

KEY NATIONAL THEMES

Practical Resource







KEY NATIONAL THEMES

Season 2010-11 sees the launch of the restructured Male Player Pathway. This will place greater emphasis on increasing the skill development and physical competency of players at under-14 to under-15 level ~ the 'Developing the Player' stage (12-16yrs) of Scottish Rugby's LTPD framework. This will be done through the delivery of Key National Themes (KNT) and the forthcoming national curriculum.

The KNT will be delivered to S1, S2 and under-15 coaches in clubs and schools through a programme of local and regional coaching updates. This programme will be implemented by Club Development Officers and supported by quality coaching resources, leading up to the first regional Pathway Skills camps in April 2011 for players nominated against entry criteria concerning performance of KNT.

WHAT ARE THE KEY NATIONAL THEMES (KNT)?

Four KNT have been identified and agreed by national, pro-team and age-grade coaches, which will help build a game structure that develops and challenges individual players and their skills, at all levels:

- **Hand Catch / Grab**
- **Ball Presentation**
- **Offload**
- **Individual Tackle**

These skills are vital if players are to:

- have the option of attacking using the whole width of the field
- speed up the contact area when tackled
- speed up general play when on their feet in front of and in between defences
- improve the most important aspect of their defence

This resource is designed to outline the key benefits that the KNT offer coaches and players, and how they can be implemented into club and school training programmes. They are further supported by a national programme of coaching updates and sessions delivered by Club Development Officers.

BENEFITS FOR PLAYERS

The purpose of the KNT is to help young players understand, acquire and develop key skills which will help them improve as individuals. With an increased level of individual skills all players will:

- Be better prepared to play a bigger role in games for their club or school
- Have greater opportunities in games to use, improve and develop their skills and influence
- Better promote themselves in games, therefore assisting in selection processes
- Be able to adapt to various styles of play in schools, clubs and age-grade programmes
- Enjoy the resultant increased pace and competitiveness of games

The delivery of the KNT is part of a shift towards a more individual player development focus. This is designed to help players develop to their fullest potential, and help improve player development and retention at all levels, from schools and clubs through to age grade programmes and pro rugby. This is in line with Scottish Rugby's Long Term Player Development (LTPD) strategy.

BENEFITS FOR COACHES

By incorporating the KNT into your coaching (alongside team and unit skills) you will be enhancing the development of individual skills. This will challenge you to be a coach who can:

- Focus on technical detail
- Observe and analyse critically
- Provide high quality individualised feedback against specific key factors
- Correct faults as a result and highlight good practice
- Successfully implement and develop your or your club's / school's style of play / ethos
- Develop more skilful, successful and fulfilled individual players.

If you look at the Principles of Play in Attack / Defence and align them to the KNT you can see how important they are:

Attack

1. Gain Possession ~ (Hand Catch)
2. Go Forward ~ (Hand Catch / Offload / Ball Presentation)
3. Support ~ (Hand Catch)
4. Continuity ~ (Hand Catch / Offload / Ball Presentation)
5. Pressure and Points

Defence

1. Go Forward
2. Support
3. Apply Pressure (Individual Tackle)
4. Regain Possession (Individual Tackle)
5. Attack (Hand Catch)

Not only will your individual skills coaching benefit, but you will also develop your "coaching eye" for detail in other facets of the game and be able to effectively identify individual / unit / team strengths and weaknesses. Your increased knowledge of individual player capabilities will inform the way you want to play (your game plan and coaching ethos) and ultimately help you innovate and plan your coaching programme to achieve this.

BENEFITS FOR PERFORMANCE RUGBY

If you were to ask any performance coach what they want as a starting point to work with, it would be players who can perform the basic skills of rugby (run, pass, tackle) consistently well under pressure.

The quicker these skills can be mastered, the quicker their progression onto more complicated techniques, and the quicker they can be applied in the game context.

The KNT of hand catch, ball presentation, offload and individual tackle are absolute fundamentals for rugby players at any level, and will form a key part of the competencies that players are measured against during the early stages of the Male Player Pathway. During the regional skills camps, players who can perform the KNT consistently and accurately will be obvious to the coaches, selectors and regional academy coaches.

At the regional skills camps we will be looking to see that all players have had an introduction to, and basic development of the KNT.

Players who are developing the skills of catching the ball cleanly in their hands consistently, who can pass the ball when in contact with opposition (offload), who can control themselves and the ball when tackled to the ground (ball presentation), and who can win the ball back by bringing their opponents to the ground quickly (individual tackle) are the platform any team can be built upon.

For coaches and their players ~ who wish to improve their chances of being considered as a potential performance rugby player and selected in our performance squads ~ it is imperative that they are familiar with and able to perform the KNT consistently well under pressure in a game context.

How to use the resource?

This resource has been designed to support coaches through the use of 'game-related' practice. The resource includes progressive skill practices and games that can be used in isolation, as part of a session or as part of a series of sessions.

By using the APES principle, the players will be A - Active for most of the time; P - be doing activities that have a Purpose in relation to what theme you wish to cover; E- Enjoying themselves; and S - Safe.

COACHING THROUGH GAMES

Games can be extremely useful to enable players to develop both skill and game understanding.

However coaches must ensure that they actually coach through the game and do not just manage the activity.

This means providing specific feedback, on both positive and weaker areas, in relation to the aim set out at the start. It is important that this focus (e.g. tackle technique) is maintained throughout the game as the tendency can be for the coach to fix 'everything else' (e.g. all four KNT).

This can result in your key messages to the players being diluted through trying to focus on too much detail at once.

Breaking a skill into manageable parts can help players absorb points more easily; this resource has broken each theme into key areas and key factors.

A number of key factors can be focussed on over a session or number of sessions, but a coach should look to focus on two or three (max) key points at a time.

Once players are performing consistently well under pressure, the coach can then look to progress and challenge players.

Consider the following when using games:

- What is your main focus for the practice?
- What tactics and skills do you want to develop within the game?
- What modifications / exaggerations can you make to emphasise these tactics and skills?
- What will be the main problem for the players to solve?
- What are the boundaries and safety rules?
- What is the scoring system?
- How will the game restart after scoring?
- What are some key questions you can ask to emphasise tactical aspects?
- What progressions and regressions can you make?

The Whole - Part - Whole method of structuring a session can be a very useful way of using both games and skill practices together.

With this method, the coach can start with a game (Whole) and if there is a particular area that requires more practice, the coach can then use a skill practice (Part) to focus more on the technique. The coach can then put this back into a game or modified activity (Whole) to challenge the players further through a more game-like environment.

PROGRESSION & REGRESSION OF GAMES & PRACTICES

All sessions should be progressed and regressed depending on how the players are developing during the session. Each activity in this resource has a series of progressions and regressions which the coach has at his / her disposal.

Progressions should be used to challenge players in order to help their development. Regressions can be used to re-focus on more specific areas of the game, or if the players are not able to perform the activity at the desired level.

It is very easy for players to execute skills and make decisions in unopposed conditions as there is little or no pressure on them. However the success brings about a false impression of their ability to deliver the same standards under match conditions.

Pressure can be applied in different ways:

1. reduce time;
2. reduce space;
3. increase intensity; and
4. provide and / or condition opposition.

Most often, opposition provides all three elements. Pressure can be applied by conditioning the practice and increasing the degree of pressure as skill develops, but pressure is essential to develop a technique into a skill.

Examples of some modifications / conditions that can be made to progress or regress practices include:

- Positioning an area that can be scored in (may be two or three try areas);
- Dimensions of playing area (narrow for developing tight play);
- Number of passes allowed;
- Banning kicking / promoting kicking;
- Number of players in attack / defence;
- Scoring system (e.g. could be for number of passes or successful offloads);
- Risk / rewards;
- Time allowed;
- Specific roles for players; and
- Adding / deleting game rule.

Checklist of Key Factors for each Key National Theme

The key factors below are grouped into key areas throughout the resource to aid delivery of each theme. As highlighted above, it is important to limit the number of key factors used to two or three at a time.

Coaching of the Hand Catch

1

- Face and chest towards the ball with hands in Ready Position with outside leg forward
- Arms outstretched with elbows slightly bent (arm furthest away from the ball level or leading)
- Fingers spread (thumbs close), hands up
- Run straight or towards the ball with arms outstretched while tracking the ball with eyes
- Early reach ~ catch / grab the ball as early as possible before line of shoulder
- Eye track on ball until into hands with a 10 point contact
- Once caught, turn head to see the receiver while staying square targeting chest / outside shoulder of defender
- Keep ball up between waist and chest area - moving the ball quickly across the body
- Chest and outside shoulder generate the follow-through and fingers point to target after the ball is released

Coaching of the Offload (When chest and shoulders are behind the defender)

2

- Mindset of 'we will look for opportunities to offload the ball'
- Carry the ball in two hands. Strong grip with active thumb and index finger
- Attack the space between defenders using evasive footwork or running hard on to the ball
- Win the space behind the defender by either using a strong fend or dynamic leg drive through impact
- Once past shoulders of defender turn hip and shoulders back to see the support player
- Strong grip on the ball to make a successful pass to a support runner with a close pop-up pass to the chest area
- Support players anticipate and have hands out ready for the offload
- Support funnel behind ball carrier
- Support wait for ball carrier to win collision and run a close support line

Coaching of Ball Presentation

3

- Use as much effort on the ground as when on feet in contact
- Avoid head-on tackles by attacking the space using evasive footwork
- Keep ball in two hands. Strong grip with active thumbs
- Speed up through contact, shoulders higher than hips
- Sink hips on impact use dynamic leg drive
- Head up and look (neutral head position)
- On engagement keep body tense and keep spine in line
- Leg drive with short dynamic steps and keep ball tight underneath body
- When eventually going to ground, try to land in prone position on top of the ball keeping the ball hidden from opposition
- Tilt body slightly to pivot on hip joint (opposite side to tackler) but keep ball tight to body. Keeping core tight all through action
- Swing top leg over bottom to gain momentum and use powerful push with elbows keeping ball close to the ground
- When turned as far as possible, extend arms quickly and with purpose, with two hand ball presentation as far away from threat as possible

Coaching of Individual Tackle Technique

4

- Face up and eyes on target hip
- Position on inside shoulder and nominate who you have got
- Boxer Stance ~ hands up in front of chest, elbows in, on toes with one foot forward and slight bend in knees
- Animated and ready to go forward
- Close space quickly
- Paddle (short steps) moving forward in a controlled, balanced movement pre contact
- 'Feet Alive' (on toes be ready to move left or right)
- Accelerate on to lead foot planted close to the ball carrier (foot inside the hoola hoop)
- Sink Hips - Same Foot - Same Shoulder. Shoulder contact on thigh
- Head tight behind the ball carrier and punch both arms forward and grip / clamp around ball carrier
- Keep legs alive, leg drive with small dynamic steps
- Regain feet to compete

National Theme 1



HAND CATCH

Key Area

Key Factors

Hand position	<ul style="list-style-type: none">■ Face and chest towards the ball with hands in ready position with outside leg forward.■ Arms outstretched with elbows slightly bent (arm furthest away from the ball level or leading).■ Fingers spread (thumbs close), hands up.
Hand Catch / Grab	<ul style="list-style-type: none">■ Run straight or towards the ball with arms outstretched while tracking the ball with eyes.■ Early Reach ~ Catch / grab the ball as early as possible before line of shoulder. Eye track on ball until into hands with a 10 point contact.
Transferring the ball	<ul style="list-style-type: none">■ Once caught, turn head to see the receiver while staying square targeting chest/outside shoulder of defender.■ Keep ball up between waist and chest area ~ moving the ball quickly across the body.■ Chest and outside shoulder generate the follow-through and fingers point to target after the ball is released.

Communication through all phases



Objective

Develop hand catch and passing accuracy

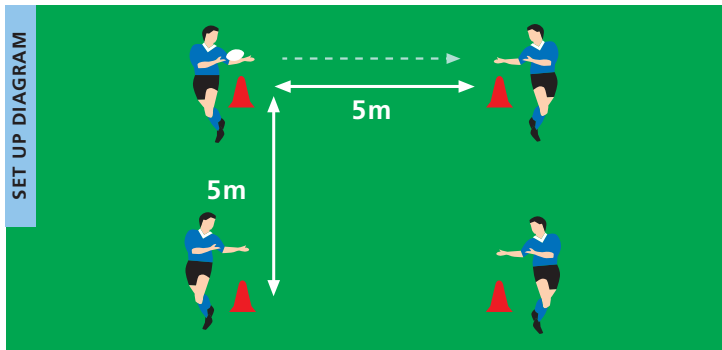
Equipment requirements

Balls	2	Bags	n/a	Area	5m x 5m
Cones	1 stack	Suits	n/a	Players	4+
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- Work in groups of 4, with 1 player on each cone of the square.
- Start with 1 ball (coach can progress to 2 balls as players improve).
- Players pass the ball clockwise.

SET UP DIAGRAM

**Hand catch ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Arms outstretched with elbows slightly bent (arm furthest away from the ball level or leading).
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Eye track on ball until into hands with a 10 point contact.

Progression / Regression guidance

- Progress to promote that player must catch on the move to promote timing and accuracy of pass.
- Progress to using 2 balls.
- Increase or decrease the size of the square to progress or regress.

Coach to add in further key factors from page 9 once players are performing consistently under pressure.

Objective

Develop hand catch and passing accuracy

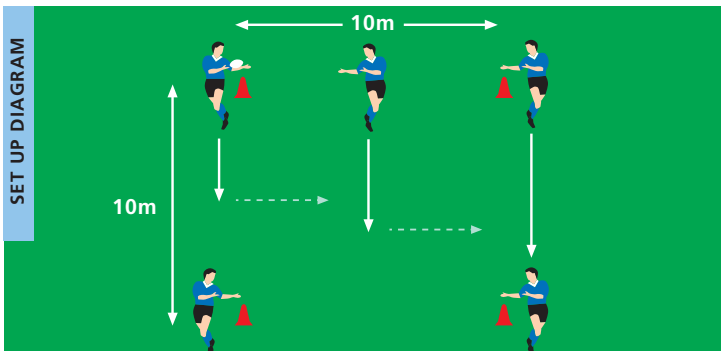
Equipment requirements

Balls	1 per group	Bags	n/a	Area	10m x 10m
Cones	1 stack	Suits	n/a	Players	5+
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- 3 players start by running across the grid passing as they go.
- The two end players drop off once they reach the next players waiting at the cones.
- The middle man does not stop until he has done the relay 4 times.
- Coach then changes the middle man to ensure everyone has an opportunity.

SET UP DIAGRAM



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Face and chest towards the ball with hands in ready position with outside leg forward.
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Chest and outside shoulder generate the follow-through and fingers point to target after the ball is released.

Progression / Regression guidance

- Progress by increasing passing distance and increasing size of area.
- Progress by increasing number of players in the middle.
- Progress by including a defender for the middle attacker.
- Regress by reducing length of pass.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Objective

To isolate and develop the hand catch / grab technique

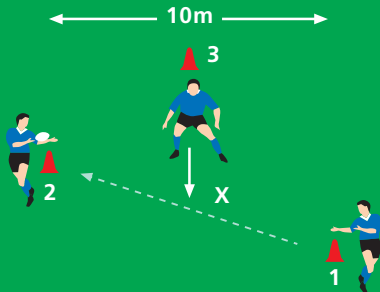
Equipment requirements

Balls	1 per group	Bags	n/a	Area	5m-10m pass distance
Cones	1 stack	Suits	n/a	Players	3 per group
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- Work in groups of 3.
- Ball is passed from player 1 to player 2.
- Each time, player 3 is trying to intercept / catch the ball as it is passed (player 3 stands 1-2m behind pass line).
- The coach should ensure that players are working off both sides.

SET UP DIAGRAM

**Hand catch** ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Run straight or towards the ball with arms outstretched while tracking the ball with eyes.
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Eye track on ball until into hands with a 10 point contact.

Progression / Regression guidance

- Progress by increasing passing distance.
- Progress by placing a tackle tube at point 'X' to decrease visibility.
- Regress by reducing length of pass.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Objective

To develop the hand catch / grab technique

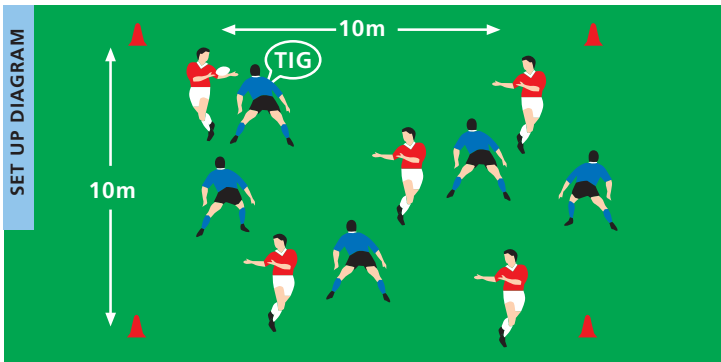
Equipment requirements

Balls	1 per group	Bags	n/a	Area	10m x 10m
Cones	1 stack	Suits	n/a	Players	6 max per group
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- The ball is passed amongst the members of one team.
- Aim to corner and tig a member of the opposite team with the ball.
- Once a player is tiggd they join the catching / attacking team.
- If the ball is dropped the game continues.

SET UP DIAGRAM



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Fingers spread (thumbs close), hands up.
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Eye track on ball until into hands with a 10 point contact.

Progression / Regression guidance

- Increase or decrease pitch size to progress or regress.
- Progress by starting with fewer players on attacking team.
- Regress by starting with more players on attacking team.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Objective

Develop hand catch passing accuracy and type of pass. Will also improve spatial awareness, lines of run, communication, decision-making and evasion

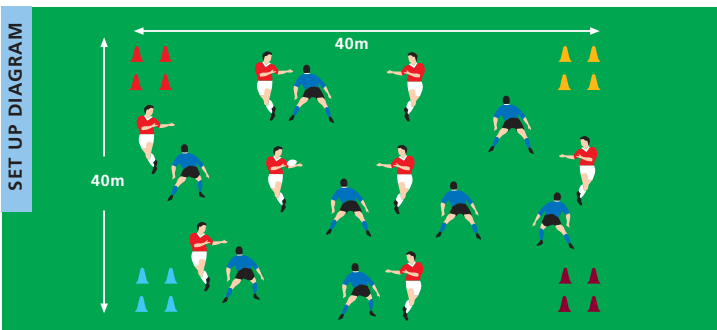
Equipment requirements

Balls	1	Bags	n/a	Area	40m x 40m
Cones	1 stack	Suits	n/a	Players	16 max per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Run and pass in any direction.
- Scoring team keeps the ball and has to score at the other end of the pitch.
- Play until a mistake is made or 5 touch turnover.
1 second to pass after touch is made.
- Four scoring areas ~ only one player allowed in any area at one time.
- No player can just stand in a scoring area (5 second limit).
- Man-to-man marking will encourage lines of run to lose defender / create space.

SET UP DIAGRAM



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Fingers spread (thumbs close), hands up.
2. Eye track on ball until into hands with a 10 point contact.
3. Chest and outside shoulder generate the follow-through and fingers point to target after the ball is released.

Progression / Regression guidance

- Progress so that the coach can determine which scoring areas to be used.
- Progress to 1 touch turnover to challenge players.
- Progress to promote that player must catch on the move to promote timing and accuracy of pass.
- Regress decrease length of pass to be made (decrease pitch size).

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Objective

Pressure the hand catch technique and the players' decision-making

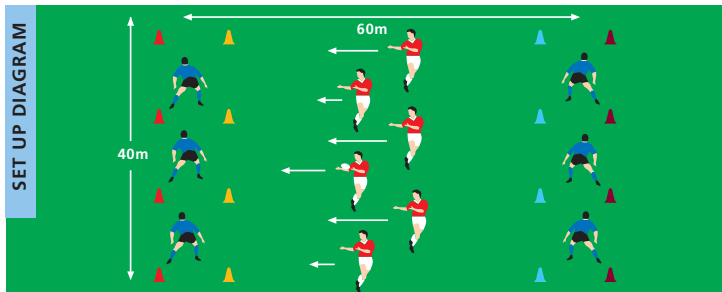
Equipment requirements

Balls	2	Bags	n/a	Area	50m x 40 m
Cones	1 stack	Suits	n/a	Players	12 per group
Shields	n/a	Bibs	6	Time	20 minutes

Practice description

- Attack starts from the centre cones, and attacks one defensive zone. Attack only gets one chance to score.
- If this occurs, or a touch is made, dropped ball, forward pass etc, the attack turns around and immediately attacks the far zone. This continues for a set time dictated by the coaches.
- If the attack scores, the defence must run around the centre cones and get back to their defensive zone before the attack starts attacking them again. If defence make a touch they get a rest.
- The defenders cannot defend outside of their zones.
- Each team gets 10 attacks ~ add the scores.

SET UP DIAGRAM



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Face and chest towards the ball with hands in ready position with outside leg forward.
2. Run straight or towards the ball with arms outstretched while tracking the ball with eyes.
3. Once caught, turn head to sight the receiver while staying square, targeting chest / outside shoulder of defender.

Progression / Regression guidance

- Coach to determine how active defenders are (depending on success of attack).
- Coach can add or subtract defenders from different areas.
- Progress by starting ball from various positions to create more decision making.
- Regress by decreasing the number of defenders.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Objective

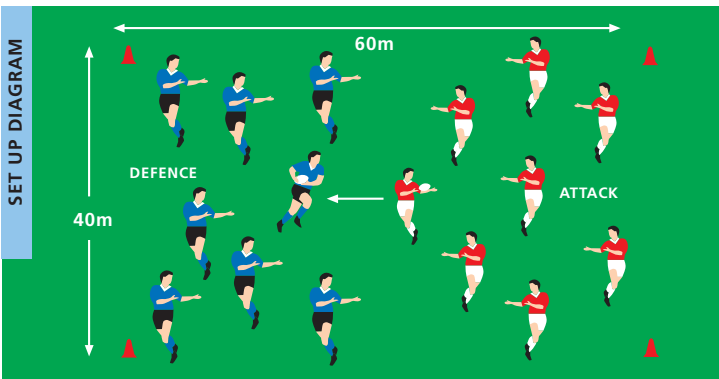
Swift transfer of the ball through good hand catch and effective decision making

Equipment requirements

Balls	2	Bags	n/a	Area	50 x 40 m
Cones	1 stack	Suits	n/a	Players	16 max per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Attacking team to play normal touch rules.
- Defensive team to play pass-any-direction touch (can run with ball) ~ aim is to place the ball against the attacking team's ball carrier.
- Turnover in possession occurs with above or handling error in the attacking team.



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Fingers spread (thumbs close), hands up.
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Keep ball up between waist and chest area ~ moving the ball quickly across the body.

Progression / Regression guidance

- Coach can increase or decrease the number of defenders to progress or regress.
- Coach can increase or decrease the pitch size.
- Regress by increasing the number of touches before a turnover.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Practice

Zone touch

Objective

Improving hand catch and moving the ball wide

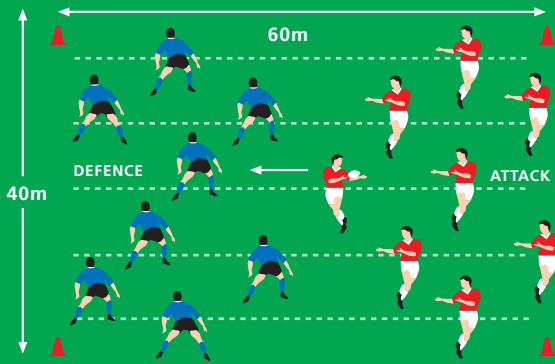
Equipment requirements

Balls	1	Bags	n/a	Area	60 x 40 m
Cones	1 stack	Suits	n/a	Players	16 per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Game of normal two-handed touch. 8-a-side.
- When touched, attack to play the ball through their legs with defence to go back 5 metres.
- Attacking team must move the ball across 2 zones before next touch or there will be a turnover in possession.

SET UP DIAGRAM

**Hand catch ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Arms outstretched with elbows slightly bent (arm furthest away from the ball level or leading).
2. Early Reach ~ Catch / grab the ball as early as possible before line of shoulder.
3. Chest and outside shoulder generate the follow-through and fingers point to target after the ball is released.

Progression / Regression guidance

- Coach can increase or decrease the pitch size.
- Progress to increase number of zones the ball needs to be moved across.
- Regress to overloading the attack to increase success.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

Practice

Wide touch

Objective

Effectively move the ball wide and attack single defenders

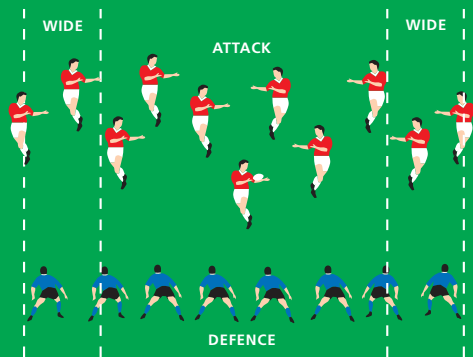
Equipment requirements

Balls	2	Bags	n/a	Area	Half Pitch
Cones	1 stack	Suits	n/a	Players	18 per game
Shields	n/a	Bibs	9	Time	20 minutes

Practice description

- Two wide channels between the touchline and 15 metre line.
- 10 attackers v 8 defenders.
- Any number of touches can occur in the wide channels. However only one touch can occur in the middle at one time. This means that after a touch in the middle, the ball must be moved to the wide channel or a turnover will occur.

SET UP DIAGRAM

**Hand catch ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Face and chest towards the ball with hands in ready position with outside leg forward.
2. Run straight or towards the ball with arms outstretched while tracking the ball with eyes.
3. Once caught, turn head to see the receiver while staying square, targeting chest / outside shoulder of defender.

Progression / Regression guidance

- Progress to limiting the number of touches in the wide channels.
- Progress to increasing the number of defenders.
- Regress to increasing the number of touches allowed in the middle.

Coach to add in further key factors from page 9 once players are performing consistently under pressure

National Theme 2



THE OFFLOAD

Key Area

Key Factors

Winning the 1 v 1

- Mindset of 'we will look for opportunities to offload the ball'.
- Attack the space between defenders using evasive or running hard on to the ball.
- Win the space behind the defender by either using a strong fend or dynamic leg drive through impact.
- Once past shoulders of defender, turn hip and shoulders back to see the support player.



The ball

- Carry the ball in two hands. Strong grip with active thumb and index finger.
- Strong grip on the ball to make a successful pass to a support runner with a close pop-up pass to the chest area.



Support play

- Support players anticipate and have hands out ready for the offload.
- Support funnel behind ball carrier.
- Support wait for ball carrier to win collision and run a close support line.



Communication through all phases

Objective

Develop the individual player's grip on the ball

Equipment requirements

Balls	2 per group	Bags	n/a	Area	5m x 5m
Cones	n/a	Suits	n/a	Players	3 per group
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- Player gets into press-up position, with a ball under each hand.
- Player moves forward, lifting the balls up each time to move forward.
- The balls are not rolled.

SET UP DIAGRAM



Hand catch ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Strong grip with active thumb and index finger.
2. Sight the support player.
3. Strong grip on the ball to make a successful pass to a support.

Progression / Regression guidance

- Progress to walking backwards as well as forwards.
- Progress to popping the ball up to other players who are standing in different positions.
- Regress to players not walking, but making accurate offloads.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Objective

Develop the grip strength of players

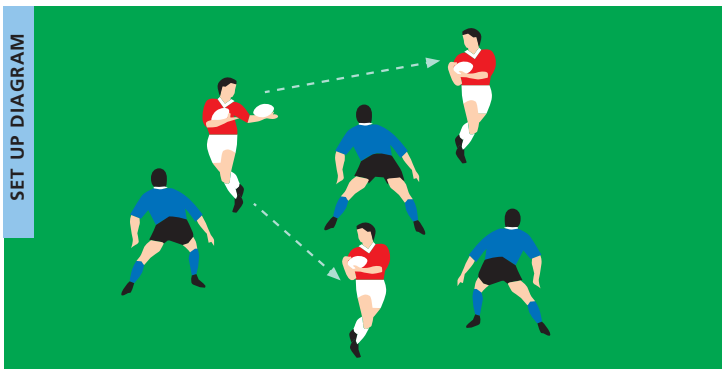
Equipment Requirements

Balls	4 per group	Bags	n/a	Area	5m - 10m square
Cones	n/a	Suits	n/a	Players	6 per group
Shields	n/a	Bibs	n/a	Time	10 minutes

Practice description

- 3 attackers v 3 defenders.
- 2 attackers have one ball, 1 attacker has 2 balls.
- Attacker with 2 balls makes an offload to either of the other attackers.
- Defenders are trying to intercept.

SET UP DIAGRAM



Offload ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Strong grip with active thumb and index finger.
2. Sight the support player.
3. Strong grip on the ball to make a successful pass to a support.

Progression / Regression guidance

- Reduce number of defenders if players are struggling.
- Increase number of attackers.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Objective

Develop and understanding of support running with the offload

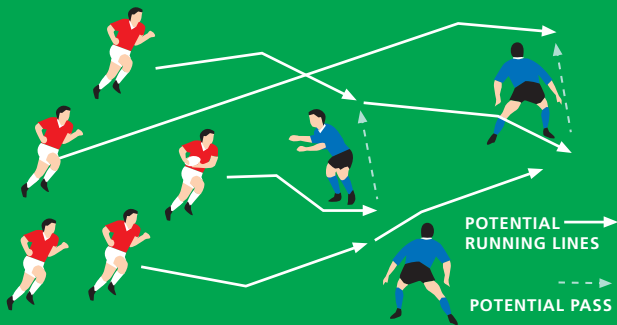
Equipment requirements

Balls	1 per group	Bags	n/a	Area	20mx20m
Cones	1 stack	Suits	optional	Players	6 per group
Shields	optional	Bibs	n/a	Time	15mins

Practice description

- Ball carrier to attack first defender and create and offload for either of the support runners on both sides.
- From the pass, the new ball carrier will attack the next defender(s) ~ the trail attacker will change their 'angle' of run to support the ball carrier on the free side.
- Encourage ball carrier and support runners to run different lines and angles each time.

SET UP DIAGRAM



Offload ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Attack the space between defenders using evasive footwork or running hard on to the ball.
2. Support players anticipate and have hands out ready for the offload.
3. Support funnel behind ball carrier.

Progression / Regression guidance

- Coach can condition defenders to be more or less active.
- Progress or regress by increasing the number of defenders.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Objective

Ability to offload and support through a recognised narrow channel in the defence

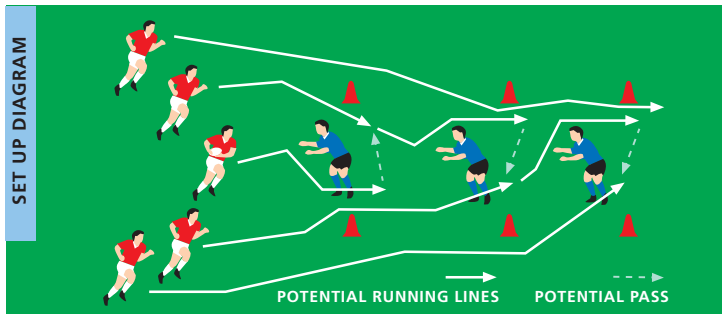
Equipment requirements

Balls	2	Bags	n/a	Area	30m x 20 m
Cones	1 stack	Suits	optional	Players	8 per group
Shields	optional	Bibs	n/a	Time	15 minutes

Practice description

- Middle ball carrier to beat and offload past first defender.
- Support runners either side must support through the cone 'gate'.
- The new ball carrier takes the ball forward and completes the offload with support runners either side (again support runners are to support through the 'gate').
- Continue to third defender.

SET UP DIAGRAM

**Offload ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Win the space behind the defender by either using a strong fend or dynamic leg drive through impact.
2. Strong grip on the ball to make a successful pass to a support runner with a close pop-up pass to the chest area.
3. Support wait for ball carrier to win collision and run a close support line.

Progression / Regression guidance

- Coach can determine how active defenders are and add / decreased pressure as required.
- Progress or regress by increasing the number of defenders.
- Progress to decreasing number of attackers to encourage greater work-rate in support.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Practice

Two touch

Objective

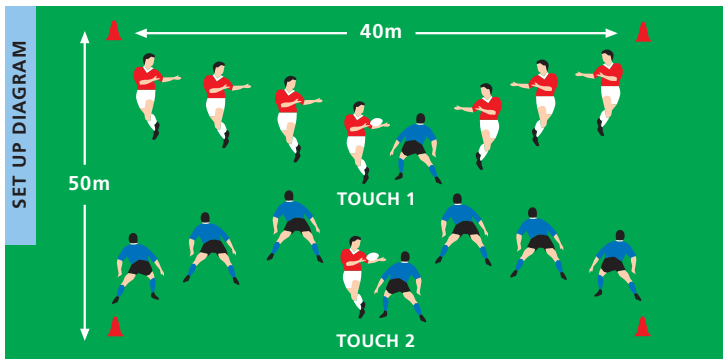
The ability to highlight a one to one situation and attack space with support. Increases spatial awareness, passing, communication and decision-making

Equipment requirements

Balls	1	Bags	n/a	Area	50m x 40 m
Cones	1 stack	Suits	n/a	Players	16 per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Normal rules of touch rugby apply, except it takes two touches by two different people to make a tackle.
- Once touched you may carry on running (cannot score, though) and complete another pass.
- If touched a second time by another defender, then possession is turned over.

**Offload ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Attack the space between defenders using evasive footwork or running hard on to the ball.
2. Carry the ball in two hands. Strong grip with active thumb and index finger.
3. Support players anticipate and have hands out ready for the offload.

Progression / Regression guidance

- Coach can increase or decrease pitch size.
- Progress to having all offloads within a 2 metre distance or turnover.
- Progress to ball being offloaded within 2 seconds or turnover.
- Regress by decreasing number of defenders.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Objective

Recognise opportunities to attack and offload - support runners to react

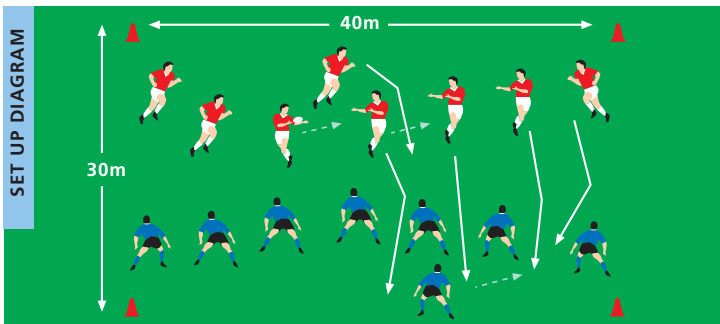
Equipment requirements

Balls	1	Bags	n/a	Area	50 x 40 m
Cones	1 stack	Suits	optional	Players	16 per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- 8 v 8 game of touch (one player to play 'fullback').
- Move ball latterly (like 7s) before the attack recognise a weakness or gap in the defence and attack through the line.
- Player looks to offload once the defensive line has been broken.
- Support runners to be on each side.
- Beat the full back once the defensive line has been broken.

SET UP DIAGRAM



Offload ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Attack the space between defenders using evasive footwork or running hard on to the ball.
2. Strong grip on the ball to make a successful pass to a support runner with a close pop-up pass to the chest area.
3. Support funnel behind ball carrier.

Progression / Regression guidance

- Progress to having all offloads within a 2 metre distance or turnover.
- Progress to ball being offloaded within 2 seconds or turnover.
- Progress by building in decision-making and scrag / contact allowing players to either pop from ground or present ball.
- Regress by decreasing number of defenders.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

Practice

Off load touch

Objective

To improve the players' ability to get in behind the defence, and offload quickly. Will improve spatial awareness, scanning skills, decision-making, communication, evasion and the support of the ball carrier

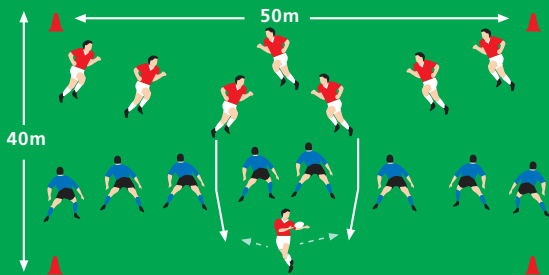
Equipment requirements

Balls	1	Bags	n/a	Area	50m x 40m
Cones	1 stack	Suits	n/a	Players	16 per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Once an attacker is touched he must offload within one second.
- Condition game so that players have to pass the ball in front of defenders then ask them to pass behind the defence by taking two steps past the defender before offloading.
- Question players on what they consider to be the most effective option when attacking.

SET UP DIAGRAM

**Offload ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Attack the space between defenders using evasive footwork or running hard on to the ball.
2. Once past shoulders of defender turn hip and shoulders back to see the support player.
3. Support funnel behind ball carrier.

Progression / Regression guidance

- Progress to having all offloads within a 2 metre distance or turnover.
- Progress to ball being offloaded within 2 seconds or turnover.
- Progress by building in decision-making and scrag / contact allowing players to either pop from ground or present ball.
- Regress by decreasing number of defenders.

Coach to add in further key factors from page 19 once players are performing consistently under pressure

National Theme 3



BALL PRESENTATION

Key Area	Key Factors
Body shape before contact	<ul style="list-style-type: none">■ Avoid head-on tackles by attacking the space using evasive footwork.■ Keep ball in two hands. Strong grip with active thumbs.
Body shape on impact	<ul style="list-style-type: none">■ Speed up through contact, shoulders higher than hips.■ Sink hips on impact, use dynamic leg drive.■ Head up and look (Neutral head position).■ On engagement keep body tense and keep spine in line.■ Leg drive with short dynamic steps and keep ball tight underneath body.
Body shape after	<ul style="list-style-type: none">■ When eventually going to ground, try to land in prone position on top of the ball, keeping the ball hidden from opposition.■ Tilt body slightly to pivot on hip joint (opposite side to tackler) but keep ball tight to body. Keeping core tight all through action.■ Swing top leg over bottom to gain momentum and use powerful push with elbows, keeping ball close to the ground.■ When turned as far as possible extend arms quickly and with purpose with two hand ball presentation as far away from threat as possible.

Communication through all phases



Objective

Secure and present ball accurately on the ground

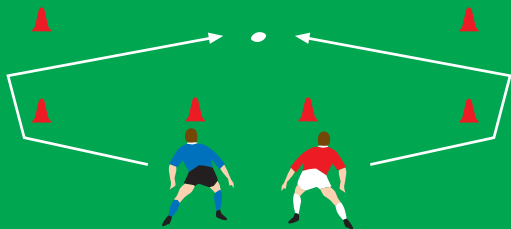
Equipment requirements

Balls	2	Bags	n/a	Area	10 x 5 m
Cones	1 stack	Suits	n/a	Players	8 per group
Shields	n/a	Bibs	n/a	Time	15 minutes

Practice description

- Coach calls for players to move around corner cones and engage ball.
- Players compete to get to ball first and secure ball with good presentation.
- More attackers and defenders can be included by the coach.

SET UP DIAGRAM

**Ball presentation** ~ Key coaching points (Remember to focus on 2/3 at a time)

1. On engagement keep body tense and keep spine in line.
2. When eventually going to ground, try to land in prone position on top of the ball keeping the ball hidden from opposition.
3. When turned as far as possible, extend arms quickly and with purpose with two hand ball presentation as far away from threat as possible.

Progression / Regression guidance

- Progress by increasing number of attackers and defenders to allow decision-making and formation of a ruck.
- Coach can place or throw ball into different positions.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Practice

Number alley

Objective

To focus accurate ball presentation, building in decision-making or support players

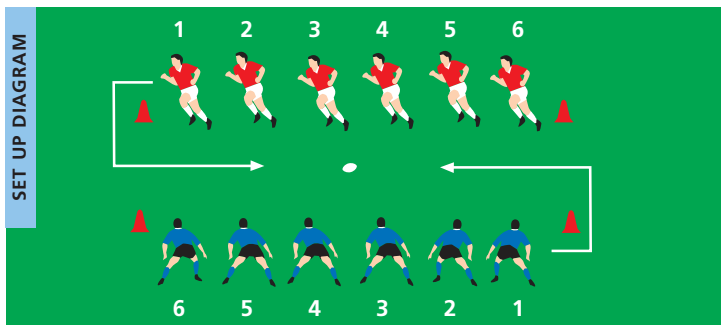
Equipment requirements

Balls	2	Bags	n/a	Area	10 x 10 m
Cones	1 stack	Suits	n/a	Players	12 max per group
Shields	n/a	Bibs	n/a	Time	15 minutes

Practice description

- Six players on each team.
- Each player is given a number (could be same as their partners).
- When a player's number is called they enter the alley at the top (nominated side).
- One team to attack, the other to defend ~ keep swapping roles around.
- Progress with involvement of more players.

SET UP DIAGRAM

**Ball presentation ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Keep ball in two hands. Strong grip with active thumbs.
2. Tilt body slightly to pivot on hip joint (opposite side to tackler) but keep ball tight to body. Keeping core tight all through action.
3. Swing top leg over bottom to gain momentum and use powerful push with elbows, keeping ball close to the ground.

Progression / Regression guidance

- Progress by increasing number of attackers and defenders to allow decision-making and formation of a ruck.
- Coach can place or throw ball into different positions.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Practice

Present and clear

Objective

Develops ball presentation and roles of support players through a game-like situation

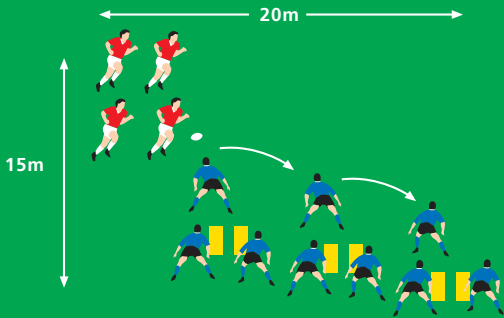
Equipment requirements

Balls	1 per group	Bags	n/a	Area	15m x 20m
Cones	1 stack	Suits	3	Players	13+
Shields	6	Bibs	n/a	Time	15 minutes

Practice description

- Defenders in groups of 3 ~ one player in tackle suit with 2 defenders with hit shields behind.
- In groups of 4, attackers work up through the groups of defenders. The first attacking player should look to evade and drive as far as he/she can with the two support players clearing the two pads away.
- Players either 'pick and go' or coach can use a player to make a clearing pass to a runner.
- Once through the groups of defenders, attackers regroup and come back the other way.

SET UP DIAGRAM



Ball presentation ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Avoid head-on tackles by attacking the space using evasive footwork.
2. Sink hips on impact, use dynamic leg drive.
3. When eventually going to ground, try to land in prone position on top of the ball keeping the ball hidden from opposition.

Progression / Regression guidance

- Progress by having all players with suits on.
- Regress by decreasing number of defenders or remove the player in suit until more successful.
- Coach can increase or decrease amount of space to attack in.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Practice

Pressure presentation

Objective

Develops ball presentation under pressure through a game-like situation

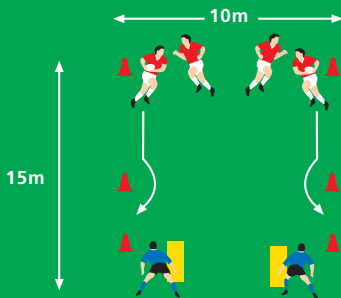
Equipment requirements

Balls	2+	Bags	n/a	Area	15m x 10m
Cones	1 stack	Suits	optional	Players	3 per group
Shields	2	Bibs	n/a	Time	10 minutes

Practice description

- Attacker carries the ball forward, steps the cone / agility pole and tries to drive the defender (with shield) back over the line.
- As the attacker goes to ground, the defender lies (or applies pressure on top) of the attacker with hit shield.
- The attacker attempts to present the ball before the defender can hinder.
- The second attacker attempts to clean out the defender.
- The above should happen pretty simultaneously.

SET UP DIAGRAM

**Ball presentation ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Speed up through contact, shoulders higher than hips.
2. Leg drive with short dynamic steps and keep ball tight underneath body.
3. Swing top leg over bottom to gain momentum and use powerful push with elbows, keeping ball close to the ground.

Progression / Regression guidance

- Progress to increasing the number of defenders ~ coach can condition as appropriate.
- Regress by decreasing number of defenders or condition to be less active.
- Coach can increase or decrease amount of space to attack in.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Objective

Provide decision-making opportunities to the ball carrier and support runners in relation to ball presentation skills

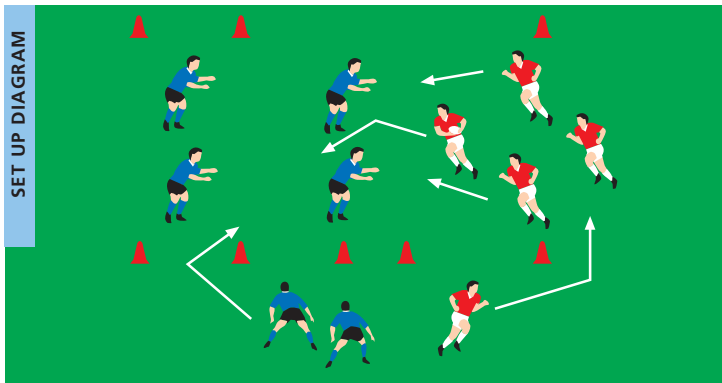
Equipment requirements

Balls	2	Bags	n/a	Area	30 x 20 m
Cones	1 stack	Suits	optional	Players	8+
Shields	optional	Bibs	n/a	Time	15 minutes

Practice description

- Start with a 3 v 2 situation. Defenders to stay on a line. Attacker cannot pass the ball - must present.
- Progress to two defenders being added in the 'end' zone.
- The fourth attacker to be added to clear the ball from the contact area.

SET UP DIAGRAM



Ball presentation ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Avoid head-on tackles by attacking the space using evasive footwork.
2. Leg drive with short dynamic steps and keep ball tight underneath body.
3. When turned as far as possible, extend arms quickly and with purpose with two-hand ball presentation as far away from threat as possible.

Progression / Regression guidance

- Progress to increasing the number of defenders ~ coach can condition as appropriate.
- Regress by decreasing number of defenders or condition to be less active.
- Coach can increase or decrease amount of space to attack in.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Practice

Group touch

Objective

Introduction and development of ball presentation through a game-like environment. Also aids spatial awareness, communication, decision-making and attacking skills into space

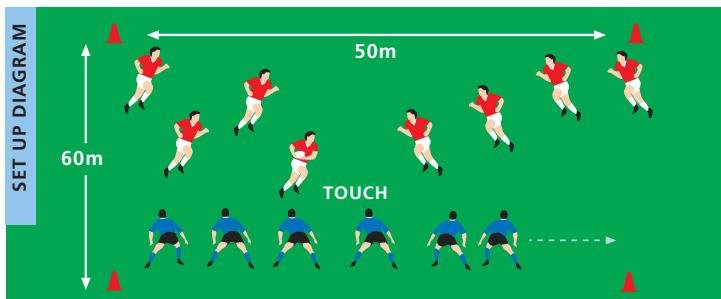
Equipment requirements

Balls	1	Bags	n/a	Area	60m x 50 m
Cones	1 stack	Suits	n/a	Players	14 - 16 per game
Shields	n/a	Bibs	6	Time	20 minutes

Practice description

- Attack always has two more players than the defence.
- When a player from the attacking team is touched, all the players from the defending team must run in and touch the ball and drop to one knee.
- Player to present ball effectively using highlighted key points.
- When scrum half plays the ball defence can go, so forcing them to use a drift defence.
- Attack has four phases to score until switch of roles.
- Coach should emphasise the benefits of effective ball presentation to the speed of the game.

SET UP DIAGRAM

**Ball presentation ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Avoid head-on tackles by attacking the space using evasive footwork.
2. Swing top leg over bottom to gain momentum and use powerful push with elbows keeping ball close to the ground.
3. When turned as far as possible extend arms quickly and with purpose with two hand ball presentation as far away from threat as possible.

Progression / Regression guidance

- Progress to increase level of contact (defender to hold attacker to force leg-drive). Coach can move to full contact.
- Coach can increase or decrease defenders to progress or regress.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

Practice

Number touch

Objective

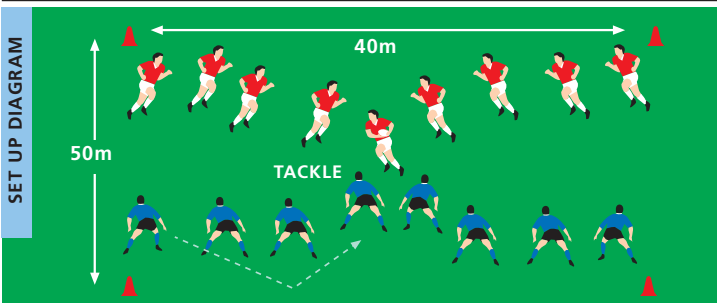
Introduction and development of ball presentation through a game-like environment. Recognition of the space in the defence and the players' ability to attack through that space

Equipment requirements

Balls	1	Bags	n/a	Area	50m x 40m
Cones	1 stack	Suits	n/a	Players	16 per game
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- When a touch is made on an attacker, the attacker will present the ball using highlighted key points.
- Each defender is given a number. When their number is called, they come into the contact area and simulate a ruck (call in more numbers to create larger gaps in the defence).
- The remaining defenders are then told to defend narrow or wide.
- The attackers then attack the appropriate space.
- Coach should emphasise the benefits of effective ball presentation to the speed of the game.

**Ball presentation ~ Key coaching points** (Remember to focus on 2/3 at a time)

1. Head up and look (neutral head position).
2. When eventually going to ground, try to land in prone position on top of the ball, keeping the ball hidden from opposition.
3. Tilt body slightly to pivot on hip joint (opposite side to tackler) but keep ball tight to body. Keeping core tight all through action.

Progression / Regression guidance

- Progress to increase level of contact (defender to hold attacker to force leg-drive). Coach can move to full contact.
- Coach can increase or decrease defenders to progress or regress.

Coach to add in further key factors from page 27 once players are performing consistently under pressure

National Theme 4



INDIVIDUAL TACKLE TECHNIQUE

Key Area

Key Factors

Pre-tackle set-up

- Face up and eyes on target hip.
- Position on inside shoulder and nominate who you have got.
- Boxer stance ~ hands up in front of chest, elbows, on toes with one foot forward and slight bend in knees.
- Animated and ready to go forward.

Close space and arrive balanced

- Close space quickly.
- Paddle (short steps) moving forward in a controlled, balanced movement pre contact.
- Feet alive (on toes be ready to move left or right).
- Accelerate onto lead foot planted close to the ball carrier (foot inside the hoola hoop).

Engage the tackle

- Sink hips - Same foot - Same shoulder.
- Shoulder contact on thigh.
- Head tight behind the ball carrier and punch both arms forward and grip / clamp around ball carrier.
- Keep legs alive, leg drive with small dynamic steps.
- Regain feet to compete.



Communication through all phases

Objective

To highlight and focus on the key factors of the individual tackle technique in a controlled environment

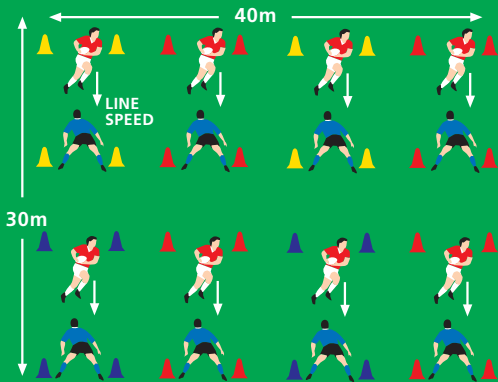
Equipment Requirements

Balls	1 per group	Bags	n/a	Area	40 x 30m
Cones	1 stack	Suits	n/a	Players	2+
Shields	n/a	Bibs	8	Time	20 minutes

Practice description

- Blue bibs are defenders ~ red bibs attackers. Defenders call when they advance, starting the attack.
- Attacker to stay in square and attack and beat defender.
- Progressive speed of attacker reflecting the defender's experience.
- Manipulation of attacker or defender to sides to create certain tackles (side / front).

SET UP DIAGRAM



Tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Face up and eyes on target hip.
2. Close space quickly.
3. Sink hips - Same foot - Same shoulder. Shoulder contact on thigh.

Progression / Regression guidance

- Progress by increasing the size of the coned area to create more space for attacker and challenge defenders footwork.
- Regress by reducing the size of area to reinforce technique.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

To focus on the correct body position pre, during and post contact

Equipment requirements

Balls	8	Bags	n/a	Area	5m x 5m per group
Cones	1 stack	Suits	optional	Players	2+
Shields	optional	Bibs	8	Time	10 minutes

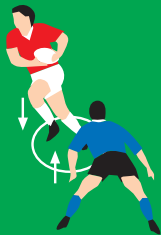
Practice description

- Attacker stands 5 metres from defender. Defender calls to advance and 'paddles' towards attacker.
- Defender to connect with shoulder (or hand) and leg drive (do not take to ground) ~ focus on hands up and same foot / same shoulder.
- Attacker can be manipulated to increase difficulty of practice as defender increases in technique.

SET UP DIAGRAM



Same shoulder
- same foot



Foot in the hoop

Tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Boxer stance ~ hands up in front of chest, elbows in, on toes with one foot forward and slight bend in knees.
2. Paddle (short steps) moving forward in a controlled, balanced movement pre contact.
3. Accelerate onto lead foot planted close to the ball carrier (foot inside the hoola hoop).

Progression / Regression guidance

- Progress by increasing intensity of attacking player ~ more movement for defender to react.
- Regress by slowing attacker down until defender can carry out the key points consistently.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

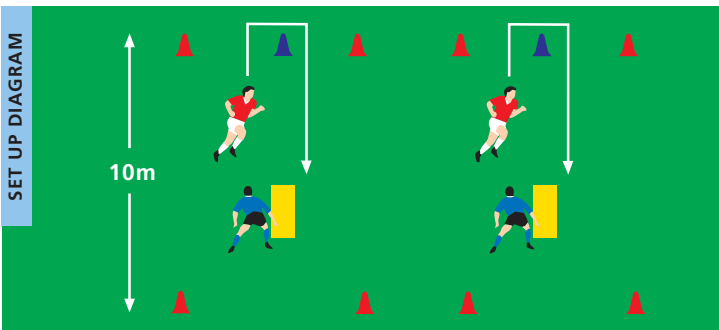
To focus on 'same shoulder / same foot' - communication and line speed

Equipment Requirements

Balls	1 per group	Bags	n/a	Area	10 x 40m
Cones	1 stack	Suits	optional	Players	2+
Shields	1 per pair	Bibs	n/a	Time	15 minutes

Practice description

- Player jogging on spot ~ tackle bag holder calls 'go'.
- Player touches bag and moves 5m back around cone before engaging tackle bag.
- Work in lines to emphasise the defensive line.
- Tackle bags can move to simulate attack movement.



Tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Animated and ready to go forward.
2. Feet alive (on toes be ready to move left or right).
3. Head tight behind the ball carrier and punch both arms forward and grip / clamp around ball carrier.

Progression / Regression guidance

- Progress to increasing intensity of attacker ~ more movement for defender to react.
- Progress to having two defenders and two attackers in each area to challenge defence to work together.
- Regress by reducing the size of the area to reinforce technique.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

To develop individual tackle technique ~ in particular 'same foot / same shoulder' principle through an evasive 1 v 1 scenario

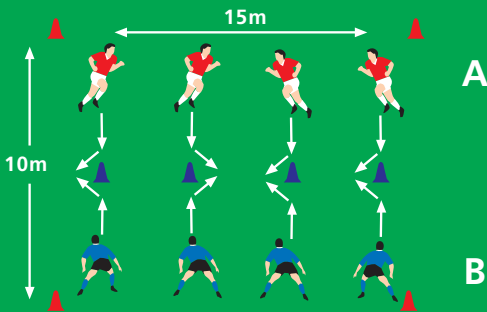
Equipment requirements

Balls	1 per group	Bags	n/a	Area	10m x 15m
Cones	1 stack	Suits	optional	Players	2+
Shields	optional	Bibs	n/a	Time	10-15 minutes

Practice description

- 4 v 4 with a cone in between.
- coach call A or B ~ the relevant line then advances towards their cone and steps to one side (replicating a side-step).
- Opposite team moves forward and reacts to attackers.
- Opposite team to get into effective pre-tackle position ~ same foot, same shoulder, foot in close.
- Defending team doesn't make tackle but instead puts hand on the attacker.

SET UP DIAGRAM



Individual tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Close space quickly.
2. Paddle (short steps) moving forward in a controlled, balanced movement pre contact.
3. Accelerate onto lead foot planted close to the ball carrier (foot inside the hoola hoop).

Progression / Regression guidance

- Progress by increasing speed of ball carrier.
- Progress or regress by increasing / decreasing spacing / width between players.
- Progress by wrapping arms around attacker and put shoulder into contact.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

To develop individual tackle technique through an evasive 1 v 1 scenario

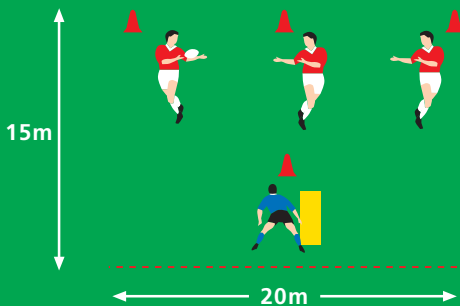
Equipment requirements

Balls	1 per group	Bags	n/a	Area	15 x 20m
Cones	1 stack	Suits	n/a	Players	4 per group
Shields	n/a	Bibs	1	Time	10-15minutes

Practice description

- 3 attackers and 1 tackler in 20m x 15m grid with 1 try line (marked out with cones).
- Attackers start on cones and pass ball along the line ~ on coaches call (attacker 1, 2 or 3) attempts to evade tackler and score.
- Tackler adopts correct tackle technique and attempts to tackle the attacker.
- Tackler gets back to feet quickly and runs back to centre cone (start point).
- Repeat practice 5 times before rotating players' roles.

SET UP DIAGRAM



Individual tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Face up and eyes on target hip.
2. Head tight behind the ball carrier and punch both arms forward and grip / clamp around ball carrier.
3. Regain feet to compete.

Progression / Regression guidance

- Progress by starting the tackler on their knees, back or chest to replicate game situations.
- Progress by varying the distance to try-line ~ change width and area.
- Regress by decreasing the number of attackers.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

To develop individual tackle technique through an evasive scenario

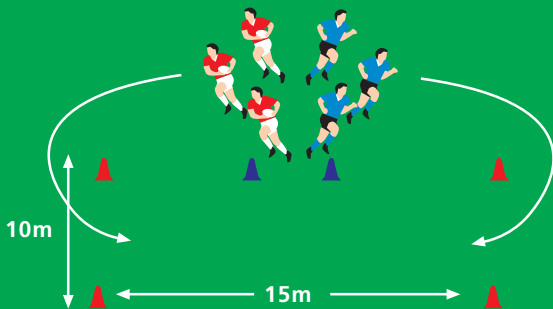
Equipment requirements

Balls	2	Bags	n/a	Area	10m x 15m
Cones	1 stack	Suits	n/a	Players	6-8 max per group
Shields	n/a	Bibs	1	Time	10-15minutes

Practice description

- Two lines of players behind green cones.
- Coach (or nominated player) call out one of 2 v 1, 1 v 1, 1 v 2, 2 v 2 etc..
- Attacking players in left hand column attack and defenders in right hand column.
- Attacking players must attempt to beat defenders ~ defenders to concentrate on sound tackle technique.

SET UP DIAGRAM



Individual tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Close space quickly.
2. Paddle (short steps) moving forward in a controlled, balanced movement pre contact.
3. Keep legs alive, leg drive with small dynamic steps.

Progression / Regression guidance

- Progress by increasing the number of attackers and defenders involved.
- Widen / shorten the grid to progress or regress the practice.
- Regress by shortening the distance to run when dealing with weaker tacklers ~ less space for attacker to run.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

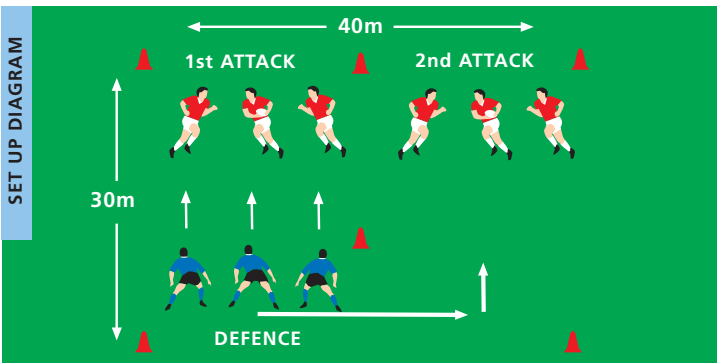
Develop individual tackle technique within a game environment

Equipment requirements

Balls	2	Bags	n/a	Area	30 x 40 m
Cones	1 stack	Suits	optional	Players	9+
Shields	n/a	Bibs	6	Time	15-20 minutes

Practice description

- Three attackers attack a defensive line of 3.
- All attackers are to be stopped ~ focus on same shoulder / same foot hit (not full tackle).
- Once attack is stopped the defenders move across and defend a second attack in channel 2.
- Defence is worked 8 times before changing.
- Intensity and full tackle can be changed as defence and tackle technique improve.



Tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Position on inside shoulder and nominate who you have got.
2. Accelerate onto lead foot planted close to the ball carrier (foot inside the hoola hoop).
3. Keep legs alive, leg drive with small dynamic steps.

Progression / Regression guidance

- Progress to full tackle focussing on players working in a chain of 3.
- Progress by increasing number of attackers.
- Increase or decrease the size of the area to progress or regress.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Objective

To develop individual tackle technique through an evasive game

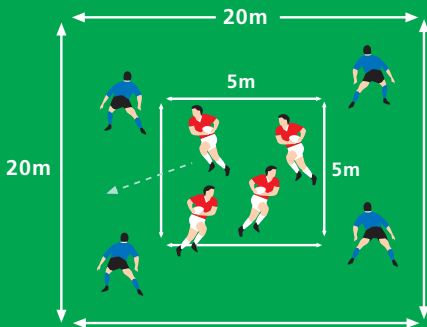
Equipment requirements

Balls	4 per game	Bags	n/a	Area	20m x 20m
Cones	1 stack	Suits	n/a	Players	7+
Shields	n/a	Bibs	8	Time	5-10min rotations

Practice description

- 1 small grid (5m x 5m) within a larger grid (20m x 20m).
- 4 players (with balls) in small grid and 4 (without balls ~ defenders) in larger grid.
- Attackers aim is to score a try over the outer grid without being tackled.
- Defending players cannot enter the small grid.
- When tackle is made, attacker must go back to small grid and start over.
- If try is scored, attacker re-enters small grid and must attack a different try line.

SET UP DIAGRAM



Individual tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Boxer stance ~ hands up in front of chest, elbows in, on toes with one foot forward and slight bend in knees.
2. Feet alive (on toes be ready to move left or right).
3. Sink hips - Same foot - Same shoulder. Shoulder contact on thigh.

Progression / Regression guidance

- Increase or decrease number of ball carriers to progress or regress.
- Increase or decrease the size of the area.
- Progress by reducing to 2 balls - attackers work in pairs to score tries.

Coach to add in further key factors from page 35 once players are performing consistently under pressure

Practice

Overload touch

Objective

To improve the players' ability to individually tackle in a game situation

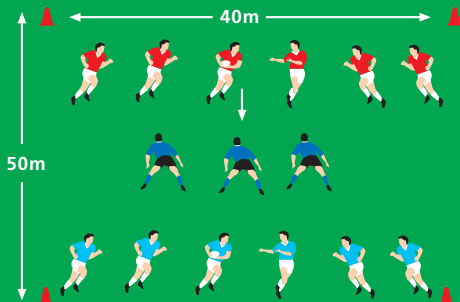
Equipment requirements

Balls	2	Bags	n/a	Area	50m x 40m
Cones	1 stack	Suits	n/a	Players	15
Shields	n/a	Bibs	12	Time	20 min

Practice description

- Three defenders start in the middle of the area.
- One attacking team attacks the defenders ~ they have three contacts (touches) to score.
- On scoring, after three contacts or a mistake, then possession goes to the other attacking team and they attack the defence from the opposite side.
- A contact is the defence making a shoulder contact (same foot / same shoulder) ~ full tackle can progress on successful completion.

SET UP DIAGRAM



Tackle technique ~ Key coaching points (Remember to focus on 2/3 at a time)

1. Animated and ready to go forward.
2. Paddle (short steps) moving forward in a controlled, balanced movement pre contact.
3. Sink hips - Same foot - Same shoulder. Shoulder contact on thigh.

Progression / Regression guidance

- Progress to full tackle.
- Increase or decrease the size of the area to progress or regress.
- Regress to increasing number of defenders or decrease number of attackers.

Coach to add in further key factors from page 35 once players are performing consistently under pressure





Produced by Scottish Rugby

Authoring team - Graham Lindsay, Nic Humphries,
Grant McKelvey and Neil Carrie

Edited by - Jock Peggie, Neil Graham, Alex Edmonstone,
Henry Edwards, Mark Mckenzie, Ben Fisher, Chris Dewsnap,
Rory Couper and Gregor Townsend

Many thanks to Jenny Craig for assistance with the production of this resource.

www.scottishrugby.org.uk