

## Skill 7b

Set up and progress with a maul

# PLAY

# GET INTO RUGBY



30 players

## Drill 1

3 groups of 10

# Maul Touch Rugby - 6 v 4

### Equipment needed:

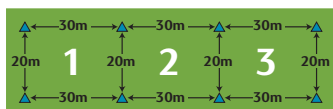
- 3 Rugby balls • 8 cones

### Principles of play:

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

### Space needed:

- 3 channels
- 30 metres x 20 metres

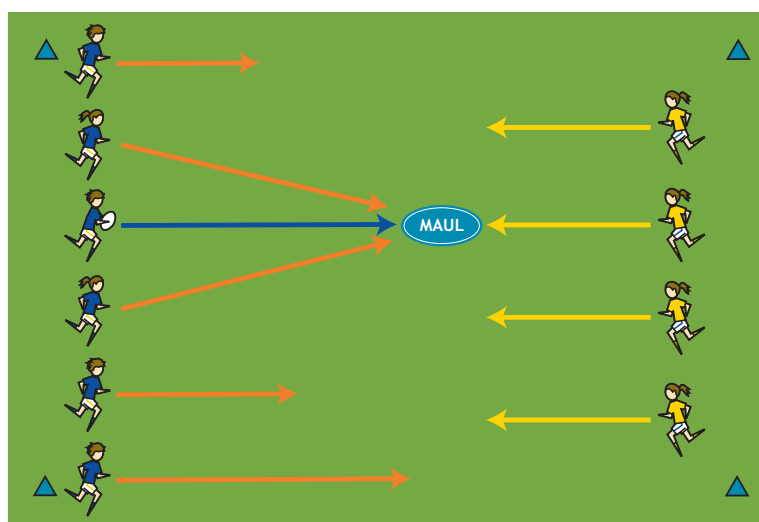


### Suggested time allocation:

- 12 minutes

### How to play:

- Split the 10 players in each channel into two teams - 4 players to defend, 6 players to attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- In this game, the ball carrier is not brought to ground
- When a successful 2-hands-touch / tag is made or when a defender wraps the ball carrier with both arms between his/her chest and hips the attackers must form a maul: the ball carrier must not pass but must hold the ball and another attacking player must come in and take the ball away from the tackled player
- 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 offside laws
  - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed.



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### Coaching points:

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

- Run forward
- Dodge the defenders
- When tackled, stay on the feet and keep the body between the defenders and the ball
- Support players must stay behind the ball

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

- Keep the head up - focus on the waist of the ball carrier

***For the purposes of this exercise, ensure that only 3 players are involved in a maul – 2 attackers and 1 defender***

### Difficulty:

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

- Tackled player and supporting player can drive forward using their legs whilst staying on their feet

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

- Defenders do not have to retreat 7 metres when a tackle is made