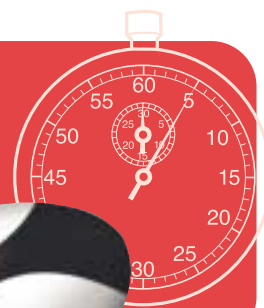


RugbyCoach junior




For coaches of players aged 8 to 13 years

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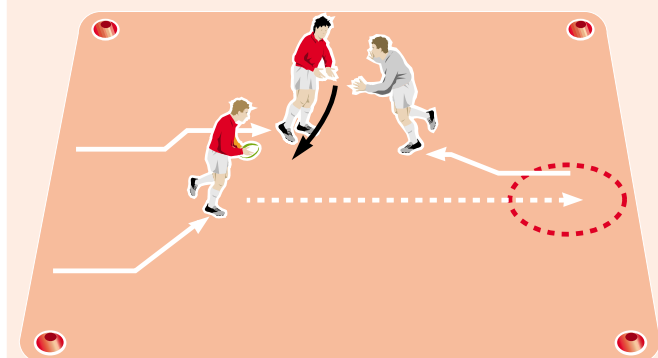
Greater 2 v 1 Success Using the Draw and Pass

Creating and completing a 2 v 1 situation is a fundamental skill in rugby. Paul Tyler sets out the basic requirements for the ball carrier and supporting player to win these situations more often.

In a 2 v 1 situation the ball carrier is the key player. Carrying the ball in two hands, he must “draw” the defender (get into a position where the defender has no choice but to tackle him) and yet still have the time and space to get a pass away. The support player must be deep enough to react to the ball carrier and close enough to ensure the pass is easy.

Build the exercise from low pressure (walking pace) and with the defender inactive and not moving forward. Slowly develop the speed of the practice and allow the defender to become more active. Pay special attention to the running lines of the attacking players. 

Draw and pass



- 1 The ball carrier carries the ball in two hands and runs straight at the defender.
- 2 The ball carrier steps sharply to the left (to draw the defender) and then straightens (this makes it easier to pass).
- 3 The defender has to follow the ball carrier to make the tackle, which creates space for the attacking players.
- 4 The support player starts wide (opposite the next defender) and then comes in close to receive the pass. He should end up running through the space previously taken by the defender.

editor's letter

It is impossible to play any sport without balance. And it is impossible for a rugby player to be balanced without having his feet underneath his centre of gravity.

I see far too many coaches and players who attribute mistakes to poor technique or lack of concentration when in fact it is often poor balance and a lack of understanding about where their feet should be.

So how to correct it? This week's main article is on page 3. It gives you the practical tools to start the process of correcting the problem and improving your players' all round skills.

A lot of it is to do with positive reinforcement in every exercise and game they play. Constantly talk about their feet positions in the same way you encourage them to communicate in everything they do.

It can be a long process and you will find that some of your players' skills suffer as they focus on their feet but once they crack it you will see a rapid improvement in all their individual skills.

Paul D. Tyler

Paul Tyler
Joint Editor

Fitness Tip of the Week: Aerobic Touch Rugby

Increase your players' endurance with "aerobic touch rugby". A game that is more fun than just running, it also improves handling, footwork and communication skills.

- Divide your players into two equal teams (7 a side is optimum). Play using half a full size pitch. Put a cone in the middle at each end of the pitch.
- All touches must be with two hands. Once a defender has made a touch they are out of the game until they have sprinted back to their own try line and touched the cone. They then rejoin the game.
- The defending team must get back three metres every time there is a touch. The referee may need to mark this distance for the players.
- In order to score a try every member of the attacking team must be within five metres of the try line. If not, the try doesn't count.
- If defenders are offside, or if attackers drop the ball or make a poor pass they are sent to the "drill master" and have to perform a set of an exercise (for example, 5 press ups, or 3 burpees). They then rejoin the game.
- The game should be strictly refereed for maximum effect. 🏉

A-Z of Child Protection

"C" is for "Consent"

Getting consent from parents and guardians is essential for everything you do at your rugby club. Make sure they are fully aware of the potential dangers of playing rugby and of the safety precautions you and your coaches take to make everything as safe as possible. Outline your first aid provision and your procedures if a player needs medical attention.

At the start of the season give all parents a consent form to read and sign, include things like travelling to away games, taking photos and videos of the players in games and during training, and permission for you to act in loco parentis while the players are in your charge.

Finally, make sure all parents and guardians provide you with full medical details which might affect their child while you are in charge and an emergency contact number which you will definitely be able to get them on. 🏉

In the next issue: "D" is for "Disclosure checks" (for instance, police checks)



The Essentials

The Orthodox Pass

Attacking in rugby is impossible without successful passing. Here are the essentials to improve your team's passing.

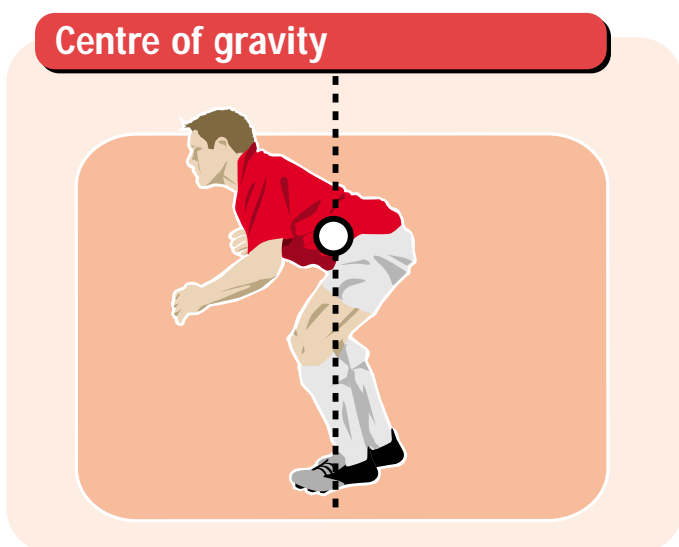
- 1 The receiver must have their hands up to give a target for the passer. They must communicate to the passer exactly where they want the ball.
- 2 The passer must be looking at the target when they give the pass. Drum it into your players that they never pass if they can't see the target.
- 3 The passer's hands should be at about chest height. The pass should be delivered across the chest with bent arms and a high back elbow.
- 4 The passer's hands should follow through to the target and the fingers should be pointing exactly where the ball has gone.
- 5 The passer should follow the pass and be ready to support the receiver. 🏉



Keep Your Feet

Balance is a key component in all sports and it is especially important in rugby – whether for passing, tackling, scrummaging, lifting in a lineout, kicking or side stepping.

The key to being balanced is keeping your feet underneath your centre of gravity all the time. The illustration shows a player with good balance about to make a tackle. The line shows that his feet are under his centre of gravity (as marked by the circle).



You should always emphasise to your players that in any exercise or game they should try to keep their feet underneath them. At first they may need to consciously think about their feet positions and their other skills may dip. It often takes some time before players make the foot movements naturally, so don't expect immediate results.

There are some simple exercises you can use to demonstrate the importance of correct foot positions to your players.

Agility Ladders

Get the players to run through a set of agility ladders, putting one foot in to each space. Watch them very carefully and look for the players who are hitting rungs and missing spaces by the end of the ladder.

Watch again and you will see that these players are the ones who are trying to go too quickly. Consequently, their bodies are getting ahead of their feet. As soon as their feet are outside their centre of gravity they are off balance and cannot control their movement properly.

You can use a variety of other ladder exercises, such as stepping in and out of the sides of the ladder, to help the players' balance skills. Emphasise that these are not about speed but accuracy. Players should keep upright, back straight with their feet underneath their backsides all the time.

Agility Poles

Set up a line of six or eight poles about a metre apart and slightly staggered. The players must weave in and out of the poles, staying on the balls of their feet and keeping their feet underneath them. They should take several fast small steps to get round each pole rather than big slow wide steps.

Test the players' ability to react and move quickly during the exercise. As they are running through blow a whistle and see how fast they can get to a cone set to one side about five metres away. The players with their feet under them will be able to react and move much faster. The players with their feet outside their centre of gravity will find it very difficult to react and move fast.

1 v 1 Touch or TAG

In a narrow channel play 1 v 1 touch or TAG and encourage both the attacker and the defender to work hard to keep their feet underneath them. This will help them change direction quickly and react to each other's movements. 🏉

Summary

- Be patient with the players: this is not a skill which is easy to master.
- Constantly reinforce the importance of feet positions.
- Select a couple of players who are good at the skill and use them to demonstrate, using either the agility poles or ladders.
- If you get the opportunity to, video your players using either the ladders or the poles. This is a great way for you to show the players where their feet are.

Opposition: _____ Date: _____
 Result: _____ Pitch: _____ Weather: _____

Squad #	Player's name	Tackling	Passing	Running	Support	Comments
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Additional comments:

Training work: