



RUGBY TRAINING TEMPLATE 3

Training Focus: Scrums

Primary Objectives: To build a strong and safe scrum.

Equipment Required: Rugby balls, cones, players' mouth guards, scrum machine (if available) and your training plan.



ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
WARM UP 1. Bear Crawls 2. Duck Walks 3. Crocodile Crawls 4. Back-to-Back	15-20mins	<ol style="list-style-type: none">1. Keeping their backs straight, players must get on their hands and feet, and crawl along slowly and deliberately.2. In a squat position with feet flat on the ground, players must walk like a duck.3. Keeping their tummy close to the ground, players must get on their hands and feet, and crawl along slowly and deliberately.4. In pairs, players must link arms while being back-to-back, with knees bent and seated on the ground. If the coach calls LEFT, both players roll to the left. If the coach calls RIGHT, both players try to roll to the right.	<ul style="list-style-type: none">• To build a progressive warm-up for the scrum. It's important to spend the appropriate amount of time being specific with this warm-up as the scrum in particular requires heavy loads on the shoulders, neck, back, core and legs.
INDIVIDUAL SKILLS 1. Lean and Hold 2. 1 on 1 Push	10-15mins	<ol style="list-style-type: none">1. Individually, get players to lean and hold against a wall. Players extend their arms and push with their hands on the wall. The player must keep their back straight and knees bent. Emphasise a strong core and keeping head "neutral."2. In pairs, players get onto their knees, facing each other, and at a safe distance apart, player A engages (binds) with player B. Coach checks for correct techniques. When everything is right, coach gets players A & B to dig toes in and push slightly. This will get their knees off the ground. Repeat 5-6 times.	<ul style="list-style-type: none">• Emphasis of technical detail required for a safe pushing position.• Players will understand the value of a strong core in pushing.

ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
UNIT SKILLS 1. 2 on 2 Push 2. 5 Person Scrum	20mins	1. In groups of 4, get players into pairs. On knees, facing each other, and at a safe distance apart, group A line up facing group B. Coach checks for correct techniques. When everything is right, coach gets group A & B to "crouch" "bind" then "set." 2. Building into a 5-person scrum, use a scrum machine (if possible). Get front row binding and locks in. Coach checks for correct techniques. When everything is right, coach gets group to "crouch" "bind" then "set".	<ul style="list-style-type: none"> • Pre-engagement routine and restarting each scrum. • Effective binding technique. • To learn how the individual skill fits into the scrum as a unit for set-piece. • Working collectively in the scrum • Position awareness.
COOL DOWN Walking Touch	5-10mins	In a 25m x 50m channel (1/4 Rugby Field) play a regular game of touch rugby. No player is allowed to jog or run; all players must walk only.	