

Skill 7a  
Ruck and maul decision  
making  
**PLAY**

**GET INTO  
RUGBY**



30 players

**Drill 1**

3 groups of 10

**Ruck & Maul Touch Rugby - 6 v 4**

**Equipment needed:**

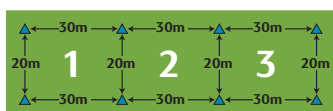
- 3 Rugby balls • 8 cones

**Principles of play:**

- Go forward • Provide support • Create continuity • Apply pressure • Score points

**Space needed:**

- 3 channels
- 30 metres x 20 metres

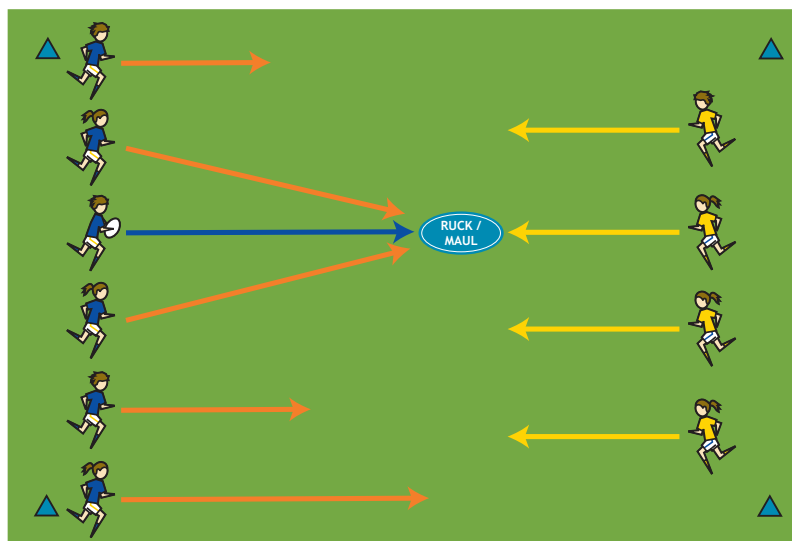


**Suggested time allocation:**

- 12 minutes

**How to play:**

- Using the skills learnt previously, attacking players can decide to set up either a ruck or a maul when tackled
- After a successful 2-hands-touch / tag / tackle, the defender must stay on his/her own side of the ball (stay onside)
- Teachers and coaches may decide to allow contested rucks
- When a successful 2-hands-touch / tag / tackle is made, or when the ball carrier stays on his/her feet when a defender attempts to tackle him/her, the attackers can decide to form a maul
- Teachers & coaches may decide:
  - to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the off-side laws
  - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed



30 players

**Drill 1**

3 groups of 10

## Ruck & Maul Touch Rugby - 6 v 4

### Coaching points:

#### ***For the attackers:***

- Run forward
- Dodge the defenders
- When tackled, keep the body between the defenders and the ball
- Support players must stay behind the ball
- After a tackle is made, decide whether to go to ground (ruck) or stay on the feet (maul) and wait for a supporting player to come in to help

#### ***For the defenders:***

- Keep the head up - focus on the waist of the ball carrier
- Two handed touch tackle
- In a ruck, stand over the tackled player and hold the second attacker
- In a maul, hold on to the ball carrier

### Difficulty:

#### ***Harder (for the attackers):***

- Tacklers can try to take the ball once it is placed on the ground in a ruck and wrestle for the ball in a maul

#### ***Easier (for the attackers):***

- Increase the number of attackers in the maul or ruck. But remember, the more attackers that commit to the contact area, the less that are available to use the space away from the ruck or maul