, like a “plane taking off”.



BACK & CLEAR CHANNEL

Overview

A 40 x 5 metre channel is clearly marked. 4 defending players are spaced every 10 metres on their knees. To commence the drill an attacker with the ball runs at the defender and then makes a minor angle change to engage the defender's shoulder. The attacker accelerates with a strong leg drive and looks to go to ground as far forward as past the initial tackle line as possible. Upon going to ground the attacker will play their option, as required by the Tackle Law, by performing a back and clear place of the ball. The first supporting player must clean out over the ball, and the second supporting player may pick up. Supporting players should trail in depth and accelerate to contribute to the breakdown.

Coaching Points

- Go to ground as quickly as possible
- Contract the abdominals first, then perform a crunch
- Push the ball from the chest and extend the arms as the upper body crunches
- Follow through with the arms at the target



1v1 TACKLE PROGRESSION

Overview

In a 5m x 5m grid 2 players align at opposite ends of the grid with one player, nominated the defender kneeling down. The other player, nominated the attacker stands holding a ball. When instructed the attacker walks towards the defenders nominated shoulder and passively gets tackled to the ground.

Progressions

Allow attacker to jog, and then run into contact.

Allow defenders to start with one leg up.

Coaching Points

Defender

- Sites the target with head up and back flat
- Places head to the side of the attacker
- Makes contact at the junction of their head and shoulder
- Attempt a forceful arm capture by reaching for opposite elbow.

Attacker

- Carry ball in two hands
- Twist in tackle to land on the side of knees, backside, and back of shoulder



9O'CLOCK - 3O'CLOCK

Overview

Set up a 5m x 5m grid with the sides labelled as the face of a clock. One player is nominated the attacker and stands holding a ball on the 6 o'clock side. A defender also stands between the cones at 6 o'clock (bottom side) When instructed, the attacker must run around the 9 o'clock cone and then attempts to score at 12 o'clock. The defender must run around the 3 o'clock cone and attempts to tackle the attacker making a side on tackle.

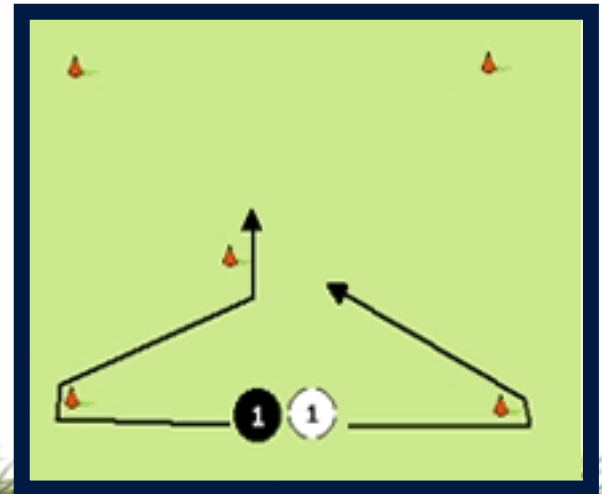
Coaching Points

Defender

- Sites the target with head up and back flat
- Places head to the side of the attacker
- Makes contact at the junction of their head and shoulder
- Attempt a forceful arm capture by reaching for opposite elbow.

Attacker

- Carry ball in two hands
- Twist in tackle to land on the side of knees, backside, and back of shoulder



12 O'CLOCK - 3 O'CLOCK

Overview

Set up a 5m x 5m grid with the sides labelled as the face of a clock. An attacker stands holding a ball on the 9 o'clock side with a defender standing between the cones at 6 o'clock (bottom side) When instructed, the attacker must run around the 12 o'clock cone and then attempts to score at 6 o'clock. The defender must run around the 3 o'clock cone and attempts to tackle the attacker making a side on tackle.

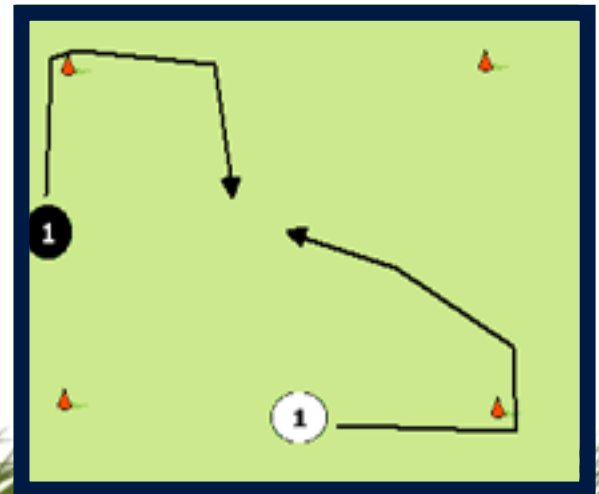
Coaching Points

Defender

- Sites the target with head up and back flat
- Places head to the side of the attacker
- Makes contact at the junction of their head and shoulder
- Attempt a forceful arm capture by reaching for opposite elbow.

Attacker

- Carry ball in two hands
- Twist in tackle to land on the side of knees, backside, and back of shoulder



12 O'CLOCK - 6 O'CLOCK

Overview

Set up a 5m x 5m grid with the sides labelled as the face of a clock. Both an attacker (holding a ball) and defender stand at 9 o'clock. When instructed, the attacker must run around the 12 o'clock cone and attempts to score at 6 o'clock. The defender runs around the 6 o'clock cone and attempts to make a tackle on the attacker. Reinforcement should be given to those players that maintain an effective and safe body position throughout the tackle.

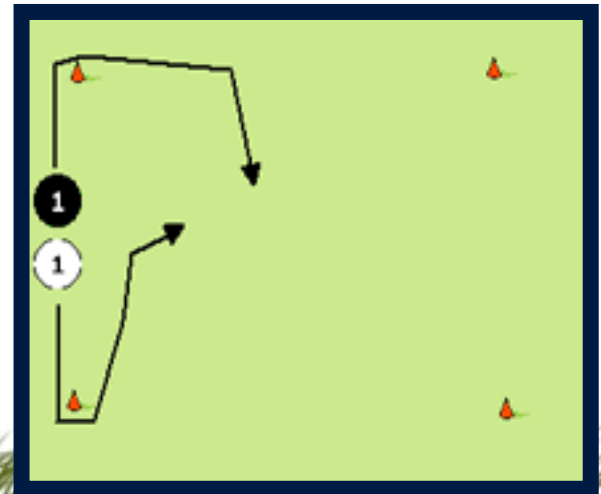
Coaching Points

Defender

- Sites the target with head up and back flat
- Places head to the side of the attacker
- Makes contact at the junction of their head and shoulder
- Attempt a forceful arm capture by reaching for opposite elbow.

Attacker

- Carry ball in two hands
- Twist in tackle to land on the side of knees, backside, and back of shoulder



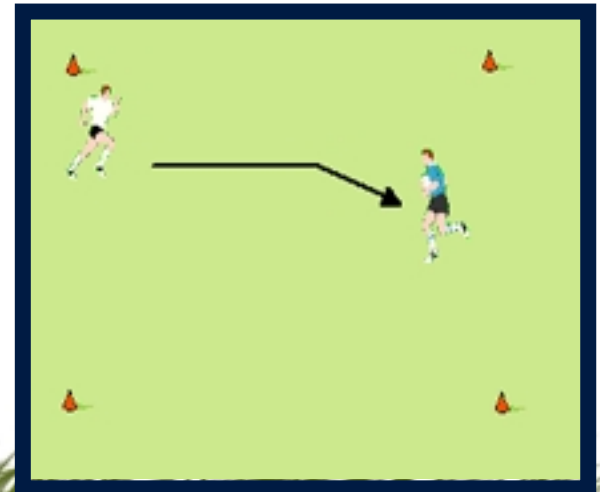
TRACKING 1v1 PUSH

Overview

In a 7 metre by 10 metre channel, a defender is positioned at one end and an attacking player with a ball at the other. The attacker must attempt to score at the opposite end of the channel and the defender must push the attacker with 2 hands on the hips to stop them scoring. Defenders should apply pressure by denying time and space by moving quickly forward and staying on the inside shoulder of the attacker.

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker



TRACKING 1v1 PUSH Gates

Overview

A 5 metre by 10 metre grid is divided into four sections each 2.5 by 5 metres. A defender is positioned at the centre marker at one end of the grid and the attacking player with a ball at the same position at the other end. On the coaches' command the attacker must attempt to run through one of two gates positioned on both sides of the mid-point of the grid. These gates are 1 metre wide and are positioned against the outside perimeter of the grid. The defender must push the attacker with 2 hands on the hips to stop them entering through the gates. This will signify a tackle.

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker



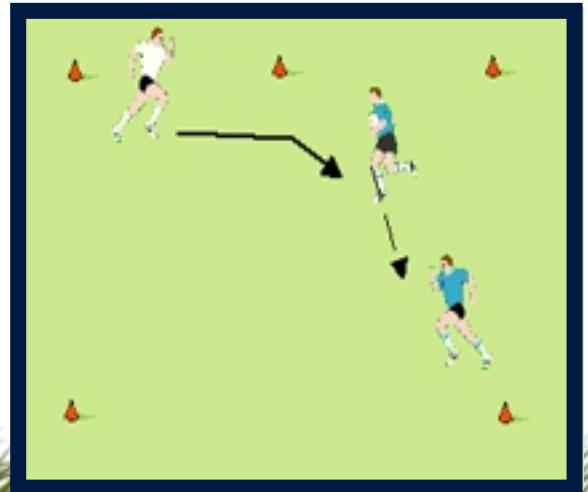
TRACKING 2v1 PUSH

Overview

In a 10 metre by 10 metre channel, a defender is positioned at one end and the attacking players with a ball are at the other. On the coaches' command the attackers must attempt to score at the opposite end of the grid. The defender must push the ball carrier with 2 hands on the hips to stop them from scoring. This will signify a tackle. Defenders should apply pressure by denying time and space by moving quickly forward and staying on the inside shoulder of the ball carrier.

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker



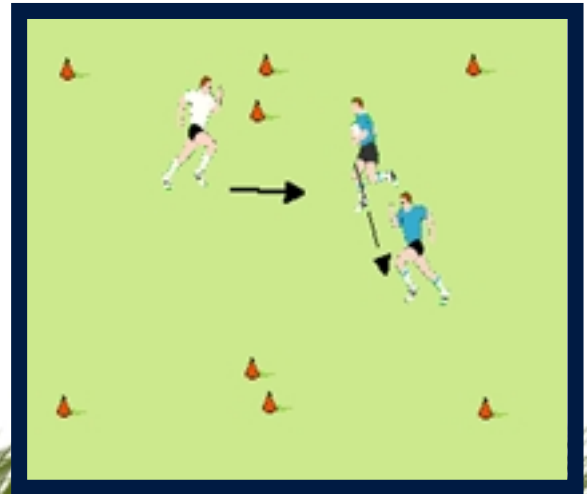
TRACKING 2v1 PUSH Gates

Overview

In a 10 metre by 10 metre channel, a defender is positioned at one end and the attacking players with a ball are at the other. On the coaches' command the attackers must attempt to score at the opposite end of the grid. The defender must push the ball carrier with 2 hands on the hips to stop them from scoring. This will signify a tackle. Defenders should apply pressure by denying time and space by moving quickly forward and staying on the inside shoulder of the ball carrier.

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker



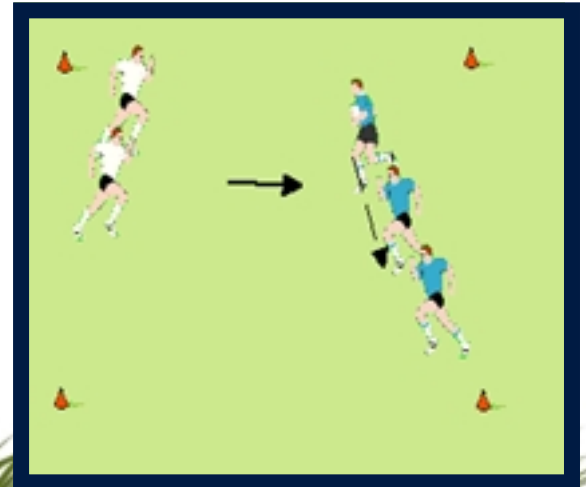
TRACKING 3v2 PUSH

Overview

In a 10 metre by 10 metre channel, 2 defenders are positioned at one end and the 3 attacking players with the ball are at the other. On the coaches' command the attackers must attempt to score at the opposite end of the grid. The defenders must push the ball carrier with 2 hands on the hips to prevent them from scoring. This will signify a tackle. Defenders should apply pressure by denying time and space by moving quickly forward and staying on the inside shoulder of the ball carrier or supporting players.

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker



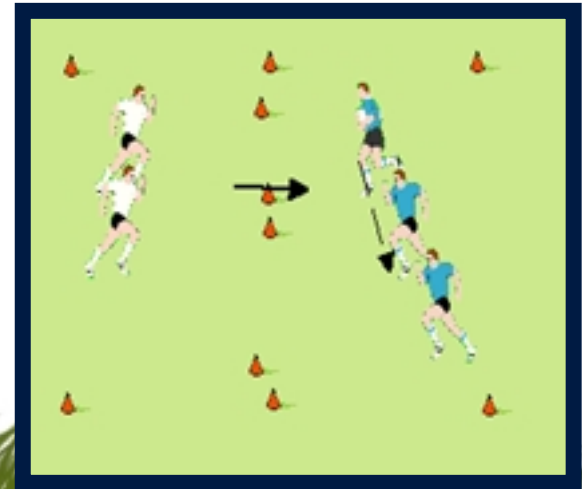
TRACKING 3v2 PUSH Gates

Overview

A 10 metre by 10 metre grid is divided into four sections each 5metres square. 2 defenders are positioned at the centre marker at one end of the grid and 3 attacking players with a ball at the same position at the other end. On the coaches' command the attackers must attempt to put a player in possession through one of three gates. These gates are 1 metre wide. 2 are positioned against the outside perimeters of the grid while the 3rd is in the centre of the grid. The defender must push the attacker with 2 hands on the hips to stop them entering through the gates

Coaching Points

- Defenders initially accelerate to deny time and space
- Defenders position and remain on the inside shoulder
- Reduce speed to improve balance prior to contact
- Lead foot must be close to attacker
- 2-handed push must be close to the attackers centre of gravity
- Positioned the head to the side or behind the attacker
- Head to be positioned to the side or behind the attacker



SINGLE POD

Overview

Set up a single pod that includes two supporters and a jumper approximately 5 metres away from a thrower.

A player can act as the halfback to receive the ball once the thrower throws the ball to the jumper who is supported into the air.

Coaching Points

Supporters:

- Feet shoulder width apart, bending at the knees and hips.
- Straight back by having head and neck in line with chin of chest.
- Using leg drive to provide the force for the lift.



SINGLE POD WALK IN

Overview

The setup for this activity is the same as the 'Single Pod' however the jumper walks INTO the lineout to be supported into the air.

All three players must act on a coordinated set of movements to ensure that timing is accurate for the jumper to receive the ball at the top of their jump.

Coaching Points

Supporters:

- Feet shoulder width apart, bending at the knees and hips.
- Straight back by having head and neck in line with chin of chest.
- Using leg drive to provide the force for the lift.



SINGLE POD GAME

Overview

Set up two 5 x 5 metre grids with a five metre gap in between them. The throwers stand on the same two corresponding cones in each grid opposite to where their pods are standing.

As demonstrated in the video, upon the coaches command, the players attempt to race around the grid while carrying out four lineouts.

Coaches should not only look out for teams that are quick around the grid, but also those that carry out the activity with the correct technique.

Coaching Points

Supporters:

- Feet shoulder width apart, bending at the knees and hips.
- Straight back by having head and neck in line with chin of chest.
- Using leg drive to provide the force for the lift.



PISTON PUMP

Overview

The piston pumps activity is an advanced drill and it requires a fair amount of skill from the players in order to perform it effectively.

It is also a conditioning activity where the supporters have to do a lot of lifts in a short period of time - to get their jumper into the air.

This is a very good conditioning activity for supporters.

Coaching Points

Supporters:

- Feet shoulder width apart, bending at the knees and hips.
- Straight back by having head and neck in line with chin of chest.
- Using leg drive to provide the force for the lift.



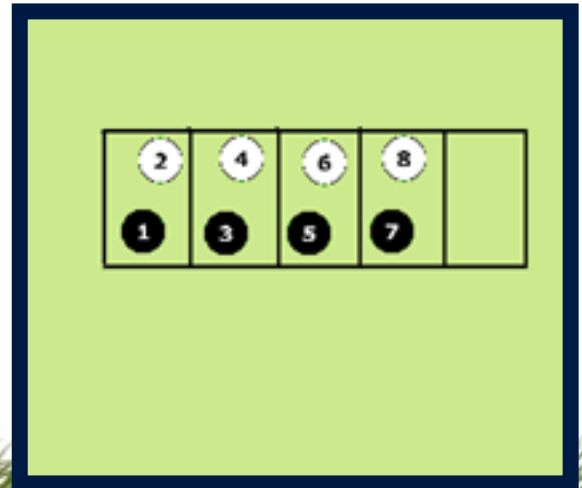
LADDER 2 FOOT RUN

Overview

Lay out a speed ladder in a straight line. Place a cone 1 metre in front of the ladder for players to line up behind. 1 player at a time makes their way through the ladder by making 2 foot strikes in each section and 2 foot strikes outside each section. The next player should start when the player in front is half way through the ladder. Reinforcement should be given to those players who use quick dynamic foot strikes to move through the ladder.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Eyes up when foot strikes become automatic



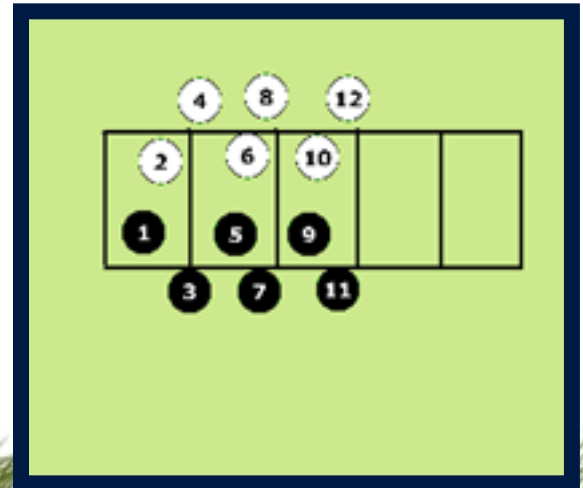
LADDER 2 OUT RUN

Overview

Lay out a speed ladder in a straight line. Place a cone 1 metre in front of the ladder for players to line up behind. 1 player at a time makes their way through the ladder by making 2 foot strikes in each section and 2 foot strikes outside of the sections. The next player should start when the player in front is half way through the ladder. Reinforcement should be given to those players who use quick dynamic foot strikes to move through the ladder.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Eyes up when foot strikes become automatic



FAST FEET RELAXED MIND

Overview

Players line up into lines with 4-5 players per line across a 15m grid. One line at a time completes the activity by players concentrating on maximising their stride rate while passing a “clap” down the line. The coach can vary the clap pattern and rhythm each time to keep the players guessing. Players who struggle with the dual tasks should go back and spend time completing the activity without the “clap”. Reinforcement should be given to those players who make rapid small steps while completing the clapping activity.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Eyes up when foot strikes become automatic



FAST FEET AND HANDS

Overview

Players line up into lines with 4-5 players per line across a 15m grid. One line at a time completes the activity by players concentrating on maximising their stride rate while passing a ball down the line. Players who struggle with the duel tasks should go back and spend time completing the activity without the ball. Reinforcement should be given to those players who make rapid small steps while landing on their mid-foot with their toes up.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Eyes up when foot strikes become automatic



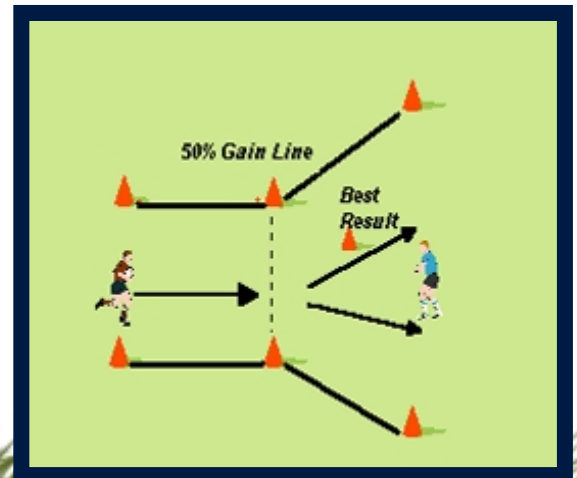
1v1 FUNNEL

Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to “cross” gain line.
- The attacker should initially run at the defender attempting to “fix” them.
- Once the defender is committed (fixed) they should change their direction and run to “space” not at a “face”. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



2v2 FUNNEL

Overview

2 x 5 metre channels open out into a 20 metre funnel after 10 metres over another 10 metres. 2 attackers, one with ball, commence at the narrow end while 2 defenders commence at the opposite end. The ball carrier runs down the “funnel” engaging the defenders by running at a “face”. They then make a minor angle change to run at space. The lateral supporting player mimics the running line of the ball carrier in a parallel action.

Depending on the reaction of the defence the ball carrier performs one of the following actions:

- Accelerate into space beyond the tackle line without passing
- Pass to the lateral support player before the tackle line
- Pass to the lateral support player behind the tackle line

Coaching Points

- The attacker should accelerate quickly to “cross” gain line.
- The attacker should initially run at the defender attempting to “fix” them.
- Once the defender is committed (fixed) they should change their direction and run to “space” not at a “face”. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



1v1 *STATIC DEFENDER*

Overview

In a 5m x 5m grid place two poles (cones) 1 metre apart in the middle of the grid. An attacker holding a ball positions themselves between the cones in front of the poles (cones). A defender holding a hit shield positions themselves 1 metre directly behind the poles. When instructed, the attacker must run through the gate and attempts to score a try between the two end cones. The defender stands behind the gate allowing the attacker to step them to the left or the right.

Coaching Points

- The attacker should accelerate quickly to “cross” gain line.
- The attacker should initially run at the defender attempting to “fix” them.
- Once the defender is committed (fixed) they should change their direction and run to “space” not at a “face”.
- Carrying the ball in 2 hands will improve evasion and stability



1v1 *OPPOSED DEFENDER*

Overview

In a 5m x 5m grid place two poles (cones) 1 metre apart in the middle of the grid. An attacker holding a ball positions themselves between the cones in front of the poles (cones). A defender holding a hit shield positions themselves 1 metre directly behind the poles. When instructed, the attacker must run through the gate and attempts to score a try between the two end cones. The defender must make contact with the attacker attempting to destabilise them signifying a tackle.

Coaching Points

- The attacker should accelerate quickly to “cross” gain line.
- The attacker should initially run at the defender attempting to “fix” them.
- Once the defender is committed (fixed) they should change their direction and run to “space” not at a “face”.
- Carrying the ball in 2 hands will improve evasion and stability



GAUNTLET RUN

Overview

In an 8m x 15m grid 4 defenders stand every 3 metres holding a hit shield. Another player stands at the start of the grid holding a ball. The defending players must attempt to destabilise the ball carrier who attempts to run through the grid to the other end to score. Defending players can only move laterally (side to side). The size of the grid and the number of defenders can be varied depending upon the skill level of the players.

Coaching Points

- Maintain a balanced & stable body position by widening base of support and lowering centre of gravity
- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals



DIRECTION CHANGE DRILL

Overview

In a 10m x 5m grid players line up behind one another at one end of the grid directly in front of the coach (or a post pad standing up) that is positioned in the middle of the grid. One at a time players run directly at the coach who signals (voice, arm or foot movement) when the players reach a certain distance away. The players must then pass the coach on the side that they have been signalled to pass on. As players become more proficient the distance between the coach and the player when the signal is given can be reduced.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Powerful steps during and after direction change.



CONE AGILITY DRILL

Overview

4-5 different colour cones are set up in a triangle shaped pattern with approximately 5-8metres separating the cones. Players start at the base of the triangle and run directly towards the coach who is standing at the tip of the triangle. The coach then calls the colour of a cone that the players must run to.

Coaching Points

- Dynamic mid-foot strikes as quickly as possible
- Slight knee bend to raise feet just high enough over the sections.
- Lock up the abdominals
- Powerful steps during and after direction change.



MAYDAY

Overview

If a player has extreme pressure on the neck the first the player must immediately call 'MAYDAY!' All other players surrounding that player should repeat the call as quickly as possible. All players then lower to their knees in a controlled manner - then lower their top half of their body, placing their face on the ground - known as a "face plant".

Coaching Points

Read the ARU Safety Directives poster by clicking on the link provided in the Smart Rugby CD-ROM.



1v1 *STATIC SCRUM*

Overview

The loosehead prop and the tighthead prop oppose each other. The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. Once engaged and stable the players will hold the position for a period of time before disengaging. Reinforcement should be provided to players who maintain a safe and effective body position. This exercise can be used for all players in the forwards.

Coaching Points

- Foot positioning maintained in a stable position
- Grips focused on the player they are attempting to transmit force through
- Hips, knees and ankle angles should be maintained so that the players can resist any forces
- Forces should be restricted to resisting the static force of the opposition scrum.



1v1 SHOVE SCRUM

Overview

The loosehead prop and the tighthead prop oppose each other. The coach will set the tactical environment (e.g. loosehead push, tighthead resist etc). The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment. Reinforcement should be provided to players who maintain a safe and effective body position. This exercise can be used for all players in the forwards.

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind on opponent to control the transfer of force through the opposition prop.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



2v1 *STATIC SCRUM*

Overview

The loosehead prop and hooker bind as the left hand side of the scrum. The tighthead prop opposes them. The players will be told they are to engage and then maintain the weight through body height and grips. The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. The scrum will be maintained in a balanced and stable position until the coach calls for disengagement.

Coaching Points

- Foot positioning maintained in a stable position
- Grips focused on the player they are attempting to transmit force through
- Hips, knees and ankle angles should be maintained so that the players can resist any forces
- Forces should be restricted to resisting the static force of the opposition scrum.



2v1 SHOVE SCRUM

Overview

The loosehead prop and hooker bind as the left hand side of the scrum. The tighthead prop opposes them. The coach will set the tactical environment (e.g. left hand side push, right hand side to resist etc). The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment.

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind on opponent to control the transfer of force through the opposition prop.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



3v2 SHOVE SCRUM

Overview

3 players (loosehead prop, hooker, left lock) bind as the left hand side of the scrum. 2 players (tighthead prop, right lock) bind and oppose them. The coach will set the tactical environment (e.g. left hand side push, right hand side to resist etc). The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind on opponent to control the transfer of force through the opposition prop.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



3v2 *STATIC SCRUM*

Overview

3 players (loosehead prop, hooker, left lock) bind as the left hand side of the scrum. 2 players (tighthead prop, right lock) bind and oppose them. The players will be told they are to engage and then maintain the weight through body height and grips. The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. The scrum will be maintained in a balanced and stable position until the coach calls for disengagement.

Coaching Points

- Foot positioning maintained in a stable position
- Grips focused on the player they are attempting to transmit force through
- Hips, knees and ankle angles should be maintained so that the players can resist any forces
- Forces should be restricted to resisting the static force of the opposition scrum.



4v4 *STATIC SCRUM*

Overview

4 players (loosehead prop, hooker, left lock, left flanker) bind as the left hand side of the scrum. 4 players bind and oppose them as the right hand side of the scrum fulfilling the other 4 positional roles. The players will be told they are to engage and then maintain the weight through body height and grips. The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. The scrum will be maintained in a balanced and stable position until the coach calls for disengagement

Coaching Points

- Foot positioning maintained in a stable position
- Grips focused on the player they are attempting to transmit force through
- Hips, knees and ankle angles should be maintained so that the players can resist any forces
- Forces should be restricted to resisting the static force of the opposition scrum.



4v4 SHOVE SCRUM

Overview

4 players (loosehead prop, hooker, left lock, left flanker) bind as the left hand side of the scrum. 4 players bind and oppose them as the right hand side of the scrum fulfilling the other 4 positional roles. The coach will set the tactical environment (e.g. left hand side push, right hand side to resist etc). The coach will then fulfil the role of the referee in setting the mark and managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment.

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind on opponent to control the transfer of force through the opposition prop.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



3 MAN SCRUM

Overview

The front row bind in a 3 person scrum formation to engage with the scrum machine. The coach will set the tactical environment (e.g. shove or delayed shove etc). The coach will then fulfil the role of the referee in managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment.

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind to control the transfer of force through the proposed opposition.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



5 MAN SCRUM

Overview

The front row and the 2 locks bind in a 5 person scrum formation to engage with the scrum machine. The coach will set the tactical environment (e.g. shove or delayed shove etc). The coach will then fulfil the role of the referee in managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind to control the transfer of force through the proposed opposition.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



8 MAN SCRUM

Overview

All eight forwards bind in scrum formation to engage with the scrum machine. The coach will set the tactical environment (e.g. 8 man shove or delayed shove etc). The coach will then fulfil the role of the referee in managing the appropriate engagement sequence. Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment.

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind to control the transfer of force through the proposed opposition.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



BACK 5 MAN SCRUM

Overview

The 2 locks and the 3 back row players assemble in a 5 person scrum formation on the scrum machine. This will place both locks and the 2 flankers on the pads of the scrum machine head as a line of 4 with the No. 8 behind. The coach will set the tactical environment (e.g. shove or delayed shove etc). Once engaged and stable the players will execute a shove as appropriate to the prescribed tactical environment

Coaching Points

- Foot positioning maintained in a stable position
- Establish early bind to control the transfer of force through the proposed opposition.
- Hips, knees and ankle angles should be maintained so that the players can respond by pushing or resisting
- All forces should be coordinated through the use of a synchronised timing call that evokes a set of actions common to all players.



RUCK CLEAN OUT SHUTTLE

Overview

2 Players with hit shields stand no more than 3 metres apart, parallel with the sideline. Two attacking players stand between the shields. At the coaches' instruction the attacking players clean out one of the defenders by making shoulder contact with the hit shield and using their leg drive to drive the player back 3 metres towards the goal line. The other player with a hit shield follows behind so as to maintain a 3 metre gap between the shields. The attacking players then turn and performs the same action on the other shield. This continues for a set number of repetitions then the roles rotate.

Coaching Points

- Strong body position – shoulders above hips, head up and neck extended.
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Drive in an upward motion to prevent a collapse, like a “plane taking off”.



CLEAN OUT SHUTTLE

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Coaching Points

- Strong body position – shoulders above hips, head up and neck extended.
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Drive in an upward motion to prevent a collapse, like a “plane taking off”.



RUCK TOUCH

Overview

A 40m x 70m field is marked out to fit two evenly numbered teams. Normal touch rules apply however defenders must use a two-handed touch at all times to signify a tackle. Once touched the ball carrier must get to ground using the appropriate technique and place the ball. The primary supporter must then clean-out the toucher who stands over the ball carrier on the ground.

Coaching Points

- Strong body position – shoulders above hips, head up and neck extended.
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Drive in an upward motion to prevent a collapse, like a “plane taking off”.



CORE MAUL DRILL

Overview

2 players with a ball stand at the start of a channel 2 metres wide and 10 metres long. They position the ball so that it is supported between their chests. Hands are not to be used; they are clasped behind their back. The players must travel the length of the channel maintaining the ball between their chests. If the ball is dropped they must return to the start. The coach will call “rotate” at varying intervals at which point the players must perform an 180° turn.

Coaching Points

- Strong body position – shoulders above hips, head up with chin of chest.
- Makes contact at the junction of their head and shoulder
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Players must drive with their legs to provide the force necessary to maintain balance & stability.



CORE MAUL SKILL

Overview

2 players with a ball position as a central core of a maul at the start of a channel 2 metres wide and 10 metres long. They are opposed by 2 defenders with hit shields. The players must travel the length of the channel maintaining the ball and the integrity of their maul structure. If either is lost, they must return to the start. The defenders may assail and resist the maulers with the hit shields from any angle of attack. Off-side is not a consideration.

Coaching Points

- Strong body position – shoulders above hips, head up with chin of chest.
- Makes contact at the junction of their head and shoulder
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Players must drive with their legs to provide the force necessary to maintain balance & stability.



CORE MAUL GAME

Overview

4 attacking players oppose 4 defensive in a channel 3 metres wide and 10 metres long. The attacking players must maul the length of the channel, maintaining the ball and the integrity of the central core of their maul structure. If either is lost, they must return to the start. The defenders may only resist as per the Laws of Rugby that pertain to the maul.

Coaching Points

- Strong body position – shoulders above hips, head up with chin of chest.
- Makes contact at the junction of their head and shoulder
- Palms facing up to provide a proprioceptive cue to the players to prevent them falling to the ground
- Players must drive with their legs to provide the force necessary to maintain balance & stability.



SPINE ROLL UPS

Overview

Players lie on their back with knees bent and feet flat on the ground arms out to the side. The natural curve of the spine must be maintained, a position known as neutral. From this position, players begin the exercise by tilting their pelvis forward and backwards in gentle arcs so that the spine moves from a flat position, to a curved position with only the tail bone touching the ground.

Progression:

When rolling the pelvis forwards towards the head, breath in and continue to roll so that the hips come off the ground with the players weight supported by their feet. Gently roll back down vertebrae by vertebrae.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



SINGLE LEG CRUNCH

Overview

Players lie on their backs with legs extended and arms by their sides against the body. After bringing the navel towards the spine the legs must be raised and bent at the knees so that the lower legs are parallel with the ground. The head and shoulders are raised off the ground and hands placed behind the head. The players then extend the left leg so that the toes are on the same plane as the right knee and then return. From the waist use the abs to twist the upper body to the right trying to touch the left elbow with the right knee.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



WHOLE BODY ROLL UPS

Overview

Players lie flat on their backs with the natural curve of the spine maintained (this is the neutral position). Arms are placed above the head so they rest on the ground.. As players breathe in they raise their arms towards the ceiling then bring their belly button towards their spine to begin the movement. The chin is brought into the chest as players reach through their finger tips to curl up into a sitting position. As they continue to move forward players exhale to create a “C” curve with their lower back. Slowly roll back.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



SINGLE SCISSOR

Overview

Players begin by adopting the final position seen in the “two leg stretch” exercise. From this position players bring their straightened right leg towards them grabbing it by the ankles with their extended arms. The arms bring the leg as far forward as possible keeping the left leg in it’s stable 45 degree position. The legs then change positions whereby the right leg is returned to the 45 degree angle and the left leg is brought as far forwards as possible.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



ONE LEG STRETCH

Overview

Players lie on their backs with legs extended and arms by their sides against the body. After bringing the navel towards the spine the legs must be raised and bent at the knees so that the lower legs are parallel with the ground. The head and shoulders are raised off the ground and hands placed onto of the knees. The players then extend the left leg so that the toes are on the same plane as the right knee and then return. This process is completed with the right leg.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



TWO LEG STRETCH

Overview

Players lie on their backs with legs extended and arms by their sides against the body. After bringing the navel towards the spine the legs must be hugged to the chest. The head and shoulders are raised off the ground and hands placed onto the front of the ankles. The players then extend their legs and arms to a 45 degree angle respectively forming a “v” shape.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



C CURVE

Overview

Players begin by sitting up with their knees bent and hands wrapped around the outside of the legs holding the ankles. Feet must be off the ground. After breathing in and bringing navel towards the spine players bring their chin towards their chest making a “C” curve with their back. Players then begin to roll backwards so that they balance on their shoulders before returning to the starting position. When rolling back to the start players must not place their feet on the ground making them control the rolling motion.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



ONE LEG CIRCLES

Overview

Players lie on their backs with legs extended and arms by their sides against the body. After breathing in and bringing the navel towards their spine, players bring one leg into their chest before extending it straight into the air. The hips must remain completely still and inline with the leg in the air. After exhaling and inhaling players move the foot in the air in circles (1 metre diameter). Repeat 5 circles then change direction of the leg for another 5. Switch legs.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.
- The hips **MUST** not move – this is the true measure of the exercise rather than the leg circles.



DOUBLE LEG LOWERING

Overview

Players lie on their backs with legs extended at a 90 degree angle in the air and arms by their sides against the body (off the ground). The head and shoulders are raised off the ground. After bringing the navel to the spine the legs are lowered slowly down as far as they can go without the lower back coming off the mat. The legs are raised back to the starting position.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



LOWER BACK CURL

Overview

Players lie on their stomachs with their head resting on their hands like in a beach flag race. Prior to moving the navel should be drawn towards the spine and maintained in that position throughout the entire exercise. The head is then raised off the ground by contracting the lower back muscles. After players have managed this the arms can also be raised with the head making the activity harder to perform.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.



HUNDREDS TON

Overview

Players lie on their backs with legs extended and arms by their sides against the body. After bringing their navel towards their spine players breathe in and bring their knees into their chests then extend their legs out at the highest angle they can manage. After rolling their upper body up players inhale for 5 counts then exhale for 5 counts, this equals 1 repetition. The goal is to reach 100 repetitions however initially players should aim at 10.

Coaching Points

- Players must breathe in prior to movement, and exhale upon return
- Before moving the pelvis the navel must be pulled towards the spine.
- Head and neck remain elongated away from the shoulders.
- Movements must be slow and controlled.

