

## Skill 8b

Set up a lineout to restart a game

# PLAY

# GET INTO RUGBY



28 players

## Drill 1

2 groups of 14

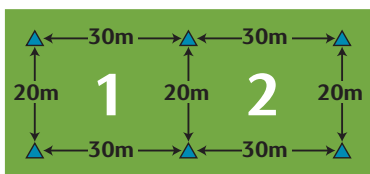
# 7 v 7

### Equipment needed:

- 2 Rugby balls
- 8 cones

### Space needed:

- 2 channels
- 30 metres x 20 metres (though use a suitably wide pitch depending on age of the players - perhaps use a 1/4 of the full rugby pitch for Under 12s and 1/2 of the pitch for older players)



### Principles of play:

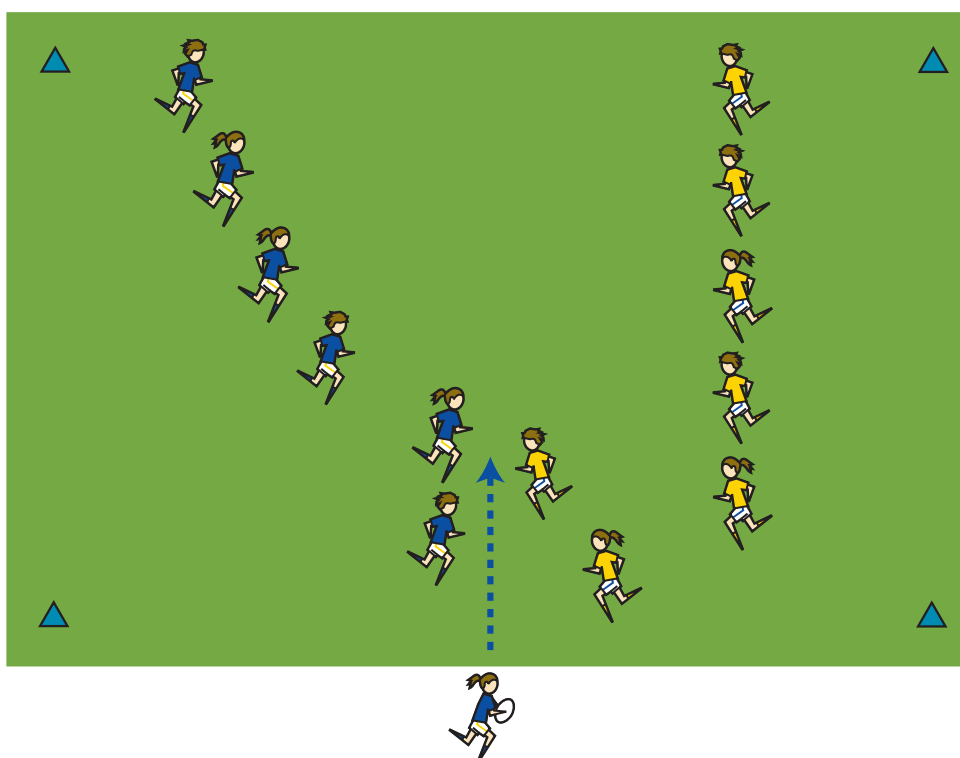
- All six principles

### Suggested time allocation:

- 15 minutes

### How to play:

- 14 players to each channel - split players into two teams of 7
- Use 3 v 3 scrums
- Use 3 person lineouts
- Free pass to restart
- 5 minutes each way



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# 7 v 7

### Coaching points:

- Play the normal Laws of Rugby
- However, try to let the game flow by playing advantage as much as possible
- When starting, it might be better to have no pushing in the scrums
- When starting, allow the side throwing into the lineout to win the ball before the opposition can compete
- Once players are competent, allow pushing in the scrums and contesting in the lineouts

### Difficulty:

#### **Harder:**

- As players become more and more confident, you may add to the numbers of players involved and also increase the size of the playing area:
  - 9 v 9 (3 v 3 scrum); 10 v 10 (5 v 5 scrum);
  - 12 v 12 (6 v 6 scrum);
  - 15 v 15 (8 v 8 scrum)

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

- Make the channel wider

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

- Make the channel narrower

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30 players

## Drill 2

3 groups of 10

# 5 v 5 with Lineouts

### Equipment needed:

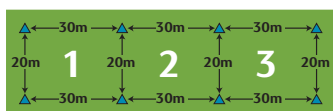
- 3 Rugby balls
- 8 cones

### Principles of play:

- All six principles

### Space needed:

- 3 channels
- 30 metres x 20 metres

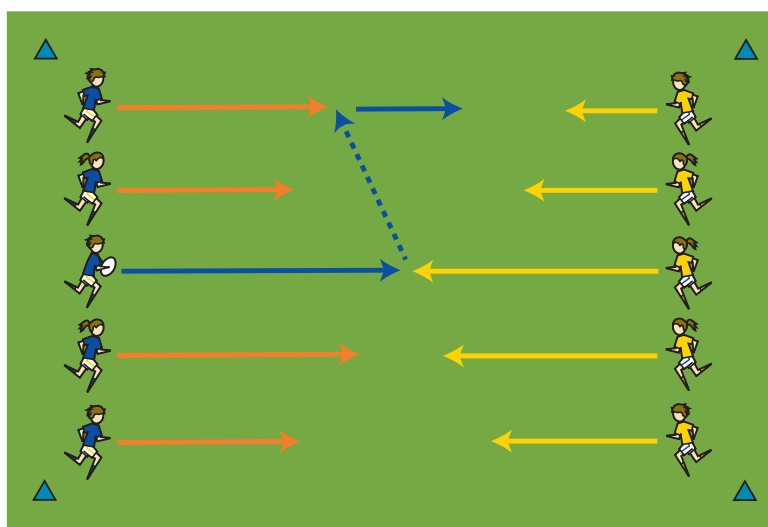


### Suggested time allocation:

- 15 minutes

### How to play:

- Before playing this game teachers and coaches should look again at the lineout 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 the ball goes over the touchline, then a 2 v 2 lineout takes place. Players should not be lifted in the lineout but should jump unassisted. Pushing is not permitted
- Teachers & 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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## Drill 2

3 groups of 10

# 5 v 5 with Lineouts

### 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

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30 players

## Drill 3

3 groups of 10

# 5 v 5 with Scrums and Lineouts

### Equipment needed:

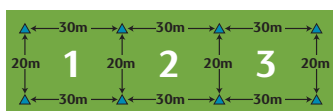
- 3 Rugby balls
- 8 cones

### Principles of play:

- All six principles

### Space needed:

- 3 channels
- 30 metres x 20 metres

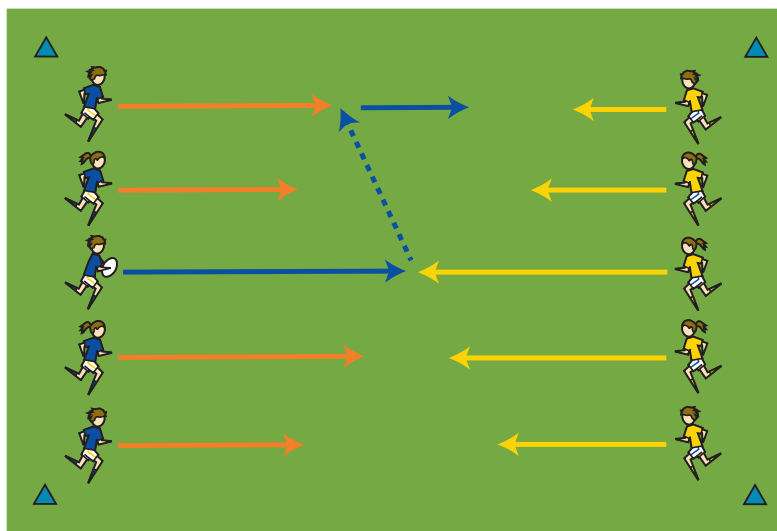


### Suggested time allocation:

- 15 minutes

### How to play:

- 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
- When the ball goes over the touchline, then a 2 v 2 lineout takes place. Players should not be lifted in the lineout but should jump unassisted. Pushing is not permitted
- 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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## 5 v 5 with Scrums and Lineouts

### Coaching points:

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- Run forward
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- Support players must stay behind the ball
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#### ***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
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#### ***Easier (for the defenders):***

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## Drill 4

3 groups of 10

# Play Rugby game with tackling

### Equipment needed:

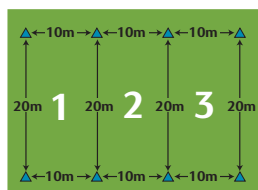
- 3 Rugby balls • 8 cones

### Principles of play:

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

### Space needed:

- 3 channels
- 20 metres x 10 metres

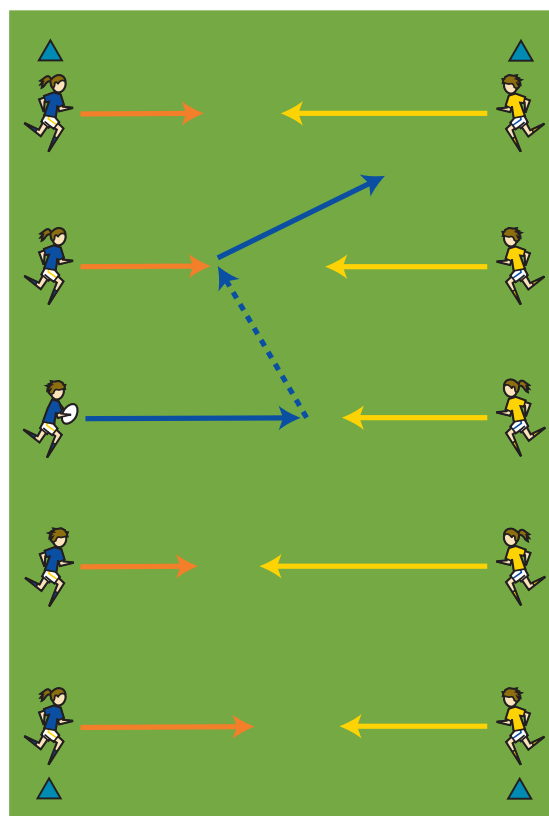


### Suggested time allocation:

- 12 minutes

### How to play:

- 2 teams of 5 to each channel - one team will defend, one team will 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
- Defenders can tackle by either:
  - Holding the ball carrier upright - ball carrier is then released to pass
  - Tackling the ball carrier to the ground as shown in Rugby Ready
- If tackled by a defender, the ball carrier must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tackle, the defender must retreat 5 metres and must not attempt to intercept or obstruct the pass



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30 players

Drill 4

3 groups of 10

# Play Rugby game with tackling

## 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

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

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

***Initially there may be chaos, but perseverance will ensure that players are given a taste of the game***

## Difficulty:

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

- After 3 tackles, change possession

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

- Increase the width of the channel