

Skill 8a

Set up a scrum to restart a game

PLAY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

5 v 5 with Scrums

Equipment needed:

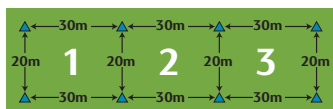
- 3 Rugby balls
- 8 cones

Principles of play:

- All six principles

Space needed:

- 3 channels
- 30 metres x 20 metres



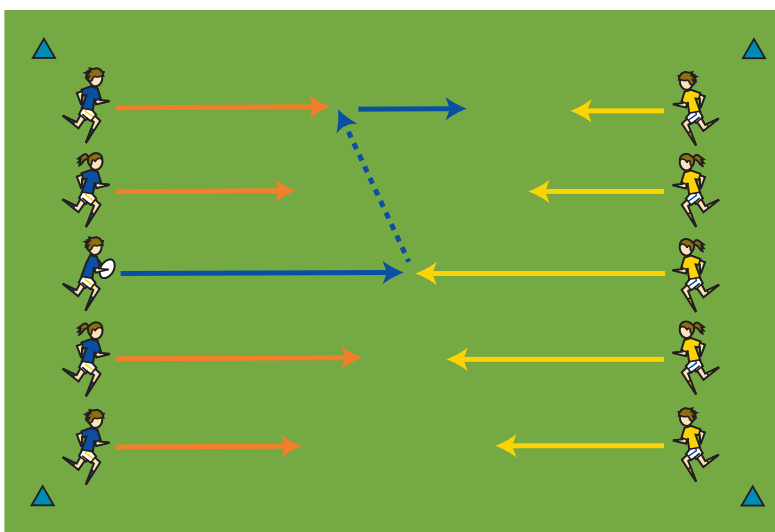
Suggested time allocation:

- 15 minutes

How to play:

- Before playing this game, teachers and coaches should look again at the scrum techniques at: <http://rugbyready.worldrugby.org>

- 10 players to each channel - split players into two teams of 5
- 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
- When there is a knock-on or forward pass, then a 3 v 3 scrum takes place. No pushing is allowed and only the side putting the ball in is allowed to win it
- Teachers and coaches may decide to allow contested rucks (offside laws must be respected)



- 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 ruck or 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 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
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

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

Difficulty:

Harder (for the defenders):

- Defenders make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower